



SETAC Groups FEBRUARY 2019



Spaces for groups are limited so please book early to secure a spot.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--------|
| | | | | 1 |
| 4 | 5 | 6 | 7 CYGNET WOMEN'S CIRCLE Aqua Aerobics 2pm | 8 |
| 11 PUBLIC HOLIDAY QUEENS BIRTHDAY | 12 | 13 | 14 CYGNET WOMEN'S CIRCLE Aqua Aerobics 2pm | 15 |
| 18 | 19 CYGNET MEN & WOMEN Palliative Care SETAC GP Room 10:00am | 20 EATING WITH FRIENDS Franklin <i>Bookings Essential</i> | 21 EATING WITH FRIENDS Dover <i>Bookings Essential</i> CYGNET WOMEN'S CIRCLE Aqua Aerobics 2pm | 22 |
| 25 CARE GROUP | 26 | 27 | 28 CYGNET WOMEN'S CIRCLE Aqua Aerobics 2pm | 29 |

The South East Tasmanian Aboriginal Corporation (SETAC) receive funding from the Australian Government



SETAC Services FEBRUARY 2019



PLEASE CALL SETAC ON 6295 1125 TO BOOK AN APPOINTMENT

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------------------|---|--|--|
| | | | | 1 PODIATRY - CYGNET MOBILITY FITNESS 11:00AM General Purpose Room |
| 4 PHYSIO - CYGNET PHYSIO GYM 10am to 12pm FITNESS 4:30PM GP ROOM MENS FITNESS 5:30PM | 5 MASSAGE - CYGNET | 6 PLAYGROUP 9:30AM St Giles FITNESS 4:30PM GP ROOM | 7 DIETICIAN - WAYRAPARATTEE FITNESS 4:30PM GP ROOM | 8 FAMILY PLANNING NURSE MOBILITY FITNESS 11:00AM General Purpose Room |
| 11 PUBLIC HOLIDAY QUEENS BIRTHDAY | 12 MASSAGE - GEEVESTON | 13 PLAYGROUP 9:30AM St Giles FITNESS 4:30PM GP ROOM | 14 PODIATRY - DOVER FITNESS 4:30PM GP ROOM | 15 MOBILITY FITNESS 11:00AM General Purpose Room |
| 18 PHYSIO - CYGNET PHYSIO GYM 10am to 12pm FITNESS 4:30PM GP ROOM MENS FITNESS 5:30PM | 19 MASSAGE - CYGNET | 20 PLAYGROUP 9:30AM St Giles FITNESS 4:30PM GP ROOM | 21 FITNESS 4:30PM GP ROOM | 22 EYELINES MOBILITY FITNESS 11:00AM General Purpose Room |
| 25 PHYSIO - CYGNET PHYSIO GYM 10am to 12pm FITNESS 4:30PM GP ROOM MENS FITNESS 5:30PM | 26 MASSAGE - GEEVESTON | 27 PODIATRY - CYGNET AUSTRALIAN HEARING PLAYGROUP 9:30AM FITNESS 4:30PM GP ROOM | 28 FITNESS 4:30PM GP ROOM | 29 MOBILITY FITNESS 11:00AM General Purpose Room |

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