

# North 1 - August, 2011

## Monday (1st, 8th, 15th, 22nd, 29th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930			Circuit Training 0830-0930 - Aussie Fitness			
0930-1000	Islamic Society Visit	ESL Class Stacey				Swimming Casuarina Pool 8th & 22nd
1000-1030						
1030-1100		Conversational English - St Vinnies	Board Games - Nick			
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400		IHMS Sleep / Relax group - South 1 library 1:30 - 2:30				
1400-1430						
1430-1500			Pool Compition - Enrique			
1500-1530						
1530-1600						
1600-1630		ESL Class Aine				
1630-1700	Arts & Craft 4:45 - 5:45 - Sonya					
1700-1730						
1730-1800						
1800-1830						
1830-1900						
1900-1930				Soccer		
1930-2000						

## Tuesday (2nd, 9th, 16th, 23rd, 30th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930			Abs & Stretch 0830-0930 - Aussie Fitness			
0930-1000		ESL Class Stacey				
1000-1030						
1030-1100						
1100-1130			Healthy Living Program - Nick		ESL Class - St Vinnie's	
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400		IHMS Therapeutic Art				
1400-1430			Table Tennis Compition - Enrique			CBD Tour, 2nd, 16th, 30th
1430-1500						
1500-1530						
1530-1600						
1600-1630		ESL Class Aine				
1630-1700	Arts & Craft 4:45 - 5:45 - Sonya					
1700-1730						
1730-1800						
1800-1830						
1830-1900				Soccer		
1900-1930						
1930-2000						

## Wednesday (3rd, 10th, 17th, 24th, 31st)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930			Boxfit 0830-0930 - Aussie Fitness			
0930-1000		ESL Class Stacey				
1000-1030						
1030-1100			Board Games - Nick			
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400						
1400-1430						
1430-1500	Bingo - Enrique		Client Meeting 3rd			
1500-1530						
1530-1600						
1600-1630		ESL Class Aine				
1630-1700	Arts & Craft 4:45 - 5:45 - Sonya					
1700-1730						
1730-1800						
1800-1830						
1830-1900						
1900-1930		Conversational English - St Vinnies		Soccer		
1930-2000						

## Thursday (4th, 11th, 18th, 25th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Other	Offsite Recreation
0900-0930			Circuit Training 0830-0930 - Aussie Fitness			
0930-1000		ESL Class Stacey				
1000-1030						
1030-1100						
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400						
1400-1430			Activities Club - Steve 11th			
1430-1500						
1500-1530						
1530-1600						
1600-1630		ESL Class Aine				
1630-1700						
1700-1730	Arts & Crafts - Sonya					
1730-1800						
1800-1830						
1830-1900						
1900-1930				Soccer		
1930-2000						

Physical/Arts   Educational   Excursions   Religious   Social

## Friday (5th, 12th, 19th, 26th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930			Abs & Stretch 0830-0930 - Aussie Fitness			
0930-1000		ESL Class Stacey				
1000-1030	IHMS Quit Smoking South 1 Medical					
1030-1100			News Roundup & Discussion - Nick			
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						Mosque
1330-1400						
1400-1430						
1430-1500			Table Tennis Comp - Enrique			
1500-1530						
1530-1600						
1600-1630		ESL Class Aine				
1630-1700						
1700-1730						
1730-1800						
1800-1830						
1830-1900				Soccer		
1900-1930						
1930-2000						

## Saturday (6th, 13th, 20th, 27th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930						Casuarina Beach
0930-1000						
1000-1030						
1030-1100			News Roundup & Discussion - Enrique			
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400						
1400-1430			Pool Compition - Enrique			
1430-1500						
1500-1530						
1530-1600						
1600-1630				Gardening Club - Enrique		Temple
1630-1700						
1700-1730						
1730-1800						
1800-1830						
1830-1900				Soccer		
1900-1930						
1930-2000						

## Sunday (7th, 14th, 21st, 28th)

Time	Recreation Room	Classroom	Cabana	Soccer Ground	Dining Room	Offsite Recreation
0900-0930						Church Visits
0930-1000						
1000-1030						
1030-1100			News Roundup & Discussion - Enrique			
1100-1130						
1130-1200						
1200-1230						
1230-1300						
1300-1330						
1330-1400						Soccer Excursion
1400-1430	Pool Compition - Enrique					
1430-1500						
1500-1530						
1530-1600						
1600-1630						Kingdom Hall
1630-1700						
1700-1730						
1730-1800						
1800-1830						
1830-1900						
1900-1930			BBQ 14th August (Evening)	Soccer		
1930-2000						

### Unstructured Programs - also available, includes

Pool /Billiards	Soccer	(Hairdressers)
Table Tennis	Volleyball	(Library)
Exercise Equipment	Cricket	Guitars
Television	Carrom	Art Materials
DVD's	Bocce	Badminton
Board Games	Jigsaws	Prayer Rooms

Indicates Core Program →

Indicates a Contract Extra Program →