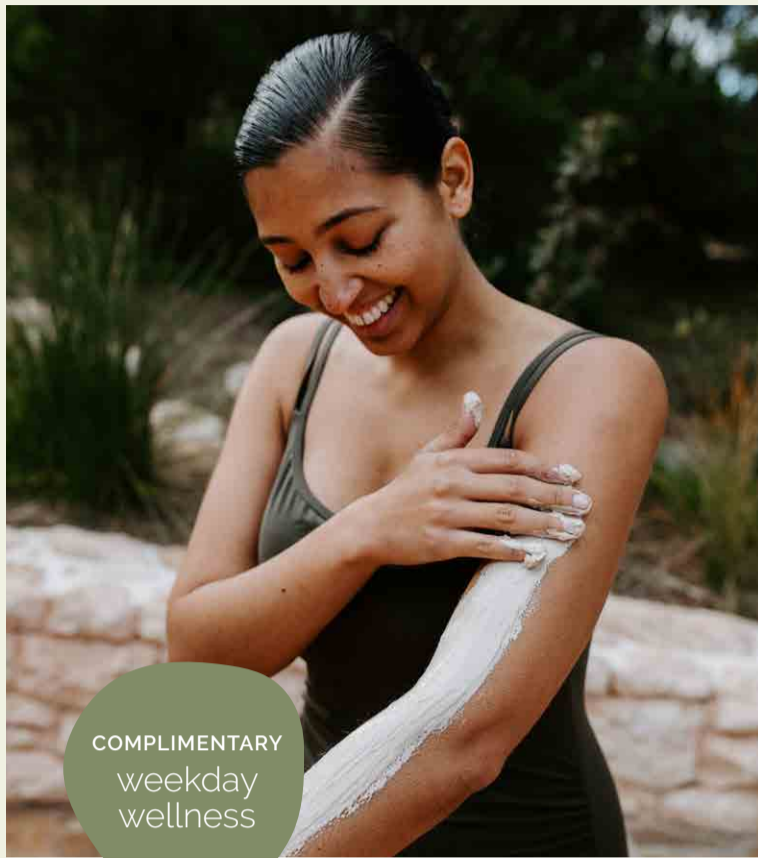


# what's on in october – spring 2024



COMPLIMENTARY  
weekday  
wellness

## weekday wellness

For a limited time, we invite you to experience the restorative benefits of Revitalise geothermal bathing combined with a complimentary wellness activity.

Monday to Friday  
Monday 7 – Thursday 31 October



## Peninsula Chamber Musicians seniors week performance

6 October 2pm  
Amphitheatre Stage  
Complimentary with bathing



## Avishai Barnatan sound bathing experience

25 October 6.30pm  
Sound Dome  
Bookings are essential



celebrating  
seniors festival  
Mon 7 – Thur 31 October  
See next page for more information



apothecary workshop  
Essential Oil  
Distilling\*  
Saturday 5 October, 11am  
Food Bowl



Duo Sarava  
Emily Tam (vo) & Roman Goldine (gt)  
sunday sessions  
Duo Sarava  
Sunday 6 October  
1 - 2pm & 3.30 - 5pm  
Bath House Café Stage  
Complimentary with bathing



sunday sessions  
Amina  
Sunday 13 October  
2pm - 5pm  
Bath House Café Stage  
Complimentary with bathing



sunday sessions  
The Calmer Miles  
Sunday 20 October  
2pm - 5pm  
Bath House Café Stage  
Complimentary with bathing



sunday sessions  
Aaron Brereton  
Sunday 27 October  
2pm - 5pm  
Bath House Café Stage  
Complimentary with bathing



body clay\*  
Available daily  
10.30am, 12pm, 1pm & 3pm  
Clay Ridge



yoga\*  
Available daily 7.30am  
Wellness Centre Studio



hot springs yoga  
Available daily 9.15am  
Amphitheatre Stage  
Complimentary with bathing



fire and ice\*\*  
Available daily  
9.30am, 10.30am,  
12pm, 2pm, 4pm & 5pm  
Fire & Ice Area

\* Bookings required and subject to availability \*\* Terms and conditions apply † For guests 16 & over

For further information please contact our reservations team on 5950 8777 or email [info@peninsulahotsprings.com](mailto:info@peninsulahotsprings.com)

[peninsulahotsprings.com](http://peninsulahotsprings.com)



PENINSULA  
HOT SPRINGS




seniors  
rates from  
**\$45**

# celebrating seniors festival

Tuesday 1 – Thursday 31 October

We warmly invite our senior community members to join us for a selection of complimentary health and wellness activities, connect with peers, and partake in invigorating physical well-being pursuits while immersing themselves in our therapeutic geothermal waters. Bring along your friends, parents, or grandparents to share in these revitalising experiences.

<p>Live Performance: Peninsula Chamber Musicians</p> <p>2pm Sunday 6 October <i>Amphitheatre stage</i></p>		
<p>Daily 9.15am</p>	<p><b>Hot Springs Yoga</b> Complimentary specially curated exercises for Seniors <i>Amphitheatre stage</i></p>	
<p>From 7 October Monday – Thursday All Day</p>	<p><b>Complimentary Tea**</b> <i>Amphitheatre &amp; Bath House Cafe</i></p>	
<p>From 7 October Monday &amp; Wednesday 9am – 11am</p>	<p><b>Hot Springs yoga self guided warm water excercies</b> Reserved for seniors only <i>Watsu Pool</i></p>	
<p>From 8 October Tuesday &amp; Thursday 9am – 11am</p>	<p><b>Aqua bikes</b> Reserved for seniors only <i>Watsu Pool</i></p>	



**your weekday wellness**

A complimentary wellness activity with revitalist bathing Monday to Friday from 7 October to 31 October.

*Limited time only*

\*Bookings required and subject to availability. \*\*Terms and condition apply



# join us for live music every Sunday

2pm – 5pm  
Bath House café stage



Duo Sarava  
Sunday 6 October



Amina  
Sunday 13 October



The Calmer  
Miles  
Sunday 20 October



Aaron Brereton  
Sunday 27 October

Local talent performing live every Sunday

For further information please contact our team  
on 5950 8777 or email [info@peninsulahotspots.com](mailto:info@peninsulahotspots.com)



## spring 2024

	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 22	w/c Monday 30
sept		R U OK? Day (12)	World Wellness Weekend (20-22) Spring School Holidays (20-7 Oct) World Gratitude Day (21) Spring Equinox (22)	AFL Grand Final Long Weekend (27)	Daylight Saving (1) Mental Health Awareness (6-12)
oct	w/c Monday 7	w/c Monday 13	w/c Monday 20	w/c Monday 28	
	World Mental Health Day (10)				
nov	w/c Monday 4	w/c Monday 11	w/c Monday 18	w/c Monday 25	
	Melbourne Cup (5) Soakember (9)		International Men's Day (19)		

## summer 2024/25

	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 23	
dec	Summer School hols (1 Dec - Jan 29) Carols (TBC)			Christmas Day (25) Boxing Day (26) New Years Day (1)	
jan	w/c Monday 6	w/c Monday 13	w/c Monday 20	w/c Monday 28	
	Peninsula Summer Music Festival (7-8)		Long weekend (26)	Lunar New Year (29)	
feb	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	
		Valentine's Day (14) Ride for Relief 6-day tour (16-22)	Ride for Relief One-day Ride (22) Ride for Relief 10km walk (23)	Ride for Relief One-day Ride & 10km walk (25)	

## autumn 2025

	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	w/c Monday 31
mar	National Carer's Week (4-9) International Women's Day (8)	Labour Day Long Weekend (11) World Sleep Day (15)	International Day of Happiness (20) Earth Hour (8.30pm, 23) Cultural Diversity & Harmony Week (18-24)	Autumn School Holidays (28-15 Apr) Easter (29-1 Apr)	
apr	w/c Monday 7	w/c Monday 14	w/c Monday 21	w/c Monday 28	
	Daylight Saving Ends (7) World Health Day (7)		World Creativity and Innovation Day (21) Earth Day (22) Anzac Day (25)	Mindful in May (1-31 May)	
may	w/c Monday 5	w/c Monday 12	w/c Monday 19	w/c Monday 26	
		Mother's Day (12)	International Tea Day (21) World Meditation Day (21) Coastrek (24)		

## winter 2025

	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	
jun	Global Wellness Day (8)	Kings Birthday (10) Men's Health Week (10-16)	International Day of Yoga (21) World Bathing Day (22)	Winter Solstice (24) Peninsula Hot Springs Birthday (28) Winter School Holidays (28-15 Jul)	
jul	w/c Monday 1	w/c Monday 8	w/c Monday 22	w/c Monday 29	
	"Global Partnerships" Celebration : Japan (tbc) NAIDOC Week (7-14)			Greek Festival (1-10)	
aug	w/c Monday 5	w/c Monday 12	w/c Monday 19	w/c Monday 26	
	International Day of the World's Indigenous People (9)			Father's Day (1 Sept)	