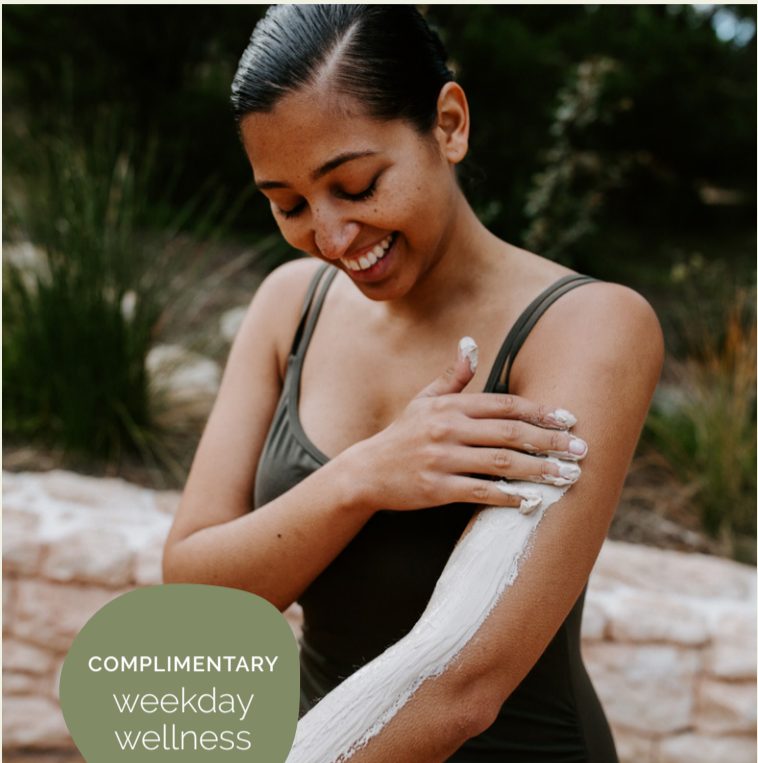


# what's on in october – spring 2024



COMPLIMENTARY  
weekday  
wellness

## weekday wellness

**Monday 7 – Thursday 31 October**

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



## 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



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



sunday sessions  
**Aaron Brereton**  
Sunday 27 October, 2-5pm  
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



## The World's Biggest Sit In

**Thursday 31 October, 10.30am, Amphitheatre**

Getting moving can be as simple as sitting down. Join us in support of Musculoskeletal Health Australia. Find out more & register at [muscha.org](https://muscha.org)

\* 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](https://peninsulahotsprings.com)





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. Complimentary revitalise Bath House bathing is available for all guests 90 years and over. Proof of age is required at reception and this offer is available anytime.

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

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



your weekday  
wellness

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

Limited time only

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



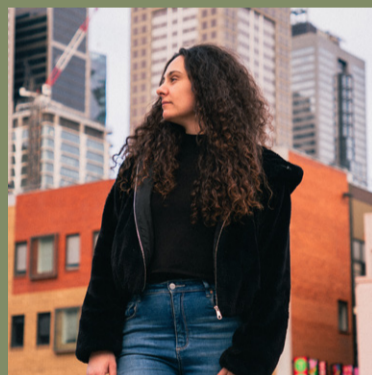


# join us for live music every Sunday

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@peninsulahotsprings.com](mailto:info@peninsulahotsprings.com)

spring 2024

sept	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 22	w/c Monday 30
		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

dec	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 23	
	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

mar	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	w/c Monday 31
	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

jun	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	
	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)	