

Cockburn Seniors Centre **9 Coleville Crescent Spearwood** **The Centre prides itself on being welcoming and inclusive.**

If you're 50 and over and live within the City of Cockburn, you'd love what's on offer at the Cockburn Seniors Centre.

Cockburn Seniors Centre hosts a range of recreational, educational, health and social activities, classes, events, meals, outings and courses.

Cost to join only \$24.25 - February 2021 – June 2021

COURSES

Art Classes

Pencil Drawing Techniques

4 Weeks - \$30.00

1.30pm – 3.30pm

Monday 1, 8, 15 & 22 February

Students to bring A3 sketch book, HB and 2B pencil to every lesson

Bookings and payment essential

Computer for Beginners

6 Weeks - \$45.00

10.00 – midday

Thursday 18, 25 Feb and 4, 11, 18, 25 March

Learn how to navigate a computer, create a document and use the internet. Bookings and payment essential

Computer – Downloading Photos

2 Weeks - \$15.00

12.30 – 2.30pm

Thursday 18 & 25 March

Bring along your phone or camera and learn how to download pictures to a computer and organize into folders. Learn how to put files on to a USB ready to print, share or store (students are to bring their own phone and camera cables). Bookings and payment essential

iPad for Beginners

4 Weeks - \$30.00

12.30 – 2.30pm

February 2021

Monday 1 February

Lunch Special-12.00pm

Cancer Fundraiser

Sundowner – Chain Reaction

Friday 12 February

Quiz -1.00pm

Tuesday 16 February

Café Special

Valentines High Tea 11am

Tuesday 16 February

Café Special
Free tea or coffee*

Friday 19 February

Bingo

Friday 26 February eyes down at 1.15pm

Movie Meal Deal 1.00pm

“The Best Exotic Marigold Hotel”

Centre Timetable

February 2021

Monday

Start	Finish	Class	Cost	Date
8.50	9.50	Zumba Gold	\$4.50	
9.30	11.30	Caring and Sharing Craft Group	Free	
9.30	11.45	Jewellery Making	\$2.00	
10.00	midday	Writers Group (fortnightly)	Free	11 and 25 February
10.00	midday	Carpet Bowls	Free	
2.15	4.30	Table Tennis	\$2.50	

Tuesday

Start	Finish	Class	Cost	Date
8.45	9.30	Fit for Life Level 1	\$4.50	
9.00	3.00	Pool (Billiards)	Free	
9.15	11.15	Darts	Free	
9.30	10.30	Fit for Life Level 1	\$4.50	
10.00	midday	Carers Group (last Tuesday)	Free	23 February
10.00	2.00	Scrabble	Free	
10.30	11.30	Fit for Life Level 2	\$4.50	
11.30	12.30	Yoga	\$4.50	
12.30	1.30	Line Dancing – Beginners	\$8.00	
1.30	3.30	Line Dancing - Intermediate	\$8.00	
1.00	3.00	500 Card Club	Free	

Wednesday

Start	Finish	Class	Cost	Date
9.00	11.30	Art Group	Free	
9.15	10.15	Yoga	\$4.50	
9.00	10.30	Travel Group (3rd Wednesday)	Free	17 February
10.30	11.30	Belly Dancing	\$4.50	
10.30	11.30	Choir	\$5.00	
1.00	2.00	Pilates	\$4.50	
1.00	4.00	Bridge or Bolivia (Canasta)	Free	
2.00	4.30	Social Dance (Ballroom)	Free	

Thursday

Start	Finish	Class	Cost	Date
9.00	10.00	Zumba Gold	\$4.50	
9.30	11.45	Paper Craft	\$2.00	
9.30	11.45	Jewellery Making	\$2.00	
10.15	11.15	Meditation	\$5.00	
10.30	12.30	iPad Social Group	Free	
1.00	3.00	Carpet Bowls	Free	
1.00	4.00	Progressive Whist	\$2.00	

Friday

Start	Finish	Class	Cost	Date
8.45	9.15	Weight Watchers	\$1.00	
8.45	9.30	Fit for Life Level 1	\$4.50	
9.00	11.30	Art Group	Free	
9.00	3.00	Pool (Billiards)	Free	
9.15	11.15	Darts	Free	
9.30	10.30	Fit for Life Level 1	\$4.50	
9.30	11.30	Caring and Sharing Craft Group	Free	
9.30	midday	Sit and Sew	Free	
10.00	midday	Mahjong	Free	
10.30	11.30	Fit for Life Level 2	\$4.50	
1.00	3.00	Table Tennis	\$2.50	

Class Details

500 Card Club

Free

Tuesday 1.00 - 3.30pm

If you love playing cards, this game's for you!

Art Group

Free

Wednesday 9.30 - 11.30am

Friday 9.30 - 11.30am

Work on your own art and enjoy great company

Belly Dancing

\$4.50

Wednesday 10.30 - 11.30am

Enjoy the rhythm and music of belly dance

Bingo

\$2 per book (limited to 3 or 6 books)

Third Friday of the month 1.00 - 4.00pm

Eyes down at 1.15pm

Carers Support Group

Free

Last Tuesday of the month 10am - midday

Meet with other carers and share your stories, successes and challenges.

Caring and Sharing Craft

Free

Monday 9.30 - 11.30am

Friday 9.30 - 11.30am

Bring your own craft and share craft ideas

Carpet Bowls

Free

Monday 10.00 - midday

Thursday 1.00 - 3.00pm

Bowls is something anyone would enjoy

Choir

\$5

Wednesday 10.30 - 11.30am

Join our choir conducted by a qualified singing teacher

Darts

Free

Tuesday and Friday 9.15 - 11.15am

Come along for a social game. Teams allocated on arrival

Fit for Life

\$4.50

Level 1: Tuesday 8.45 - 9.30am and 9.30 - 10.30am

Level 1: Friday 8.45 - 9.30am and 9.30 - 10.30am

Level 2: Tuesday 10.30 - 11.30am

Level 2: Friday 10.30 - 11.30am

Circuit-based exercise class

iPad Social Group

Free

Thursday 11.00am - 12.30pm

Social group offering support and guidance

Jewellery Making

\$2 payable to the instructor

Monday and Thursday 9.30 - 11.45am

Learn to make your own jewellery, create projects for yourself or your friends and family

Line Dancing

\$8 payable to the instructor

Beginners: Tuesday 12.30 - 1.30pm

Intermediate: Tuesday 1.30 - 3.30pm

Dance to contemporary music that gets your coordination going

Mahjong

Free

Friday 10.00am - midday

Chinese tile game, great for mental agility

Meditation

\$5

Thursday 10.15 - 11.15am

Meditation can help you with your physical and mental health

Paper Craft

\$2 payable to the instructor

Thursday 9.30 - 11.45am

Bring your own card making project or you can join in the lessons

Pilates

\$4.50

Wednesday 1.00 - 2.00pm

Develops your core strength and aids in balance and general wellness

Pool (Billiards)

Free

Tuesday and Friday 9.00am - 3.00pm

Come along for a social game

Progressive Whist

\$2 payable to the instructor

Thursday 1.00 - 4.00pm

Whist is a classic English trick-taking card game

Quiz Group

Free

Second Friday of the month 1.00 - 3.00pm

Join our quiz masters for a bit of general knowledge fun

Scrabble

Free

Tuesday 10.00am - 2.00pm

Join in the fun with the traditional game of words

Sit and Sew

Free

Friday 9.30am - midday

Bring your own project and share ideas and tips

Social Dance

Free

Wednesday 2.00 - 4.30pm

Have fun and enjoy many styles of ballroom dancing

No partner required

Social Cards

Free

Wednesday 1.00 - 4.00pm

Join the Bridge or Bolivia group for a casual game

Table Tennis

\$2.50

Monday 2.15 - 4.30pm

Friday 1.30 - 4.00pm

Social game which keeps you active

Travel Group

Free

Third Wednesday of the month 9.00 - 10.30am

Social group that travels together. Open to all members

Weight Watchers

\$1 payable to the instructor

Friday 8.45 - 9.15am

Supportive group to assist you to reach your weight goals

Writers Club

Free

Monday (bi-weekly) 10.00am - 12.00pm

Enjoy learning how to write out your stories

Yoga

\$4.50

Tuesday 11.30 - 12.30pm

Wednesday 9.15 - 10.15am

Combines physical poses and relaxation. Great for balance, strength and mobility

Zumba Gold

\$4.50

Monday 8.50 - 9.50am

Thursday 9.00 - 10.00am

Perfect for active older adults who are looking for a modified Zumba class