

Cockburn Seniors Centre August Activities 2020

	8.50am to 9.50am	Zumba	\$4.50	
	9.30am to 11.30am	Caring & Sharing Craft Group	Free	
MONDAY	11am to 1pm	Writers Group (fortnightly)	Free	3, 17 & 31 August
	10am to midday	Carpet Bowls	Free	
	1pm to 2pm	Tai Chi	\$4.50	
	2.15pm to 4.30pm	Table Tennis	\$2.50	
	8.45am to 9.30am	Fit for Life Level 1	\$4.50	
	9am to 3pm	Pool	Free	
	9.15am to 11.15am	Darts	Free	
	9.30am to 10.30am	Fit for Life Level 1	\$4.50	
TUESDAY	10am to midday	Carers Group	Free	25 August
	10am to 2pm	Scrabble	Free	
	10.30am to 11.30am	Fit for Life Level 2	\$4.50	
	11.30am to 12.30pm	Yoga	\$4.50	
	1.30pm to 3.30pm	Line Dancing	Free	
	1pm to 3pm	500 Card Club	Free	
	9am to 11.30am	Art Group	Free	
	9.15am to 10.15am	Yoga	\$4.50	
	9am to 10.30am	Travel Group (3rd Wednesday)	Free	19 August
WEDNESDAY	10.30am to 11.30am	Belly Dancing	\$4.50	
	10.30am to 11.30am	Choir	\$5	
	1pm to 2pm	Pilates	\$4.50	
	1pm to 4pm	Bridge or Bolivia (Canasta)	Free	
	2pm to 4.30pm	Social Dance	Free	
	9.00am to 10.00am	Zumba Gold	\$4.50	
THURSDAY	9.30am to 11.45pm	Paper Craft	\$2	<i>Payable to the instructor</i>
	10.15am to 11.15am	Meditation	\$5	
	11am to 12.30pm	iPad Social Group	Free	
	11.30am to 12.30pm	Tai-Chi	\$4.50	

FRIDAY	1pm	to	3pm	Carpet Bowls	Free	
	1pm	to	4pm	Progressive Whist	\$2	<i>Payable to the instructor</i>
	8.45am	to	9.15am	Weight Watchers	\$1	<i>Payable to the instructor</i>
	8.45am	to	9.30am	Fit for Life Level 1	\$4.50	
	9am	to	11.30am	Art Group	Free	
	9am	to	3pm	Pool	Free	
	9.15am	to	11.15am	Darts	Free	
	9.30am	to	10.30am	Fit for Life Level 1	\$4.50	
	9.30am	to	midday	Sit & Sew	Free	
	9.30am	to	11.45am	Caring & Sharing Craft Group	Free	
	10am	to	midday	Mahjong	Free	
	10.30am	to	11.30am	Fit for Life Level 2	\$4.50	
	1pm	to	3pm	Table Tennis	\$2.50	

500 Card Club | Free

Tuesday 1-3.30pm

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

Art Group | Free

Wednesday & 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)

Friday 21 August 1-4pm

Eyes down at 1.15pm

Carers Support Group | Free

Tuesday 25 August 10am-midday

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

Caring & Sharing Craft | Free

Monday & Friday 9.30-11.30am

Bring your own craft and share craft ideas

Darts | Free

Tuesday & Friday 9.15-11.15am

Come along for a social game. Teams allocated on arrival

Fit for Life | \$4.50

Lvl 1: Tuesday & Friday 8.45-9.30am & 9.30-10.30am

Lvl 2: Tuesday & Friday 10.30-11.30am

Circuit-based exercise class

iPad Social Group | Free

Thursday 11am-12.30pm

Social group offering support and guidance

Line Dancing | Free

Tuesday 1.30-3.30pm

Dance to contemporary music that gets your coordination going

Mahjong | Free

Friday 10am-midday

Chinese tile game, great for mental agility

**Carpet Bowls | Free**

Monday 10am - midday | Thursday 1-3pm
Bowls is something anyone would enjoy

Choir | \$5

Wednesday 10.30-11.30am
Join our choir conducted by a qualified singing teacher

Pilates | \$4.50

Wednesday 1-2pm
Develops your core strength and aids in balance and general wellness

Pool | Free

Tuesday & Friday 9am-3pm
Come along for a social game

Progressive Whist | \$2

Thursday 1- 4pm
Whist is a classic English trick-taking card game

Quiz Group | Free

Friday 14 August 1-3pm
Join our quiz masters for a bit of general knowledge fun

Scrabble | Free

Tuesday 10am-2pm
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 2-4.30pm
Have fun and enjoy many styles of ballroom dancing.
No partner required

Meditation | \$5

Thursday 10.15 - 11.15am
Meditation can help you with your physical and mental health

Paper Craft | \$2

Thursdays 9.30-11.45am
Bring your own card making or you can join in the lessons

Social Cards | Free

Wednesday 1-4pm
Join the Bridge or Bolivia group for a casual game

Table Tennis | \$2.50

Monday 2.15-4.30pm | Fridays 1.30-4pm
Social game which keeps you active

Tai Chi | \$4.50

Monday 1-2pm | Thursday 11.30am-12.30pm
Traditional, safe and gentle Chinese exercise.
Great for balance and relaxation

Travel Club | Free

Wednesday 19 August 9-10.30am
Social group that travels together. Open to all Members

Weight Watchers | \$1

Friday 8.45-9.15am
Supportive group to assist you to reach your weight goals

Writers Club | Free

Monday 3, 17 & 31 August 10.30am-12.30pm
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 9-10am
Perfect for active older adults who are looking for a modified Zumba class

