

March 2020

Cockburn Seniors Centre

Activities

Welcome!

The Cockburn Seniors Centre has a broad range of member only programs and activities to promote physical activity, social connection and mental wellness for over 50's!

Drop in for a delicious meal served on Mondays, Wednesdays and Fridays at 12.00. Keep an eye out for our special lunch events.

Enjoy our café snacks and meals on Mondays, Tuesdays and Thursdays from 9.30am–12.45pm.

The Centre also has many exercise classes, social activities, groups and various services on offer, so have a look at our latest timetable.

COURSES

Art Classes (4 Weeks) \$30.00

Landscapes, multimedia

Monday 9, 16, 23 & 30 March 1.30pm-3.30pm

Students to bring pencils and A3 sketch book to every lesson. Teacher will inform of any other materials needed in week one

Bookings and payment essential

iPad lessons (Weekly) FREE

Wednesdays 4, 11, 18 & 25 March 9.30am - 11.30am

Learn to stay connected, use emails, shop online, use the internet, on-line banking, Facebook, and talk to friends and family via Skype and Facetime. Enjoy games, music, books, photos, scrabble, crosswords, Sudoku and much more.

Computer Classes (2 Weeks) \$15.00

Social Media

Thursday 5 & 12 March 12.30pm – 2.30pm

Learn how to use Facebook, Twitter, Instagram and WhatsApp. Learn how to post and tweet

Bookings and payment essential

EVENTS

Café – Pancake Day

Thursday 5 March 9.30 – 1.00pm

Enjoy a freshly made pancake for a gold coin donation. All money raised will go to The Childhood Brain Tumor Foundation

Sundowner \$4.00

Friday 6 March 4.00pm – 7.00pm

Jerry Salonga

BYO Food and drinks (beer & wine only) or soft drinks and food can be bought on the night

Bookings essential

Shuttle bus available for pick up & return home, call the Seniors Centre to book.

Café – High Tea \$12.00

Thursday 12 March 10.30am & 12noon

Come and join us for a fabulous high tea.

Bookings essential

St Patricks Day Lunch \$15.00

Monday 16 March 12.00 – 1.30pm

Partake in a three course meal while enjoying some Irish music videos on the big screen

Bookings essential

Harmony Day Lunch \$15.00

Monday 23 March 12.00 – 1.30pm

International buffet celebrating the food of other countries and cultures

Bookings essential

Movie Meal Deal \$12.00

The Lion King (2019)

Friday 26 March 12.00pm

Three course lunch included. Lunch served 12.00pm, movie on the big screen 1.00pm