

# Cockburn Seniors Centre Timetable

1 July–31 December 2017



## Welcome, enjoy the many activities on offer

Cockburn Seniors Centre offers a broad range of activities and classes to promote physical activity, social connection and mental wellness for over 50's.

This brochure covers all of our regular activities.

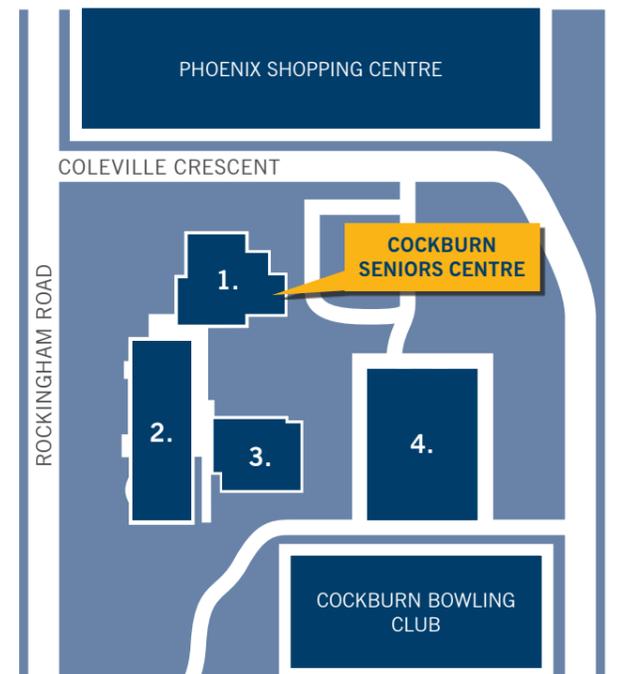
For information on our courses, events, outings and seminars please see our bi-monthly program.

We hope to see you enjoying these activities and classes at Cockburn Seniors Centre soon.

## Positive age friendly initiatives for over 50's

Classes maybe subject to change or cancellation without notice. Please contact the centre to confirm your class details.

## Contact information



1. Cockburn Seniors Centre
2. City of Cockburn Administration Building
3. Spearwood Public Library
4. Public Parking

9 Coleville Crescent Spearwood, WA 6163  
T: 9411 3877  
E: [csc@cockburn.wa.gov.au](mailto:csc@cockburn.wa.gov.au)  
[cockburn.wa.gov.au/seniorscentre](http://cockburn.wa.gov.au/seniorscentre)

 This information is available in alternative formats upon request

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# EXERCISE CLASSES AND SOCIAL ACTIVITIES



FREE

### Book Club

2nd Monday of the month, 1–2pm

Love reading books? Love talking about them? Come along and join our newly developed Seniors Centre Book Club. Members will get a chance to choose the books so the genre will change each month.



FREE

### Social Cards

Wednesdays, 1–4pm

Join the Bridge or Bolivia group for a casual game. Never played before? Come along and learn.



FREE

### Quiz

2nd Friday of the month, 1–3pm

Join our great quiz masters for a bit of general knowledge fun. Teams allocated on arrival with prizes to be won

# EXERCISE CLASSES AND SOCIAL ACTIVITIES



## Bellymagic

Wednesdays, 10.30–11.30am \$4

Enjoy the rhythm and music of bellydance.

Join this class to strengthen & tone your important core muscles, protecting your spine and improving your balance and stability. A fun way to tone and strengthen your body. All abilities welcome.

## Bingo

3rd Friday of the month, 1–3pm \$2 per book

Bingo is a game of chance in which each player matches numbers pre-printed in different arrangements.

## Book Club

2nd Monday of the month, 1–2pm FREE

Love reading books? Love talking about them? Come along and join our Book Club.

## Caring and Sharing Craft

Mondays & Fridays, 10am–12pm FREE

Bring your own craft and share craft ideas.

## Carpet Bowls

Mondays, 10.15am–12.15pm  
Thursdays, 1–3pm FREE

Bowls is something anyone would enjoy—give it a try.

## Choir

Wednesdays, 10.30–11.30am \$5

Join our choir conducted by a qualified singing teacher.

## Darts and Pool

Fridays, 9.15–11.15am FREE

Come along for a social game. Teams allocated on arrival.

## Fit for Life

<b>Beginners</b>	Tuesdays 9.30–10.30am	\$4
<b>General</b>	Tuesdays 8.45–9.30am, Fridays 9.30–10.30am	
<b>Experienced</b>	Tuesdays & Fridays 10.30–11.30am	

Circuit-based exercise class for people of all levels.

## iPad Social Group

Thursdays, 11am–12.30pm FREE

Beginners will learn how to use an iPad to connect to the internet. If you're an intermediate, you'll explore different apps, games and functions.

## Karaoke

Fridays (held on the second and fourth Friday of the month), 2–4pm FREE

Embrace your joy of singing surrounded by supportive, like-minded people. This is a fun activity to be a part of

## Line Dancing

<b>Beginners</b>	Tuesdays 12.30–1.30pm	\$5
<b>General</b>	Tuesdays 1.30–3.30pm	

Dance to contemporary music that gets your coordination going.



## Mahjong

Fridays, 10am–12pm FREE

Chinese tile game, great for keeping the brain cells active.

## Movie Meal Deal

4th Friday of the month \$10

3-course meal and movie on the big screen.

## Pilates

Wednesdays, 1–2pm \$4

Develops your core strength and aids in balance and general wellness.

## Progressive Whist

Thursdays, 1–4pm \$2

Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries.

## Quiz

2nd Friday of the month, 1–3pm FREE

Join our great quiz masters for a bit of general knowledge fun. Teams allocated on arrival

## Scrabble

Tuesdays, 10am–2pm FREE

Join in the fun with the traditional game of words.

## Sit & Sew

Fridays, 9.30am–12pm FREE

Bring your own project and share ideas and tips.

## Social Ballroom

<b>Beginners</b>	Wednesdays, 2–3pm,	\$5
<b>General</b>	Wednesdays, 3–4.30pm	

Join Shirley Bickley, who has over 50 years experience in dance. Social Ballroom dancing is a set of partner dances (you don't need to bring a partner to join in though). Males very welcome.

## Social Cards

Wednesdays, 1–4pm FREE

Join the Bridge or Bolivia group for a casual game.

## Social Sundowner

1st Friday of the month, 4–7pm \$2

Enjoy a relaxed evening with live music. BYO.

## Table Tennis

Mondays, 2.15–4.30pm \$2.50

Social game which keeps you active.

## Tai Chi

Mondays, 1–2pm	\$4
Thursdays, 11.30am–12.30pm	

Traditional, safe and gentle Chinese exercise. Great for balance and relaxation.

## Travel Club

3rd Wednesday of the month, 9–10.15am FREE

Social group that travels together.

## Yoga

Tuesdays, 11.30am–12.30pm	\$4
Wednesdays, 9.15–10.15am	

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

## Zumba Gold

Mondays, 9–10am	\$4
Thursdays, 9–10am	

Low-impact dance class to music.

# GROUPS



## Carers Support Group

Last Tuesday of the month, 10am–12pm FREE

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

## Family History Group

4th Wednesday of the month, 1–3pm FREE

Join our experienced researcher to learn how to search your family history.

## Tales of Times Past

2nd Friday of the month, 1–3pm FREE

An oral history group that presents to schools and community groups. Looking for new members.

## Weight Watchers

Fridays, 9–9.30am \$1

Supportive group to assist you to reach your weight goals.

# SERVICES

## Acupuncture, Naturopathy and Swedish Massage

Mondays, 10am–2pm

Assistance with providing pain relief as well as assisting in dealing with health issues. To make an appointment, call Syed on 9418 1031 or 0431 338 599.

## Hairdresser

Tuesdays, Wednesdays and Fridays

**Tuesdays and Fridays** with Lilly (To make an appointment, call Lilly on 0403 716 015).

**Wednesdays** with Julie (To make an appointment, see front counter).

## Hearing Checks

1st Thursday of the month, 9am–12pm FREE

Hearing is one of our most precious senses and is fundamental to our overall health, well-being and quality of life. To make an appointment for a free hearing check see front counter.