

## August

### 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. On Tuesdays and Thursdays enjoy our café, from 10am-1.15pm.

The Centre also has many exercise classes, social activities, groups and various services on offer, so pick up our latest timetable.

### COURSES

#### **ALPHA Course –August/September/October (12 Weeks)**

Wednesday, 1, 8,15,22,29 August, 11am Free

Everyone has questions and everyone should have the opportunity to explore life and personal faith.

Come and be encouraged to ask questions, and share your point of view in an open, friendly environment. This is a course that has been around for 40 years.

Half an hour DVD, then half an hour open discussion, any questions can be asked.

For more information contact: Susan Dyer 0404 367 874

#### **Art Classes – August (4 Weeks)**

Monday 6, 13, 20 & 27 August, 1.30pm-3.30pm \$22.50

Portraits with pastels

Learn to increase your pastel skills to portrait painting.

Charcoal will be provided.

Students to bring A3 Sketch pad on week 1

Bookings essential

#### **Computer Classes (2 Weeks)**

Thursday 2 & 9 August, 12.30pm- 2.30pm \$15

Downloading photos – Bring along your phone and/or camera

Thursday 30 August & 6 September, 12.30pm- 2.30pm \$15

Email – learn how to send reply, forward and attach files to emails.

Thursday 30 August 10am -midday (6 week course)

Computing for Beginners – learn how to navigate around a computer, create a document and use the internet.

### EVENTS

#### **Sundowner**

Friday 3 August, 4-7pm \$4

Live entertainment by Frisco

BYO Food and Drinks – soft drinks and hot food can be bought on the night  
Bookings and Payments Essential – Members Only

**Classic Movie Club – hosted by Bob Edwards Free**

Sunday 5 August, 9am FREE

Babes in Arms 1939

Friendly persuasion 1956

**Café Deal - Free Coffee or Tea\***

Tuesday 14 August 10am – 1.15pm

\*Buy any food item from the café and receive a free coffee or tea.

**Italian Lunch – \$12**

Monday 15 August

Let's celebrate our Italian Culture, dress in your Italian finest and enjoy a scrumptious Italian meal

Minestrone soup spaghetti Bolognese and Tiramisu

**Movie Meal Deal – “The Wilde Wedding” \$10**

Friday 24 August, 12pm

Three course lunch included, Lunch served at midday, movie on the big screen 1pm.

**CONCERT**

**Di Harris - Country Music Singer - \$4**

Friday 31 August, 1pm – 2.30pm

Di Harris - Country Music Singer

Be entertained by Di Harris, a singer song writer since 1984

Di will sing country covers and her own music, accompanied by her beautiful sounding guitar.

Some of the songs you can just listen to in your seats and a few others you may have you on your feet.

CD's will be for sale on the day for a cost of \$10 each (usually \$20). Afternoon tea provided.

Come dressed in your best country outfit.

**SEMINARS**

**Sugar Board – A Healthy You and “What is My Aged Care?” - Free**

Monday 13 August, 9.30am

Join the City of Cockburn Health Promotion Officer and Brightwater as they present on topics including how can you live life to the fullest, demonstrate the sugar board, how to be a healthier you, what is 'My Aged Care' and how to navigate through the maze.

Yummy morning tea and free gift will be provided.