

## Cockburn Seniors Centre

Courses, Outings, Seminars and Events

January – February 2018

### Welcome to the Cockburn Seniors Centre

We have a broad range of programs and activities to promote physical activity, social connection and mental wellness for over 50's, including:

- Outings
- Courses
- Events
- Seminars.

Be sure to drop in to our dining room for a delicious meal which are served on Mondays, Wednesdays and Fridays. Enjoy the amazing café, open on Tuesdays and Thursdays from 10am–2pm.

The Centre also has many exercise classes, social activities, groups and various services on offer, so pick up our latest timetable, July-December 2017.

See you at the Cockburn Seniors Centre!

Positive age friendly initiatives for over 50's

### COURSES

#### **January 2018**

##### **Doll Making (3 Weeks) Bring the kids “Children 7+ welcome”**

Wednesday 3-17 January, 1.30-3.30pm \$2 per person

Join with local Nyungar artist, Sharyn Egan, as you learn local weaving techniques to produce your own woven doll.

Bookings essential

##### **Card Making**

Thursday 4 – 18 January, 1pm – 2pm \$8 per person/per week **“Bring the kids”**

Enjoy creating unique cards

Materials are provided.

Bookings essential.

##### **Colour Therapy (2 Weeks)**

Mondays 15-22nd January, 1.30-3.30pm

Learn how to mix colours

Materials are provided.

#### **February 2018**

##### **Learn how to crochet (4 Weeks).**

Monday 5 – 26 February, 10 – 12pm \$15

Ever wanted to learn how to crochet? Come and join the wonderful team who have time to teach you. Full kit provided.

Bookings essential

##### **Eco Dying (3 Weeks)**

Wednesday 7-21 February 1pm-3pm \$2 per person

Join with local Nyungar artist, Sharyn Egan, as you learn local weaving techniques to produce your own woven doll.

Bookings essential

**Computer Classes – Beginners Computing Classes (6 Weeks)**

Thursdays 15 February-22 March, 10am to midday \$45

Never turned on a computer before? This is your introduction to the wonderful world of the internet.

**Computer Classes – Beginners Computing Classes (6 Weeks)**

Thursdays 15 February-22 March, 12.30-2.30pm \$45

Never turned on a computer before? This is your introduction to the wonderful world of the internet.

**iPad One on One half hour lessons - Beginners (3 Weeks) FREE**

Wednesdays 7–21 February, 10am – 10.30am, 10.30am – 11.00am, 11.30am – midday, midday – 12.30pm

Learn how to set up your iPad, download and use apps with touch, add an email account and create a backup.

Beginners only!

Bookings Essential

**Acrylic Painting – (3 Weeks)**

Mondays 29,5,12 February, 1.30-3.30pm

Join Vicki as you learn the how to paint a picture using Acrylics.

Materials provided.

**EVENTS**

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

Sunday 7 January

9am

Pinocchio and Holiday Inn followed by a quiz with prizes

**Play Board Games (School Holiday fun) Free**

Tuesday 9 January “bring the kids”

12.30pm-3pm

Enjoy playing board games in the café area

**Play Board Games (School Holiday fun) Free**

Tuesday 16 January “bring the kids”

12.30pm-3pm

Enjoy playing board games in the café area

**Australia Day Lunch \$22**

Wednesday 24 January

11.30am – 2pm

Enjoy a scrumptious Australian Day buffet BBQ lunch.

Bookings Essential

**Sundowner \$4**

Friday 2 February

4-7pm

Live entertainment ‘Frisco’

**Book and Pay – Members only**

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

Sunday 4 February

9am

Born to Dance and The Cat and The Canary followed by a quiz with prizes

### **Play Board Games Free**

Tuesday 6 February

12.30pm-3pm

Enjoy playing board games in the café area

### **Play Board Games Free**

Tuesday 13 February

12.30pm-3pm

Enjoy playing board games in the café area

### **Chinese Buffett \$22**

Wednesday 14 February

11.30am

### **Movie Meal Deal – ‘The Beguiled’ \$10**

Friday 23 February

12pm

Three course lunch included, lunch served 12pm, movie on the big screen 1pm

## **SEMINARS**

### **"Living Well in the DASH" Free**

Monday 19 February 2018 10.00am - 11.15am

Enlightening seminar about how you can make the most of every day.

Guest Speaker Dorothy James.

Bookings Essential

## **OUTINGS**

**February 2018 bookings open Monday 4 December 1.00pm**

### **Masonmill Gardens and Myattsfield Wine tasting**

Tuesday 6 & Thursday 15 February 10.00am-3.15pm Cost \$42

Enjoy wine tasting at Myattsfield Wines before heading to Masonmill Gardens for lunch and then enjoy scones and coffee for afternoon tea.

Spend time wandering their beautiful gardens. See centre for lunch choices.

### **Kalamunda Morning Musical**

Wednesday 7 February 9.15am-3pm Cost \$31

A tribute to Karen Carpenter followed by Lunch at High Wycombe Tavern. See centre for lunch choices.

### **Mandurah Foreshore**

Tuesday 13 February 9.30am-2.45pm Cost \$9.50

Explore the Mandurah foreshore with free time to explore the many shops or take in the scenery with a coffee on the esplanade.

### **Fremantle Cruise to Perth City**

Tuesday 20 February 10.15am-2.45pm Cost \$39.50

Travel from Fremantle to Perth on a relaxing and picturesque Swan River cruise whilst listening to your Captains' detailed and entertaining commentary. Free time to buy own lunch at Elizabeth Quay before returning home on our Seniors centre bus.

## **The Art Gallery WA: The Corsini Collection**

Wednesday 28 February 9.15am-3pm Cost \$20

This personal collection from the Corsini family features Renaissance and Baroque paintings by Italian artists such as Botticelli, Tintoretto, Caravaggio and Pontormo, these extraordinary works of art have been preserved over centuries, surviving the devastation of World War 11 and the great flood of Florence. Free time to buy own lunch in city.