

Cockburn Seniors Centre

Timetable

October 2020

Monday

Start	Finish	Class	Cost	Notes
8.50	9.50	Zumba Gold	\$4.50	
9.30	11.30	Caring and Sharing Craft Group	Free	
9.30	11.45	Jewellery Making	\$2.00	Fee payable to the instructor
10.00	midday	Writers Group (fortnightly)	Free	9 and 23 November
10.00	midday	Carpet Bowls	Free	
1.00	2.00	Tai Chi	\$4.50	
2.15	4.30	Table Tennis	\$2.50	

Tuesday

Start	Finish	Class	Cost	Notes
8.45	9.30	Fit for Life Level 1	\$4.50	
9.00	3.00	Pool (Billiards)	Free	
9.15	11.15	Darts	Free	
9.30	10.30	Fit for Life Level 1	\$4.50	
10.00	midday	Carers Group (last Tuesday)	Free	24 November
10.00	2.00	Scrabble	Free	
10.30	11.30	Fit for Life Level 2	\$4.50	
11.30	12.30	Yoga	\$4.50	
12.30	1.30	Line Dancing - Beginners	\$8.00	Fee payable to the instructor
1.30	3.30	Line Dancing - Intermediate	\$8.00	Fee payable to the instructor
1.00	3.00	500 Card Club	Free	

Wednesday

Start	Finish	Class	Cost	Notes
9.00	11.30	Art Group	Free	
9.15	10.15	Yoga	\$4.50	
9.00	10.30	Travel Group (4th Wednesday)	Free	25 November
10.30	11.30	Belly Dancing	\$4.50	
10.30	11.30	Choir	\$5.00	
1.00	2.00	Pilates	\$4.50	
1.00	4.00	Bridge or Bolivia (Canasta)	Free	
2.00	4.30	Social Dance (Ballroom)	Free	

Thursday

Start	Finish	Class	Cost	Notes
9.00	10.00	Zumba Gold	\$4.50	
9.30	11.45	Paper Craft	\$2.00	Fee payable to the instructor
10.15	11.15	Meditation	\$5.00	
10.30	12.30	iPad Social Group	Free	
11.30	12.30	Tai-Chi	\$4.50	
1.00	3.00	Carpet Bowls	Free	
1.00	4.00	Progressive Whist	\$2.00	Fee payable to the instructor

Friday

Start	Finish	Class	Cost	Notes
8.45	9.15	Weight Watchers	\$1.00	Fee payable to the instructor
8.45	9.30	Fit for Life Level 1	\$4.50	
9.00	11.30	Art Group	Free	
9.00	3.00	Pool (Billiards)	Free	
9.15	11.15	Darts	Free	
9.30	10.30	Fit for Life Level 1	\$4.50	
9.30	11.30	Caring and Sharing Craft Group	Free	
9.30	midday	Sit and Sew	Free	
10.00	midday	Mahjong	Free	
10.30	11.30	Fit for Life Level 2	\$4.50	
1.00	3.00	Table Tennis	\$2.50	

Class Details

500 Card Club

Free

Tuesday 1.00 - 3.30pm

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

Art Group

Free

Wednesday 9.30 - 11.30am

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)

Third Friday of the month 1.00 - 4.00pm

Eyes down at 1.15pm

Carers Support Group

Free

Last Tuesday of the month 10am - midday

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

Caring and Sharing Craft

Free

Monday 9.30 - 11.30am

Friday 9.30 - 11.30am

Bring your own craft and share craft ideas

Carpet Bowls

Free

Monday 10.00 - midday

Thursday 1.00 - 3.00pm

Bowls is something anyone would enjoy

Choir

\$5

Wednesday 10.30 - 11.30am

Join our choir conducted by a qualified singing teacher

Darts

Free

Tuesday and Friday 9.15 - 11.15am

Come along for a social game. Teams allocated on arrival

Fit for Life

\$4.50

Level 1: Tuesday 8.45 - 9.30am and 9.30 - 10.30am

Level 1: Friday 8.45 - 9.30am and 9.30 - 10.30am

Level 2: Tuesday 10.30 - 11.30am

Level 2: Friday 10.30 - 11.30am

Circuit-based exercise class

iPad Social Group

Free

Thursday 11.00am - 12.30pm

Social group offering support and guidance

Jewellery Making

\$2

Monday 9.30 - 11.45am

Learn to make your own jewellery, create projects for yourself or your friends and family

Line Dancing

\$8

Beginners Tuesday 1.00 – 2.00pm

Intermediate Tuesday 2.00 – 3.30pm

Dance to contemporary music that gets your coordination going

Mahjong

Free

Friday 10.00am - midday

Chinese tile game, great for mental agility

Meditation

\$5

Thursday 10.15 - 11.15am

Meditation can help you with your physical and mental health

Paper Craft

\$2

Thursday 9.30 - 11.45am

Bring your own card making project or you can join in the lessons

Pilates

\$4.50

Wednesday 1.00 - 2.00pm

Develops your core strength and aids in balance and general wellness

Pool (Billiards)

Free

Tuesday and Friday 9.00am - 3.00pm

Come along for a social game

Progressive Whist

\$2

Thursday 1.00 - 4.00pm

Whist is a classic English trick-taking card game

Quiz Group

Free

Second Friday of the month 1.00 - 3.00pm

Join our quiz masters for a bit of general knowledge fun

Scrabble

Free

Tuesday 10.00am - 2.00pm

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 2.00 - 4.30pm

Have fun and enjoy many styles of ballroom dancing

No partner required

Social Cards

Free

Wednesday 1.00 - 4.00pm

Join the Bridge or Bolivia group for a casual game

Table Tennis

\$2.50

Monday 2.15 - 4.30pm

Friday 1.30 - 4.00pm

Social game which keeps you active

Tai Chi

\$4.50

Monday 1.00 - 2.00pm

Thursday 11.30am - 12.30pm

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

Travel Group

Free

Third Wednesday of the month 9.00 - 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 (bi-weekly) 10.00am - 12.00pm

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 9.00 - 10.00am

Perfect for active older adults who are looking for a modified Zumba class