

	<b>Room</b>	<b>Start</b>	<b>Finish</b>	<b>Activity</b>	<b>Cost</b>
<b>MONDAY</b>	Main Hall	8.50am	to 9.50am	Dance Fitness	\$5.50
	Activity Room	9.30am	to midday	Caring and Sharing Craft Group	Free
	Computer Room	9.30am	to 11.45am	Paper Craft* (unavailable school hols)	\$3.00*
	Main Hall	10.00am	to midday	Carpet Bowls	Free
	Wet Craft Room	11.00am	to 1.00pm	Writers Group (fortnightly)	Free
	Main Hall	1.15pm	to 3.30pm	Table Tennis	Free
<b>TUESDAY</b>	Main Hall	8.45am	to 9.30am	Fit for Life Level 1	\$5.50
	Activity Room	9.00am	to 2.00pm	Sit and Sew	Free
	Dining Room	9.15am	to 11.15am	Darts	Free
	Main Hall	9.30am	to 10.30am	Fit for Life Level 1	\$5.50
	Activity Room	10.00am	to midday	Friendship Group	Free
	Computer Room	10.00am	to 3.30pm	Scrabble	Free
	Main Hall	10.30am	to 11.30am	Fit for Life Level 2	\$5.50
	Main Hall	11.30am	to 12.30pm	Yoga	\$5.50
	Main Hall	12.30pm	to 1.30pm	Tai Chi*	\$5.50
	Wet Craft Room	midday	to 2.00pm	Carers Group (last Tuesday)	Free
	Activity Room	midday	to 4.00pm	500 Card Club	Free
<b>WEDNESDAY</b>	Wet Craft Room	9.00am	to 11.30am	Art Group	Free
	Activity Room	9.00am	to 10.30am	Travel Group (3rd Wednesday)	Free
	Main Hall	9.15am	to 10.15am	Yoga	\$5.50
	Main Hall	10.30am	to 11.30am	Belly Dancing	\$5.50
	Computer Room	10.30am	to midday	Social Choir	Free
	Main Hall	11.30am	to 12.30pm	Pilates	\$5.50
	Computer Room	midday	to 4.00pm	Bridge	Free
	Wet Craft Room	12.45am	to 3.45pm	China Painting	Free
	Main Hall	1.00pm	to 2.00pm	Strictly Ballroom	Free
	Activity Room	1.00pm	to 4.00pm	Bolivia (Canasta)	Free
	Main Hall	2.00pm	to 4.30pm	Social Dance Group	Free
<b>THURSDAY</b>	Activity Room	8.30am	to 10.30am	Chess Group	Free
	Main Hall	9.00am	to 10.00am	Dance Fitness	\$5.50
	Computer Room	9.30am	to 11.45pm	Paper Craft* (unavailable school hols)	\$3.00*
	Dining Room	10.00am	to midday	Friendship Group	Free
	Main Hall	10.15am	to 11.15am	Meditation	\$6.00
	Dining Room	10.30am	to 12.30pm	Tech Savvy Seniors Group	Free
	Main Hall	11.30pm	to 12.30pm	Chair Yoga	\$5.50
	Activity Room	12.30pm	to 4.00pm	Progressive Whist*	\$2.00*
	Main Hall	1.00pm	to 3.00pm	Carpet Bowls	Free
	Computer Room	8.45am	to 9.15am	Slimmer Friends*	\$2.00*
	<b>FRIDAY</b>	Main Hall	8.45am	to 9.30am	Fit for Life Level 1
Wet Craft Room		9.00am	to 11.30am	Art Group	Free
Dining Room		9.15am	to 11.15am	Darts	Free
Main Hall		9.30am	to 10.30am	Fit for Life Level 1	\$5.50
Activity Room		9.30am	to midday	Caring and Sharing Craft Group	Free
Computer Room		9.45am	to 12.30pm	Mahjong (Beg & Adv)	Free
Main Hall		10.30am	to 11.30am	Fit for Life Level 2	\$5.50
Dining Room		1.00pm	to 3.00pm	Table Tennis	Free
Activity Room		1.00pm	to 3.00pm	Quiz (2nd Friday)	Free
Main Hall		1.00pm	to 4.00pm	Bingo (3rd Friday)*	\$7.50*

# Class Details

## **500 Card Club**

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

## **Art Group**

Work on your own art and enjoy great company

## **Belly Dancing**

Enjoy the rhythm and music of belly dance

## **Bingo**

Eyes down at 1.15pm

## **Cards: Bridge, Bolivia, Canasta**

Join the Bridge or Bolivia group for a casual game

## **Carers Support Group**

Meet with other carers and share your stories

## **Caring and Sharing Craft**

Bring your own craft and share craft ideas

## **Carpet Bowls**

Bowls is something anyone would enjoy

## **Chair Yoga**

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support

## **Choir (social)**

Join in for a social singalong

## **Chess Group**

Come along and join in a social game of chess

## **China Painting**

Create your own personal items with China Painting

## **Dance Fitness**

Perfect for active older adults who are looking for a modified dance fitness class

## **Darts**

Come along for a social game. Teams allocated on day

## **Fit for Life**

Circuit-based exercise class

## **Friendship Group**

Create social connects that last a lifetime

## **Mahjong**

Chinese tile game, great for mental agility

## **Meditation**

Meditation help's with physical and mental health

## **Paper Craft**

Bring your own card making project or you can join in

## **Pilates**

Develops your core strength and aids in balance and general wellness

## **Progressive Whist**

Whist is a classic English trick-taking card game

## **Quiz Group**

Join our quiz masters for a bit of general knowledge fun

## **Scrabble**

Join in the fun with the traditional game of words

## **Sit and Sew**

Bring your own project and share ideas and tips

## **Slimmer Friends**

Supportive group to assist you to reach your weight goals

## **Social Dance Group**

Have fun and enjoy many styles of ballroom dancing.

No partner required

## **Strictly Ballroom**

Partner dance

## **Table Tennis**

Social game which keeps you active

## **Tech Savvy Seniors Group**

Social group offering support and guidance

## **Tai Chi**

A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing

## **Travel Group**

Social group that travels together. Open to all members

## **Writers Club**

Enjoy learning how to write out your stories

## **Yoga**

Great for balance, strength and mobility