

February 2019

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 9.30am–1.15pm.

The Centre also has many exercise classes, social activities, groups and various services on offer, so have a look at our latest timetable.

COURSES

Art Classes (4 Weeks) \$30.00

Drawing Landscapes

Monday 4, 11, 18 & 25 February 1.30pm-3.30pm

Students to bring A3 art pad and pencils

Bookings essential

iPad lessons (Weekly) FREE

Wednesday 6, 13, 20 & 27 February 9.30am - 11.30am

Learn to stay connected, use emails, shop online, use the internet, on-line banking, Facebook, and talk to friends and family via Skype and Facetime. Enjoy games, music, books, photos, scrabble, crosswords, Sudoku and much more

Bookings essential

Doll Making Classes (3 Weeks) \$5.00

Doll Making

Thursday 14, 21 & 28 February 10.00am-12.00pm

Sharyn Egan will use her knowledge and skills on making dolls the old fashioned way, hand stitched, individual and quirky looking

Bookings essential

Beginners German Class (8 Weeks) FREE

Let's learn German

Thursdays 7 to 28 February & 7 to 28 March 10.00am -12.00pm

Learn to speak some basic German with TAFE Lecturer Syed Ahmed

Bookings essential

Computer Classes (6 Weeks) \$45.00

Beginners Computing Classes

Thursday 14 February – 21 March 10.00am to 12.00pm

Learn how to navigate around a computer, create a document and use the internet

Bookings essential

Computer Classes (2 Weeks) \$15.00

Shop Online

Thursday 14 & 21 February 12.30pm – 2.30pm

Learn how to shop online, book hotels, flights, access Centrelink and DVA and use Paypal to make safe transactions

Bookings essential

Computer Classes (2 Weeks) \$15.00

Social Media

Thursday 28 February & 7 March 12.30pm – 2.30pm

Learn how to use Facebook, Twitter, Instagram, and Whatsapp.

Bookings essential

EVENTS

Sundowner \$4.00

Friday 1 February 4.00pm – 7.00pm

Disco theme – hosted by Nigel Tinson, Cheryl Smith and Alison Applegate

Don your 1970's gear and join us for a crazy night.

BYO Food and drinks (including beer / wine) or soft drinks and food can be bought on the night

Bookings and payments essential

Classic Movie Club Free

Hosted by Bob Edwards

Sunday 3 February 9.00am

Kiss Me Deadly

Flying High

Chinese New Year \$20.00

Monday 4 February 10.30am – 1.30pm

Come and enjoy a buffet lunch to celebrate Chinese New Year and be entertained by Lion Dancers

Café – Valentine's Day

Thursday 14 February 9.30am – 1.15pm

Enjoy Valentine's with others in the café; enjoy the variety of food available for purchase on the day. With every coffee / tea /soft drink purchase you will receive a free cup cake.

Movie Meal Deal \$12.00

Ladies in Black

Friday 22 February 12.00pm

Three course lunch included. Lunch served 12.00pm, movie on the big screen 1.00pm

Café – Complimentary Tea or Coffee

Thursday 26 February 9.30am – 1.15pm

Come and join us in the Café and receive a complimentary tea or coffee when you purchase any food item.