



TIMETABLE Winter 2022

MONDAY	8.50am to 9.50am	Zumba Gold	\$5.00			
	9.30am to 11.30am	Caring and Sharing Craft Group	Free			
	9.30am to 11.45am	Paper Craft*	\$2.00			
	11.00am to 1.00pm	Writers Group (fortnightly)	Free	6, 20 June	4, 18 July	1, 15, 29 Aug
	10.00am to midday	Carpet Bowls	Free			
	1.00pm to 3.00pm	Table Tennis	Free			
TUESDAY	8.45am to 9.30am	Fit for Life Level 1	\$5.00			
	9.15am to 11.15am	Darts	Free			
	9.30am to 10.30am	Fit for Life Level 1	\$5.00			
	10.00am To midday	Friendship Group	Free			
	10.00am to midday	Carers Group (last Tuesday)	Free	28 June	26 July	30 Aug
	10.00am to 2.00pm	Scrabble	Free			
	10.30am to 11.30am	Fit for Life Level 2	\$5.00			
	11.30am to 12.30pm	Yoga	\$5.00			
1.00pm to 3.00pm	500 Card Club	Free				
WEDNESDAY	9.00am to 11.30am	Art Group	Free			
	9.15am to 10.15am	Yoga	\$5.00			
	9.00am to 10.30am	Travel Group (3rd Wednesday)	Free	15 June	20 July	17 Aug
	10.30am to 11.30am	Belly Dancing	\$5.00			
	11.35am to 12.35pm	Strictly Ballroom	Free			
	1.00pm to 2.00pm	Pilates	\$5.00			
	12.30pm to 4.00pm	Bridge	Free			
	1.00pm to 4.00pm	Bolivia (Canasta)	Free			
2.00pm to 4.30pm	Social Dance Group	Free				
THURSDAY	9.00am to 10.00am	Zumba Gold	\$5.00			
	9.30am to 11.45pm	Paper Craft*	\$2.00			
	10.15am to 11.15am	Meditation	\$5.50			
	10.30am to 12.30pm	iPad Social Group	Free			
	11.30am to 12.30pm	Tai Chill	\$5.00			
	1.00pm to 3.00pm	Carpet Bowls	Free			
	1.00pm to 4.00pm	Progressive Whist*	\$2.00			
FRIDAY	8.45am to 9.15am	Slimmer Friends*	\$1.00			
	8.45am to 9.30am	Fit for Life Level 1	\$5.00			
	9.00am to 11.30am	Art Group	Free			
	9.15am to 11.15am	Darts	Free			
	9.30am to 10.30am	Fit for Life Level 1	\$5.00			
	9.30am to midday	Sit & Sew	Free			
	9.30am to 11.30am	Caring and Sharing Craft Group	Free			
	10.00am to midday	Mahjong	Free			
	10.30am to 11.30am	Fit for Life Level 2	\$5.00			
	1.00pm to 3.00pm	Table Tennis	Free			
	1.00pm to 3.00pm	Quiz (2nd Friday)	Free	10 June	8 July	12 Aug
1.00pm to 4.00pm	Bingo (3rd Friday)*	\$2.00	17 June	15 July	19 Aug	

* fee payable to the instructor

Class Details

500 Card Club | Free

Tuesday 1.00 - 3.00pm

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

Art Group | Free

Wednesday and Friday 9.00 - 11.30am

Work on your own art and enjoy great company

Belly Dancing | \$5

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

Cards: Bridge, Bolivia, Canasta | Free

Wednesday 12.30 - 4.00pm

Join the Bridge or Bolivia group for a casual game

Carers Support Group | Free

Last Tuesday of the month 10am - midday

Meet with other carers and share your stories.

Caring and Sharing Craft | Free

Monday and Friday 9.30 - 11.30am

Bring your own craft and share craft ideas

Carpet Bowls | Free

Monday 10.00 - midday and Thursday 1.00 - 3.00pm

Bowls is something anyone would enjoy

Darts | Free

Tuesday and Friday 9.15 - 11.15am

Come along for a social game. Teams allocated on day

Fit for Life | \$5

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

Friday 8.45 - 9.30am and 9.30 - 10.30am

Lvl 2: Tuesday 10.30 - 11.30am

Friday 10.30 - 11.30am

Circuit-based exercise class

Friendship Group | Free

Tuesday 10.00am - midday

Create social connects that last a lifetime

iPad Social Group | Free

Thursdays 10.30am - 12.30pm

Social group offering support and guidance

Mahjong | Free

Friday 10.00am - midday

Chinese tile game, great for mental agility

Meditation | \$5.50

Thursday 10.15 - 11.15am

Meditation help's with physical and mental health

Paper Craft | \$2

Mondays and Thursdays 9.30am - 11.45am

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

Pilates | \$5

Wednesday 1.00 - 2.00pm

Develops your core strength and aids in balance and general wellness

Pool (Billiards) | Free

Everyday 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

Slimmer Friends | \$1

Friday 8.45 - 9.15am

Supportive group to assist you to reach your weight goals

Social Dance Group | Free

Wednesday 2.00 - 4.30pm

Have fun and enjoy many styles of ballroom dancing.

No partner required

Strictly Ballroom | Free

Wednesday 12.35—12.35pm

Partner dance

Table Tennis | Free

Monday 2.15 - 4.30pm and Fridays 1.30 - 4.00pm

Social game which keeps you active

Tai Chill | \$5

Thursdays 11.30 - 12.30pm

A tai chi based exercise designed for health and fitness

Travel Group | Free

Third Wednesday of the month 9.00 - 10.30am

Social group that travels together. Open to all members

Writers Club | Free

Mondays (bi-weekly) 11.00am - 1.00pm

Enjoy learning how to write out your stories

Yoga | \$5

Tuesday 11.30 - 12.30pm and Wednesday 9.15 - 10.15am

Great for balance, strength and mobility

Zumba Gold | \$5

Monday 8.50 - 9.50am and Thursday 9.00 - 10.00am

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