

# TIMETABLE

## Spring 2023

\* fee payable to the instructor

	Room	Start	Finish	Activity	Cost	Sept	Oct	Nov
MONDAY	MH	8.50am	to 9.50am	Dance Fitness	\$5.50			
	AR	9.30am	to midday	Caring and Sharing Craft Group	Free			
	CR	9.30am	to 11.45am	Paper Craft* (unavailable school hols)	\$3.00*			
	MH	10.00am	to midday	Carpet Bowls	Free			
	WC	11.00am	to 1.00pm	Writers Group (fortnightly)	Free	11	9 & 23	6 & 20
	MH	12.00pm	to 1.00pm	Get Low*	\$6.00*			
	MH	1.15pm	to 3.00pm	Table Tennis	Free			
TUESDAY	MH	8.45am	to 9.30am	Fit for Life Level 1	\$5.50			
	AR	9.00am	to 2.00pm	Sit and Sew	Free			
	DR	9.15am	to 11.15am	Darts	Free			
	MH	9.30am	to 10.30am	Fit for Life Level 1	\$5.50			
	AR	10.00am	to midday	Friendship Group	Free			
	CR	10.00am	to 3.30pm	Scrabble	Free			
	MH	10.30am	to 11.30am	Fit for Life Level 2	\$5.50			
	MH	11.30am	to 12.30pm	Yoga	\$5.50			
	WC	midday	to 2.00pm	Carers Group (last Tuesday)	Free	26	31	28
	AR	midday	to 4.00pm	500 Card Club	Free			
	MH	1.00pm	to 2.00pm	Indian Dance	Free			
	MH	2.00pm	to 3.00pm	Line Dance*	\$6.00*			
	WEDNESDAY	WC	9.00am	to 11.30am	Art Group	Free		
AR		9.00am	to 10.30am	Travel Group (3rd Wednesday)	Free	20	18	15
MH		9.15am	to 10.15am	Yoga	\$5.50			
MH		10.30am	to 11.30am	Belly Dancing	\$5.50			
CR		10.30am	to midday	Social Choir	Free			
MH		11.30am	to 12.30pm	Pilates	\$5.50			
WC		12.45am	to 3.45pm	China Painting	Free			
MH		1.00pm	to 2.00pm	Strictly Ballroom	Free			
CR		midday	to 4.00pm	Bridge	Free			
AR		1.00pm	to 4.00pm	Bolivia (Canasta)	Free			
MH		2.00pm	to 4.30pm	Social Dance Group	Free			
THURSDAY	AR	8.30am	to 10.30am	Chess Group	Free			
	MH	9.00am	to 10.00am	Dance Fitness	\$5.50			
	CR	9.30am	to 11.45pm	Paper Craft* (unavailable school hols)	\$3.00*			
	MH	10.15am	to 11.15am	Meditation	\$6.00			
	DR	10.30am	to 12.30pm	Tech Savvy Seniors Group	Free			
	MH	11.30am	to 12.30pm	Get Low*	\$6.00			
	MH	1.00pm	to 3.00pm	Carpet Bowls	Free			
	AR	12.30pm	to 4.00pm	Progressive Whist*	\$2.00*			
FRIDAY	CR	8.45am	to 9.15am	Slimmer Friends*	\$2.00*			
	MH	8.45am	to 9.30am	Fit for Life Level 1	\$5.50			
	WC	9.00am	to 11.30am	Art Group	Free			
	DR	9.15am	to 11.15am	Darts	Free			
	MH	9.30am	to 10.30am	Fit for Life Level 1	\$5.50			
	AR	9.30am	to midday	Caring and Sharing Craft Group	Free			
	CR	9.45am	to 12.30pm	Mahjong (Beg & Adv)	Free			
	MH	10.30am	to 11.30am	Fit for Life Level 2	\$5.50			
	DR	1.00pm	to 3.00pm	Table Tennis	Free			
	AR	1.00pm	to 3.00pm	Quiz (2nd Friday)	Free	8	13	10
	MH	1.00pm	to 4.00pm	Bingo (3rd Friday)*	\$7.50*	15	20	17

# 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

## **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

## **Get Low**

Low impact full body workout using dance and boxing the lessons

## **Indian Dance**

An active dance class all while learning the culture

## **Line Dance**

Enjoy how to line dance in a social environment

## **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

## **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