WHO Global Network for Age-friendly Cities and Communities

COCKBURN SENIORS CENTRE
TIMETABLE

*Fee payable to instructor

	Room	Start		Finish	Activity	Cost
Monday	Main Hall	**8.50am**	to	**9.50am**	Chair Yoga (Men's Yoga from 13th Oct)	$6.00
	Activity Room	**9.30am**	to	**11.30am**	Caring and Sharing Craft Group	Free
	Computer Room	**9.30am**	to	**11.45am**	Paper Craft* *unavailable school holidays*	$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	**12.30pm**	to	**1.30pm**	Beginners Belly Dance*	$5.00*
	Main Hall	**1.15pm**	to	**3.00pm**	Table Tennis	Free
Tuesday	Main Hall	**8.45am**	to	**9.30am**	Fit for Life Level 1 (Class 1)	$6.00
	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 (Class 2)	$6.00
	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 (Class 3)	$6.00
	Main Hall	**11.30am**	to	**12.30am**	Yoga	$6.00
	Main Hall	**12.45pm**	to	**1.45pm**	Chair Yoga	$600
	Wet Craft Room	**10.00am**	to	**12.00pm**	Carers Group (last Tuesday of month)	Free
	Activity Room	**midday**	to	**4.00pm**	500 Card Club	Free
Wednesday	Wet Craft Room	**9.00am**	to	**11.30am**	Art Group	Free
	Activity Room	**9.00am**	to	**10.30am**	Travel Group (3rd Wednesday of month)	Free
	Main Hall	**9.00am**	to	**10.00am**	Yoga	$6.00
	Computer Room	**9.00am**	to	**11.00am**	Beginners Knitting Classes	Free
	Main Hall	**10.15am**	to	**11.15am**	Twisted Shuffle*	$10.00*
	Computer Room	**10.30am**	to	**midday**	Social Choir	Free
	Main Hall	**11.30am**	to	**12.30pm**	Pilates	$6.00
	Computer Room	**midday**	to	**4.00pm**	Bridge	Free
	Wet Craft Room	**12.45pm**	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	**4.00pm**	Social Dance Group	Free
Thursday	Dining Room	**8.30am**	to	**10.30am**	Chess Group	Free
	Main Hall	**9.00am**	to	**10.00am**	Get Low*	$6.00*
	Computer Room	**9.30am**	to	**11.45am**	Papercraft* (unavailable school holidays)	$3.00*
	Dining Room	**10.00am**	to	**midday**	Friendship Group	Free
	Main Hall	**10.15am**	to	**11.15am**	Meditation	$6.50
	Dining Room	**10.30am**	to	**12.30pm**	Tech Savvy Seniors Group	Free
	Main Hall	**11.30am**	to	**12.30pm**	Chair Yoga	$6.00
	Activity Room	**12.30pm**	to	**4.00pm**	Progressive Whist	Free
	Main Hall	**1.00pm**	to	**3.00pm**	Carpet Bowls	Free
Friday	Computer Room	**8.30am**	to	**9.15am**	Slimmer Friends*	$2.00*
	Main Hall	**8.45am**	to	**9.30am**	Fit for Life Level 1 (Class 1)	$6.00
	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 (Class 2)	$6.00
	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 (Class 3)	$6.00
	Activity Room	**1.00pm**	to	**3.00pm**	Quiz (2nd Friday)	Free
	Main Hall	**1.00pm**	to	**4.00pm**	Bingo (3rd Friday) – no entry after 1pm	$7.50*

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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

Bingo
No entry after 1pm
Game starts at 1.15pm

Beginners Knitting Classes
For anyone who wants to learn to knit or needs a refresher.

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

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, boxing, light cardio and seriously good music

Mahjong
Chinese tile game, great for mental agility

Meditation
Meditation helps 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 (Beginners)
Social game which keeps you active

Table Tennis (Advanced)
Advanced game playing with advanced players

Tech Savvy Seniors Group
Social group offering support and guidance

Travel Group
Social group that travels together. Open to all members

Twisted Shuffle
Combining dance and physical activity to keep you active in a safe and friendly environment. No partners required

Writers Group
Enjoy learning how to write out your stories

Yoga
Great for balance, strength and mobility

Note: If you are experiencing financial hardship, please see the Centre Coordinator for a confidential discussion.

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