

COCKBURN SENIORS CENTRE

TIMETABLE

*Fee payable to instructor

Monday

Tuesday

Wednesday

Thursday

Friday

Room	Start	Finish	Activity	Cost	Finish 2025	Start 2026
Main Hall	8.50am	to 9.50am	Chair Yoga	\$6.00	22/12	12/01
	9.30am	to 11.30am	Caring and Sharing Craft Group	Free	22/12	5/01
	9.30am	to 11.45am	Paper Craft* <small>unavailable school holidays</small>	\$3.00*	15/12	2/02
	10.00am	to midday	Carpet Bowls	Free	22/12	12/01
	11.00am	to 1.00pm	Writers Group <small>(fortnightly)</small>	Free	8/12	5/01
	12.00pm	to 1.00pm	Beginners Belly Dance*	\$5.00*	15/12	2/02
	1.15pm	to 3.00pm	Table Tennis	Free	22/12	5/01
	8.45am	to 9.30am	Forever Strong Fitness Level 1 (Class 1)	\$6.00	23/12	6/01
	9:00am	to 2:00pm	Basket Making	Free	23/12	6/01
	9.00am	to 2.00pm	Sit and Sew	Free	23/12	6/01
Dining Room	9.15am	to 11.15am	Darts	Free	16/12	6/01
	9.30am	to 10.30am	Forever Strong Fitness Level 1 (Class 2)	\$6.00	23/12	6/01
	10.00am	to midday	Friendship Group	Free	23/12	6/01
	10.00am	to 3.30pm	Scrabble	Free	16/12	6/01
	10.30am	to 11.30am	Forever Strong Fitness Level 2 (Class 3)	\$6.00	23/12	6/01
	11.30am	to 12.30am	Yoga	\$6.00	23/12	12/01
	12.45pm	to 1.45pm	Chair Yoga	\$6.00	23/12	12/01
	10.00am	to 12.00pm	Carers Group <small>(last Tuesday of month)</small>	Free	25/11	24/02
	midday	to 4.00pm	500 Card Club	Free	22/12	6/01
	9.00am	to 11.30am	Art Group	Free	17/12	7/01
Activity Room	9.00am	to 10.30am	Travel Group <small>(3rd Wednesday of month)</small>	Free	19/11	21/1
	9.00am	to 10.00am	Yoga	\$6.00	17/12	14/1
	9.00am	to 11.00am	Beginners Knitting Classes	Free	17/12	7/01
	10.15am	to 11.15am	Twisted Shuffle*	\$10.00*	26/11	4/02
	10.30am	to midday	Social Choir	Free	17/12	14/01
	11.30am	to 12.30pm	Pilates	\$6.00	17/12	14/01
	midday	to 4.00pm	Bridge	Free	17/12	7/01
	12.45pm	to 3.45pm	China Painting	Free	17/12	7/01
	1.00pm	to 2.00pm	Strictly Ballroom	Free	17/12	7/01
	1.00pm	to 4.00pm	Bolivia (Canasta)	Free	17/12	7/01
Main Hall	2.00pm	to 4.00pm	Social Dance Group	Free	17/12	7/01
	8.30am	to 10.30am	Chess Group	Free	18/12	8/01
	9.15am	to 10.00am	Get Low*	\$6.00*	18/12	15/01
	9.00am	to 11.00am	Amish Knot Matts	Free	18/12	8/01
	9.30am	to 11.45am	Papercraft* <small>(unavailable school holidays)</small>	\$3.00*	18/12	5/02
	10.00am	to midday	Friendship Group	Free	11/12	8/01
	10.15am	to 11.15am	Meditation	\$6.50	18/12	15/01
	10.30am	to 12.30pm	Tech Savvy Seniors Group	Free	18/12	15/01
	11.30am	to 12.30pm	Chair Yoga	\$6.00	18/12	15/01
	12.30pm	to 4.00pm	Progressive Whist	Free	18/12	8/01
Dining Room	1.00pm	to 3.00pm	Carpet Bowls	Free	18/12	8/01
	8.30am	to 9.15am	Slimmer Friends*	\$2.00*	12/12	13/02
	8.45am	to 9.30am	Forever Strong Fitness Level 1 (Class 1)	\$6.00	12/12	9/01
	9.00am	to 11.30am	Art Group	Free	12/12	9/01
	9.15am	to 11.15am	Darts	Free	12/12	9/01
	9.30am	to 10.30am	Forever Strong Fitness Level 1 (Class 2)	\$6.00	12/12	9/01
	9.30am	to midday	Caring and Sharing Craft Group	Free	12/12	9/01
	9.45am	to 12.30pm	Mahjong (Beg & Adv)	Free	12/12	9/01
	10.30am	to 11.30am	Forever Strong Fitness Level 2 (Class 3)	\$6.00	12/12	9/01
	1.00pm	to 3.00pm	Quiz <small>(2nd Friday)</small>	Free	12/12	16/01
Main Hall	1.00pm	to 4.00pm	Bingo <small>(3rd Friday)</small> - no entry after 1pm	\$7.50*	5/12	20/03

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

Forever Strong Fitness

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.