

# COCKBURN SENIORS CENTRE TIMETABLE

\*Fee payable to instructor

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

## 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

### **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.*