

Room	Start to finish	Activity	Cost
<b>Monday</b>			
Main Hall	8.50am to 9.50am	Chair Yoga	\$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	10am to midday	Carpet Bowls	Free
Wet Craft Room	11am to 1pm	Writers Group (fortnightly)	Free
Main Hall	Midday to 1pm	Beginners Belly Dance*	\$5.00*
Main Hall	1.15pm to 3pm	Table Tennis	Free
<b>Tuesday</b>			
Main Hall	8.45am to 9.30am	Forever Strong Fitness Level 1 (Class 1)	\$6.00
Dining Room	9am to 1pm	Amish Knot Matts	Free
Activity Room	9am to 2pm	Sit and Sew	Free
Dining Room	9.15am to 11.15am	Darts	Free
Main Hall	9.30am to 10.30am	Forever Strong Fitness Level 1 (Class 2)	\$6.00
Activity Room	10am to midday	Friendship Group	Free
Computer Room	10am to 3.30pm	Scrabble	Free
Main Hall	10.30am to 11.30am	Forever Strong Fitness 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	\$6.00
Wet Craft Room	10am to midday	Carers Group (last Tuesday of month)	Free
Activity Room	Midday to 4pm	500 Card Club	Free
Main Hall	2pm to 4pm	Square Dancing	Free
<b>Wednesday</b>			
Wet Craft Room	9am to 11.30am	Art Group	Free
Activity Room	9am to 10.30am	Travel Group (3* Wednesday of month)	Free
Main Hall	9am to 10am	Yoga	\$6.00
Computer Room	9am to 11am	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 4pm	Bridge	Free
Wet Craft Room	12.45pm to 3.45pm	China Painting	Free
Main Hall	1pm to 2pm	Strictly Ballroom	Free
Activity Room	1pm to 4pm	Bolivia (Canasta)	Free
Main Hall	2pm to 4pm	Social Dance Group	Free
<b>Thursday</b>			
Dining Room	8.30am to 10.30am	Chess Group	Free
Main Hall	9.15am to 10am	Get Low*	\$6.00*
Computer Room	9.30am to 11.45am	Papercraft* (unavailable school holidays)	\$3.00*
Dining Room	10am 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 4pm	Progressive Whist	Free
Main Hall	1pm to 3pm	Carpet Bowls	Free
<b>Friday</b>			
Computer Room	8.30am to 9.15am	Slimmer Friends*	\$2.00*
Main Hall	8.45am to 9.30am	Forever Strong Fitness 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	Forever Strong Fitness 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	Forever Strong Fitness Level 2 (Class 3)	\$6.00
Activity Room	1pm to 3pm	Quiz (2nd Friday)	Free
Main Hall	1pm to 4pm	Bingo (19" June, 18" September, 18" October)	\$7.50*

\*Fee payable to instructor

Updated: 30<sup>th</sup> April 2026 <R:/Community and PlacelSeniorsCentre/Program/Timetables>

## Class

### **500 Card Club**

If you love playing cards, this games for you!

### **Amish Knot Matts**

on your own art and enjoy great company.

### **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.

### **Square Dancing**

A folk dance where 4 couples form a square and perform movements choreographed to music.

### **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

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Note: If you are experiencing financial hardship, please see staff.