

Cockburn Seniors Centre Timetable

Room	Start to finish	Activity	Cost
Monday			
Main Hall	8.50am to 9.50am	Chair Yoga	\$6.50
Dining Room	9.00am to 11.00am	Art Therapy	Free
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) (*ECF)	Free
Main Hall	Midday to 1pm	Beginners Belly Dance*	\$5.00*
Main Hall	1.15pm to 3pm	Table Tennis	Free
Tuesday			
Main Hall	8.45am to 9.30am	Forever Strong Fitness Level 1 (Class 1)	\$7.50
Dining Room	9am to 1pm	Amish Knot Mats	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)	\$7.50
Activity Room	10am to midday	Friendship Group (*ECF)	Free
Computer Room	10am to 3.30pm	Scrabble	Free
Main Hall	10.30am to 11.30am	Forever Strong Fitness Level 2 (Class 3)	\$7.50
Main Hall	11.30am to 12.30am	Yoga	\$6.50
Main Hall	12.45pm to 1.45pm	Chair Yoga	\$6.50
Wet Craft Room	10am to midday	Carers Group (last Tuesday of month)	Free
Activity Room	Midday to 4pm	500 Card Club	Free
Dining Room	1pm to 2pm	Beginners Square Dancing (*ECF)	Free
Main Hall	2pm to 4pm	Square Dancing (*ECF)	Free
Wednesday			
Wet Craft Room	9am to 11.30am	Art Group	Free
Activity Room	9am to 10.30am	Travel Group (3 rd Wednesday of month)	Free
Main Hall	9am to 10am	Yoga	\$6.50
Computer Room	9am to 11am	Beginners Knitting Classes	Free
Main Hall	10.15am to 11.15am	Twisted Shuffle*(*ECF)	\$10.00*
Activity Room	10.30am to midday	Social Choir	Free
Main Hall	11.30am to 12.30pm	Pilates	\$6.50
Computer Room	Midday to 4pm	Bridge (*ECF)	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
Thursday			
Dining Room	8.30am to 10.30am	Chess Group	Free
Computer Room	9.30am to 11.45am	Papercraft (unavailable school holidays)	\$3.00*
Dining Room	10am to midday	Friendship Group (*ECF)	Free
Main Hall	10.15am to 11.15am	Meditation	\$6.50
Dining Room	10.30am to 12.30pm	Tech Savvy Seniors Group (*ECF)	Free
Main Hall	11.30am to 12.30pm	Chair Yoga	\$6.50
Activity Room	12.30pm to 4pm	Progressive Whist	Free
Main Hall	1pm to 3pm	Carpet Bowls	Free
Friday			
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)	\$7.50
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)	\$7.50
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)	\$7.50
Activity Room	1pm to 3pm	Quiz (2 nd Friday of the month) (*ECF)	Free
Main Hall	1pm to 4pm	Bingo (18 th September, 13 th November) (*ECF)	

*Fee payable to instructor

(*ECF) - Exempt Casual Fee

Updated: 1st July 2026 <R:/Community and PlacelSeniorsCentre/Program/Timetables>

Class

500 Card Club

If you love playing cards, this games for you!

Art Therapy

Calming, therapeutic
Improves dexterity
and a great place
to have a chat.

Amish Knot Mats

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.

Beginners Square Dancing

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

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.

Mahjong

A 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

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