Cockburn Seniors Centre Timetable

WHO Global Network for Age-friendly Cities and Communities

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
Wet Craft Room	1pm to 3.30pm	Movie	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 (3rd 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 (2nd Friday of the month) **(*ECF)**	Free
Main Hall	1pm to 4pm	Bingo (18th September, 13th November) **(*ECF)**	
Main Hall	1.30pm to 2.30pm	Sound Healing/Bath	$20.00*

*Fee payable to instructor **(*ECF) - Exempt Casual Fee**

Updated: 1st July 2026 R:/Community and PlacelSeniorsCentrel/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 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.

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.

Movie
Come and enjoy your favourite Movie.

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.

Sound Healing/ Bath
Gentle sound therapy for clarity and calm

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.

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