

Transcript of Cockburn Seniors Centre video

Join us at the Cockburn Seniors Centre where we encourage age-friendly activities and live life to the fullest for persons over the age of 50.

Once within our facilities, we play host to an array of recreational activities such as darts and eight ball or you can relax and enjoy delicious meals from our friendly staff in the café area.

Throughout the week we have scheduled activities and workshops you can participate in. Keep up-to-date with the latest technology in the iPad workshops or hone your craft with some arts and crafts activities.

You can also keep physical in the main hall whether that be through Zumba dancing, belly dancing classes or accession with Fit for Life.

So come on down to Cockburn Seniors Centre we'd love for you to visit, we think you'd be pleasantly surprised. See you soon.