

## Cockburn Seniors Centre

Timetable

1 November 2018 – 31 January 2019

### Contact information



1. Cockburn Seniors Centre
  2. City of Cockburn Administration Building
  3. Spearwood Public Library
  4. Public Parking
- 9 Coleville Crescent Spearwood, WA 6163  
T: 9411 3877  
E: [csc@cockburn.wa.gov.au](mailto:csc@cockburn.wa.gov.au)  
[cockburn.wa.gov.au/seniorscentre](http://cockburn.wa.gov.au/seniorscentre)

## **Welcome, enjoy the many activities on offer!**

Cockburn Seniors Centre offers a broad range of activities and classes to promote physical activity, social connection and mental wellness for over 50's.

This brochure covers all of our regular activities.  
For information on our courses, events, outings and seminars please see our monthly program.

We hope to see you enjoying these activities and classes at Cockburn Seniors Centre soon.

## **Age-friendly initiatives for over 50's**

Classes may be subject to change or cancellation without notice. Please contact the centre to confirm your class details.

## **Services**

### **Acupuncture, Naturopathy and Swedish Massage**

Mondays, Thursdays 10am-2pm  
Assistance with providing pain relief as well as assisting in dealing with health issues. To make an appointment call Syed on 9418 1031 or 0431 338 599

### **Hairdresser**

Tuesdays, Wednesdays and Fridays.  
Tuesday and Fridays with Lilly please call 0403 716 015 to make an appointment.  
Wednesdays with Julie please call 9411 3877 to make an appointment.

### **Hearing Checks Free**

First Monday of the month, 10am-12.15pm  
Hearing is one of our most precious senses and is fundamental to our overall health, wellbeing and quality of life. Call 9411 3877 to make an appointment.

## **Groups**

### **Art Club Free**

Every Friday, 9.30am -12pm  
Do your own art and enjoy everyone's company.

### **Book Club Free**

Second Monday of the month, 1-2pm  
Love reading books? Love talking about them?  
Come along and join our Book Club.

**Carers Support Group Free**

Last Tuesday of the month, 10am-midday

Meet with other carers and share your stories, successes and challenges.

**iPad Social Group and ebay Free**

Thursdays, 11am – 12.30pm

Beginners will learn how to use an iPad to connect to the internet. If you're an intermediate, you'll explore different apps, games and functions.

**Movie Club Free**

First Sunday of the month 9am

Enjoy all of the olden movies and join in a quiz

**Travel Club Free**

Third Wednesday of the month, 9-10am

Social group that travels together

**Weight Watches \$1**

Fridays, 8.45am -9.15am

Supportive group to assist you to reach your weight goals

**Writers Club**

Every second Monday, 10am-midday

We are Storytellers who write for the joy of it. We like to challenge our ability to tell a good story in a small, friendly, relaxed group of men and women. Our aim is always to have fun and laugh a lot. Come and join us.

For more information contact Shirley 6163 1277

**Quiz Group**

Second Friday of the month, 1-3pm

Join our great quiz masters for a bit of general knowledge fun. Team allocated on arrival.

## Days at a glance

### Monday

|                 |                                     |        |
|-----------------|-------------------------------------|--------|
| 8.50am -9.50am  | Zumba                               | \$4.50 |
| 10am - midday   | Caring & Sharing Craft Group        | Free   |
| 10am – Midday   | Writers Group (Every second Monday) | Free   |
| 10am -2pm       | Naturopath & Acupuncturist          |        |
| 10.15am-12.15pm | Carpet Bowls                        | Free   |
| 1pm – 2pm       | Tai Chi                             | \$4.50 |
| 1-2pm           | Book Club (Second Monday month)     | Free   |
| 2.15pm - 4.20pm | Table Tennis                        | \$2.50 |

### Tuesday

|                  |  |        |
|------------------|--|--------|
| 8.45am           | Fit for Life Level 1                     | \$4.50 |
| 9.15am -11.15am  | Darts and Pool                           | Free   |
| 9.30am           | Fit for Life Level 1 (Beginners)         | \$4.50 |
| 10am             | Carers Group (last Tuesday of the month) | Free   |
| 10am -2pm        | Scrabble                                 | Free   |
| 10.30am          | Fit for Life Level 2                     | \$4.50 |
| 10.30am          | Hairdresser                              |        |
| 11.30am          | Yoga                                     | \$4.50 |
| 12.30pm – 1.30pm | Pilates                                  | \$4.50 |
| 1.30pm           | Line Dancing                             | \$5    |

### Wednesday

|                 |  |        |
|-----------------|--|--------|
| 9am – 10am      | Travel Club (third Wednesday of the month) | Free   |
| 9.15am -10.15am | Yoga                                       | \$4.50 |
| 9.30            | Hairdresser                                |        |
| 10.30am-11.30am | Bellymagic                                 | \$4.50 |
| 10.30am-12pm    | Choir                                      | \$5    |
| 1-2pm           | Pilates                                    | \$4.50 |
| 1-4pm           | Bridge or Bolivia (Canasta)                | Free   |
| 2-4.20pm        | Social Dancing                             | Free   |

### Thursday

|               |                            |        |
|---------------|----------------------------|--------|
| 9-10am        | Zumba                      | \$4.50 |
| 10am -2pm     | Naturopath & Acupuncturist |        |
| 10.15-11.15am | Meditation                 | \$5    |
| 11am-12.30pm  | Ipad Social Group          | Free   |
| 11.30-12.30pm | Tai-Chi                    | \$4.50 |
| 1-3pm         | Carpet Bowls               | Free   |
| 1-4pm         | Progressive Whist          | \$3    |

## Friday

|                |  |              |
|----------------|--|--------------|
| 8.45am         | Fit for Life Level 1                       | \$4.50       |
| 8.45am -9.15am | Weight Watchers                            | \$1.00       |
| 9.15-11.15am   | Darts and Pool                             | Free         |
| 9.30am -12pm   | Art Group                                  | Free         |
| 9.30-12pm      | Sit & Sew                                  | Free         |
| 9.30am         | Fit for Life Level 2                       | \$4.50       |
| 10am           | Hearing Checks (Frist Friday of the month) | Free         |
| 10am-12pm      | Craft                                      | Free         |
| 10am-12pm      | Mahjong                                    | Free         |
| 10.30am        | Fit for Life Level 2                       | \$4.50       |
| 10.30am        | Hairdresser                                |              |
| 1-2pm          | Bingo (every second and third Friday)      | \$2 per book |
| 1-3pm          | Quiz every second Friday of the month)     | Free         |
| 1-3.30pm       | Movie Meal Deal (every fourth Friday)      |              |
| 4-7pm          | Sundowner (first Friday of the month)      | \$4.00       |

## Sunday

|     |                                      |      |
|-----|--------------------------------------|------|
| 9am | Movie Club First Sunday of the month | Free |
|-----|--------------------------------------|------|

## EXERCISE CLASSES AND SOCIAL ACTIVITIES

### Art Club Free

Every Monday, 9.30am -12pm  
Do your own art and enjoy everyone's company.

### Bellydance \$4.50

Wednesdays, 10.30am-11.30am  
Enjoy the rhythm and music of bellydance. Join this class to strengthen and tone your important core muscles, protecting your spine and improving your balance and stability. A fun way to tone and strengthen your body. All abilities welcome

### Bingo

2nd & 3rd Friday of the month, 1-3pm \$2 per book  
Bingo is a game of chance in which each player matches numbers pre-printed in different arrangements.

### **Book Club**

2nd Monday of the month, 1–2pm  
Love reading books? Love talking about them?  
Come along and join our newly developed  
Seniors Centre Book Club. Members will get a  
chance to choose the books so the genre will  
change each month.

### **Caring and Sharing Craft**

Mondays & Fridays, 10am–12pm                      FREE  
Bring your own craft and share craft ideas.

### **Carpet Bowls**

Mondays, 10.15am–12.15pm Thursdays,      FREE  
1–3pm  
Bowls is something anyone would enjoy–give it a try.

### **Choir**

Wednesdays, 10.30–11.30am                      \$5  
Join our choir conducted by a qualified singing teacher.

### **Darts and Pool**

Fridays, 9.15–11.15am                              FREE  
Come along for a social game. Teams allocated on  
arrival.

### **Fit for Life**

Beginners Tuesdays 9.30–10.30am &                      \$4.50  
Fridays 8:45– 9:30am  
General Tuesdays 8.45–9.30am, Fridays  
9.30–10.30am  
Experienced Tuesdays & Fridays 10.30–  
11.30am  
Circuit-based exercise class for people of all levels.

### **iPad Social Group and EBay**

Thursdays, 11am–12.30pm      FREE  
Beginners will learn how to use an iPad to  
connect to the internet. If you're an  
intermediate, you'll explore different apps,  
games and functions.

### **Line Dancing**

Line Dancing 1.30pm -3.30pm \$5

Dance to contemporary music that gets your coordination going.

### **Mahjong**

Fridays, 10am–12pm FREE

Chinese tile game, great for keeping the brain cells active.

### **Meditation**

Thursdays, 10:15–11:15am \$5

### **Movie Club Free**

**9am**

First Sunday of the month

Enjoy of the olden days movies and join in a quiz. Social Group

### **Pilates**

Tuesdays 12.30pm -1.30pm \$4.50

Wednesdays, 1–2pm

Develops your core strength and aids in balance and general wellness.

### **Progressive Whist**

Thursdays, 1–4pm \$2

Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries.

### **Quiz**

2nd Friday of the month, 1– FREE

3pm

Join our great quiz masters for a bit of general knowledge fun. Teams allocated on arrival

### **Scrabble**

Tuesdays, 10am–2pm FREE

Join in the fun with the traditional game of words.

### **Sit & Sew**

Fridays, 9.30am–12pm FREE

Bring your own project and share ideas and tips.

### **Social Ballroom**

Wednesdays, 2.15pm - Free  
4.15pm

Enjoy dancing the afternoon away. Social group who like to have fun and enjoy dancing

### **Social Cards**

Wednesdays, 1–4pm FREE  
Join the Bridge or Bolivia group for a casual game.

### **Table Tennis**

Mondays, 2.15–4.30pm \$2.50  
Social game which keeps you active.

### **Tai Chi**

Mondays, 1–2pm Thursdays, \$4.50  
11.30am–12.30pm  
Traditional, safe and gentle Chinese exercise.  
Great for balance and relaxation.

### **Travel Club**

3rd Wednesday of the month, 9–10.15am FREE  
Social group that travels together.

### **Writers Club**

10am – Midday Writers Group (Every second Monday) FREE

We are Storytellers who write for the joy of it. We like to challenge our ability to tell a good story in a small, friendly, relaxed group of men and women.

Our aim is always to have fun and laugh a lot.

Come and join us.

For more information contact Shirley 6163 1277

### **Weightwatchers \$1**

Fridays, 8.45am – 9.15am  
Supportive group to assist you to reach your weight goals



**Quiz Group**

Second Friday of the month 1,3pm

Join our great quiz masters for a bit of general knowledge fun.

Team allocated on arrival.

**Yoga**

Tuesdays, 11.30am–12.30pm Wednesdays, 9.15–10.15am \$4.50

Combines physical poses and relaxation. Great for balance, strength and mobility.

**Zumba Gold**

Mondays, 9–10am Thursdays, 9–10am \$4.50

Dance to music enjoy one another's company