

## Spring 2020

### Cockburn Seniors Centre

Activities

#### EVENTS

##### Concert

**Police Pipe Band**

**Friday 30 October \$8.00**

**1.00-3.00pm**

Includes afternoon tea

Bookings and payment essential

##### Lunch Specials

**British Day**

**Wednesday 30 September \$10.50**

**Midday – 1.30pm**

2 course meal featuring tradition British fare

Bookings and payment essential

**Melbourne Cup**

**Tuesday 3 November \$15.00**

3 course meal

Come and celebrate the race that stops the nation. Get dressed up and don your favourite hat for a chance to win a prize

Sweeps available from 9.00

Doors open 10.30, Lunch starts at 11.30

Race on the big screen at 12.00

Bookings and payment essential

**Christmas Lunch**

**Tuesday 8 December \$20.00**

**Wednesday 9 December \$20.00**

Come and enjoy a sumptuous 3 course meal and celebrate the festive season with friends.

Tuesday – Paul Robinson

Wednesday – Frisco

Ticketed event, bookings and payments essential

##### Café Specials

**Complimentary Tea or Coffee**

**9.30 – 1.00pm**

Spend \$3.00 or more on food in the café and receive a complimentary drink

**Tuesday 8 September**

**Thursday 17 September**

**Thursday 15 October**

**Thursday 12 November**

**Show Day Special**

**Tuesday 6 October \$10.00**

**9.30am – 1.00pm**

Celebrate the show day with a special meal deal. Receive a hamburger, potato crisps, donut, small chocolate and a tea or coffee.

Bookings and payment essential

9 Coleville Crescent Spearwood WA 6163 9411 3877 [csc@cockburn.wa.gov.au](mailto:csc@cockburn.wa.gov.au)  
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### **Meal Deal Special**

**Thursday 29 October \$10.00**

**9.30 – 1.00pm**

Get a bubble and squeak with tossed salad, cake, and a tea or coffee for a special low price.  
Bookings essential

### **Meal Deal Special**

**Tuesday 24 November \$10.00**

**9.30 – 1.00pm**

Get a chicken pesto parcel with tossed salad, cake, and a tea or coffee for a special low price.  
Bookings essential

### **Sundowner**

**4–7pm \$4**

BYO food and drinks (no spirits allowed). Soft drink and food available to purchase on the night.  
Shuttle bus available for pick up and return home, bookings before the event are essential.

### **Paul Robinson**

**Friday 4 September**

Chicken Tenders and Chips \$3

### **Frisco**

**Friday 2 October**

Arancini with Tomato Sauce \$3

### **Indiana**

**Friday 6 November**

Hot Dogs \$3

### **Movie Meal Deal**

**Midday–3.30pm \$12**

Three course lunch included. Lunch served at midday, movie on the big screen from 1pm.

### **Palm Beach**

**Friday 25 September**

### **Ride Like a Girl**

**Friday 23 October**

### **Emma**

**Friday 27 November**

### **COURSES**

#### **Art Classes**

**Acrylics**

**3 Weeks - \$22.50**

**Monday 7, 14, 21 September**

Students to bring an A3 sketch book to every lesson.  
Bookings and payment essential

#### **Landscapes**

**4 Weeks - \$30.00**

**Monday 5, 12, 19, 26 October**

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Students to bring pencils 2B, 4B and HB pencils and an A3 sketch book to every lesson.  
Bookings and payment essential

### **Pastels**

**4 Weeks - \$30.00**

**Monday 2, 9, 16, 23, November**

Students to bring a pack of soft pastels and an A3 sketch book to every lesson.  
Bookings and payment essential

### **Computer Classes**

#### **Beginners**

**6 Weeks - \$45.00**

**10am – midday**

**Thursday 24 September and 1, 8, 15, 22 & 29 October**

Learn how to navigate around a computer, create a document and use the internet.  
Bookings and payment essential

### **iPad Classes**

#### **Beginners**

**4 Weeks - \$30.00**

**12.30 – 2.30pm**

**Thursday 24 September and 1, 8, 15, 22 & 29 October**

Learn how to set up your iPad, download & use apps with touch, add an email account, create a back up and more.

### **Papercraft**

**Thursdays - \$2.00 per session**

**9.30 – 11.30pm**

Bring your own scrapbooking and card making project, or you can join in the lesson lead by our volunteers.

### **SERVICES AVAILABLE AT THE CENTRE**

#### **Acupuncture, Naturopathy & Swedish Massage**

##### **Monday**

**10.00 – 2.00pm**

Contact Syed: 0431 338 599

##### **Hairdressing**

##### **Tuesday & Friday**

**10.30 – 1.00pm**

Contact Lilly: 0403 716 015

##### **Wednesday**

**9.30 – 1.00pm**

Contact Julie: 0439 999 283

### **Hearing Checks**

**3<sup>rd</sup> Tuesday of the month - FREE**

**10.30 – midday**

Contact Sharon: 0437 802 693

### **CALENDAR**

#### **September**

Friday 4 September

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Sundowner – Paul Robinson

Monday 7 September  
Art Class  
Acrylics – 3 Weeks

Tuesday 8 September  
Café Special  
Free tea or coffee\*  
Friday 11 September  
Quiz

Tuesday 15 September  
Hearing Check

Friday 18 September  
Bingo

Thursday 24 September  
Computer Class  
Beginners – 6 weeks

Friday 25 September  
Movie Meal Deal – “Palm Beach”

Monday 28 September  
Queens Birthday Public Holiday

Wednesday 30 September  
Lunch Special - British Day

## **October**

Friday 2 October  
Sundowner – Frisco

Monday 5 October  
Art Class  
Landscapes – 4 Weeks

Tuesday 6 October  
Café Special – Show Day  
Friday 9 October  
Quiz

Thursday 15 October  
Café Special  
Free tea or coffee\*

Friday 16 October  
Bingo

Tuesday 20 October  
Hearing Check

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Friday 23 October  
Movie Meal Deal – “Ride Like a Girl”

Thursday 29 October  
Café Special  
Meal Deal

Friday 30 October  
Concert  
Police Pipe Band

### **November**

Monday 2 November  
Art Class  
Pastels – 4 Weeks

Tuesday 3 November  
Melbourne Cup

Friday 6 November  
Sundowner – Indiana

Thursday 12 November  
Café Special  
Free tea or coffee\*

Friday 13 November  
Quiz

Tuesday 17 November  
Hearing Check

Friday 20 November  
Bingo

Friday 27 November  
Movie Meal Deal – “Emma”