

Cockburn Seniors Centre ACTIVITIES AND CLASSES TIMETABLE

1 January–30 June 2017



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.

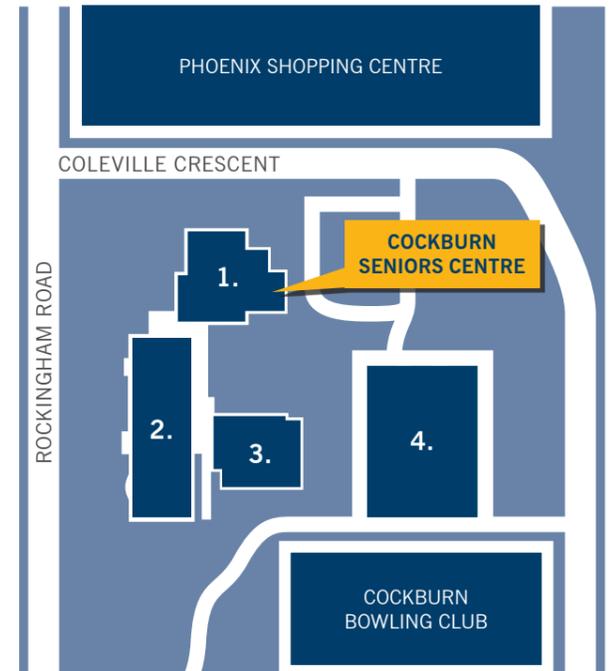
This brochure covers all of our regular activities.

For information on our courses, events, meals, outings and seminars please see our bi-monthly program.

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

Positive age friendly initiatives for over 50's

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
cockburn.wa.gov.au/seniorscentre

 This information is available in alternative formats upon request

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cockburn.wa.gov.au/seniorscentre

EXERCISE CLASSES AND SOCIAL ACTIVITIES



\$4
SESSION

Bellymagic

Wednesdays, 10.30–11.30am

Enjoy the rhythm and music of bellydance.

Join this class to strengthen & 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.



FREE

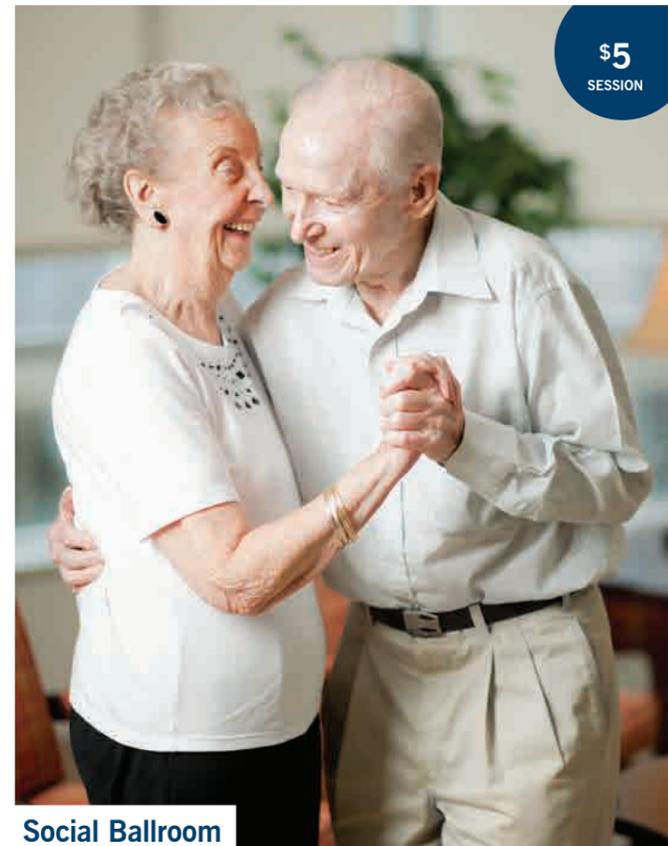
Karaoke

Fridays (held on the second and fourth Friday of each month), 2–4pm

Embrace your joy of singing surrounded by supportive, like-minded people.

This is a fun activity to be a part of! Karaoke is where you have a music entertainment system that has pre-recorded popular songs.

The songs have words; words then come onto a screen, you as the singer can read the words on the screen and sing along.



\$5
SESSION

Social Ballroom

Wednesdays, Beginners 2–3pm, General 3–4.30pm

Join Shirley Bickley, who has over 50 years experience in dance.

Social Ballroom dancing is a set of partner dances (you don't need to bring a partner to join in though).

This class keeps you young in mind and spirit. Males very welcome.

EXERCISE CLASSES AND SOCIAL ACTIVITIES



Bingo

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.

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, 1–3pm FREE

Bowls is something anyone would enjoy- give it a try.

Choir

Wednesdays, 10.30am–12pm \$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

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|--------------------|---|-----|
| Beginners | Tuesdays 9.30–10.30am | \$4 |
| 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

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

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| Beginners | Tuesdays 12.30–1.30pm | \$5 |
| General | Tuesdays 1.30–3.30pm | |

Dance to contemporary music that gets your coordination going.

Mahjong

Fridays, 10am–12pm FREE

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

Movie Meal Deal

4th Friday of the month \$10

3-course meal and movie on the big screen.



Pilates

Wednesdays, 1–2pm \$4

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

Progressive Whist

Thursdays, 1–4pm \$3

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, 1–3pm FREE

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 Cards

Wednesdays, 1–4pm FREE

Join the Bridge or Bolivia group for a casual game.

Social Sundowner

1st Friday of the month, 4–7pm \$2

Enjoy a relaxed evening with live music. BYO.

Table Tennis

Mondays 2.15pm – 4.30pm \$2.50

Social Game which keeps you active.

Tai Chi

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| Mondays 1–2pm | \$4 |
| Thursdays 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.

Yoga

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|---------------------------|-----|
| Tuesdays, 11.30am–12.30pm | \$4 |
| Wednesdays, 9.15–10.15am | |

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

Zumba Gold

| | |
|------------------|-----|
| Mondays 9–10am | \$4 |
| Thursdays 9–10am | |

Low-impact dance class to music.

GROUPS



Carers Support Group

4th Tuesday of the month, 10am–12pm FREE

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

Exergaming

Tuesdays, 10–11.30am FREE

Compete virtually with other seniors groups on a series of Xbox Connect games, including bowls and darts. Check with us for the next competition dates.

Family History Group

4th Wednesday of the month, 1–3pm FREE

Join our experienced researcher to learn how to search your family history.

Tales of Times Past

2nd Friday of the month, 1–3pm FREE

An oral history group that presents to schools and community groups. Looking for new members.

Weight Watchers

Fridays, 9–9.30am \$1

Supportive group to assist you to reach your weight goals.

SERVICES

Hairdresser

Tuesdays, Wednesdays and Fridays

Tuesdays and Fridays with Lilly (To make an appointment, call Lilly on 0403 716 015).

Wednesdays with Julie (To make an appointment, see front counter).

Chiropractor

Fortnightly on Tuesdays, 1–3pm FREE

Basic chiropractic service offered free of charge with Dr Jackson Yee.

To make an appointment, see front counter.

Acupuncture, Naturopathy and Swedish Massage

Mondays, 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.