

## **Cockburn Seniors Centre**

Timetable

March – April 2020

9 Coleville Crescent Spearwood, WA 6163

T: 08 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, 10.00am - 2.00pm

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

Private health refunds available.

#### **Hairdresser**

Tuesdays, Wednesdays and Fridays

Tuesdays and Fridays with Lilly please call 0403 716 015 to make an appointment.

Wednesdays with Julie please call 08 9411 3877 to make an appointment.

#### **Hearing Checks Free**

First Friday of the month, 10.00am - 12.15pm

Hearing is one of our most precious senses and is fundamental to our overall health, wellbeing and quality of life. Call 08 9411 3877 to make an appointment.

## **Groups**

### **Art Club Free**

Wednesday, 9.30am - midday

Fridays, 9.00am - midday

Do your own art and enjoy everyone's company.

### **Book Club Free**

Second Monday of the month, 1.00pm – 2.00pm

Love reading books? Love talking about them?

Come along and join our Book Club.

### **Carers Support Group Free**

Last Tuesday of the month, 10.00am - midday

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

### **iPad lessons Free**

Wednesdays, 9.30am - 11.30am

Learn to stay connected, use emails, shop online, use the internet, on-line banking, Facebook, and talk to friends and family via Skype and Facetime. Enjoy games, music, books, photos, scrabble, crosswords, Sudoku and much more

### **iPad Social Group and ebay Free**

Thursdays, 11.00am – 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 9.00am

Enjoy 2 different olden movies every month, then join in a quiz afterwards

### **Travel Club Free**

Third Wednesday of the month, 9.00am – 10.00am

Social group that travels together

### **Weight Watches \$1.00**

Fridays, 8.45am - 9.15am

Supportive group to assist you to reach your weight goals

### **Writers Club**

Second Monday of the month, 10.00am - 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.

### **Quiz Group**

Second Friday of the month, 1.00pm – 3.00pm

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

## Days at a glance

### Monday

8.50am - 9.50am	Zumba	\$4.50
10.00am - midday	Caring & Sharing Craft Group	Free
10.30am – 12:30pm	Writers Group (2nd Monday)	Free
9 <sup>th</sup> – 23 <sup>rd</sup> March and 6 <sup>th</sup> – 20 <sup>th</sup> April		
10.00am – 2.00pm	Naturopath & Acupuncturist	
10.15am - 12.15pm	Carpet Bowls	Free
1.00pm - 2.00pm	Tai Chi	\$4.50
1.00pm - 2.00pm	Book Club (2nd Monday)	Free
2.15pm - 4.30pm	Table Tennis	\$2.50

### Tuesday

8.45am - 9.30am	Fit for Life Level 1 - General	\$4.50
9.00am – 3.00pm	Pool	Free
9.15am -11.15am	Darts	Free
9.30am - 10.30am	Fit for Life Level 1 - General	\$4.50
10.00am - midday	Carers Group (last Tuesday)	Free
10.00am - 2.00pm	Scrabble	Free
10.30am - 11.30am	Fit for Life Level 2 - Experienced	\$4.50
10.30am	Hairdresser	
11.30am - 12.30pm	Yoga	\$4.50
1.30pm – 3.30pm	Line Dancing - General	Free
1.00pm - 3.30pm	500 Card Club	Free

### Wednesday

9.15am - 10.15am	Yoga	\$4.50
9.30am – midday	Art Club	Free
9.00am - 10.00am	Travel Club (3rd Wednesday)	Free
9.30am	Hairdresser	
9.30am - 11.30am	iPad lessons	Free
10.30am - 11.30am	Bellydance	\$4.50
10.30am – 11.30am	Choir	\$5.00
1.00pm - 2.00pm	Pilates	\$4.50
1.00pm - 4.00pm	Bridge or Bolivia (Canasta)	Free
1.30pm – 2.30pm	Line Dancing – Beginners	\$5.00
2.00pm - 4.15pm	Social Dance	Free

### Thursday

9.00am - 10.00am	Zumba	\$4.50
9.30m – midday	Scrapbooking/Cardmaking	\$2.00
10.15am - 11.15am	Meditation	\$5.00
11.00am - 12.30pm	Ipad Social Group	Free
11.30am - 12.30pm	Tai-Chi	\$4.50
Midday – 3.30pm	Massage Therapy	
1.00pm - 3.00pm	Carpet Bowls	Free
1.00pm - 4.00pm	Progressive Whist	\$2.00
2.00pm – 3.00pm	Dance Life Classes	\$5.00

## Friday

8.45am - 9.15am	Weight Watchers	\$1.00
8.45am - 9.30am	Fit for Life Level 1 - General	\$4.50
9.00am - midday	Art Club	Free
9.00am – 3.00pm	Pool	Free
9.15am - 11.15am	Darts	Free
9.30am - midday	Sit & Sew	Free
9.30am - 10.30am	Fit for Life Level 1 – General	\$4.50
10.00am – 12.15pm	Hearing Checks (1st Friday)	Free
10.00am - midday	Caring & Sharing Craft	Free
10.00am - midday	Mahjong	Free
10.30am - 11.30am	Fit for Life Level 2 - Experienced	\$4.50
10.30am	Hairdresser	
1.00pm - 2.00pm	Bingo (3rd Friday) \$2.00 per book	
1.00pm - 3.00pm	Quiz (2nd Friday) Free Please remove the picture over quiz	
1.00pm - 3.30pm	Movie Meal Deal (4th Friday)	
1.30pm – 3.30pm	Table Tennis	
4.00pm - 7.00pm	Sundowner (1st Friday)	\$4.00

## EXERCISE CLASSES AND SOCIAL ACTIVITIES

### 500 Card Club Free

Tuesdays, 1.00pm – 3.30pm

Love playing cards then this game is for you.

### Art Club Free

Wednesday, 9.30am - midday

Fridays, 9.00am - midday

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 important core muscles, protecting your spine your and improving your balance and stability. A fun way to tone and strengthen your body. All abilities welcome

### Bingo \$2.00 per book

Third Friday of the month, 1.00pm – 3.00pm

1.00pm final tickets sold

1.15pm game starts

Bingo is a game of chance in which each player matches numbers pre-printed in different arrangements.

### Book Club Free

Second Monday of the month, 1.00pm – 2.00pm  
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 Free**

Mondays, 10.00am – midday  
Fridays, 10.00am – midday  
Bring your own craft and share craft ideas.

### **Carpet Bowls Free**

Mondays, 10.15am – midday  
Thursdays, 1.00pm – 3.00pm  
Bowls is something anyone would enjoy—give it a try.

### **Choir \$5.00**

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

### **Dance Life Classes \$5.00**

Thursdays, 2.00pm – 3.00pm  
Come and enjoy dancing to the Rhumba, Cha Cha and line dancing.  
Starting 6 February 2020

### **Darts Free**

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

### **Fit for Life \$4.50**

**General:** Tuesdays 8.45am – 9.30am & 9.30am – 10.30am, Fridays 8:45am - 9:30am & 9.30am – 10.30am

**Experienced:** Tuesdays 10.30am – 11.30am & Fridays 10.30am – 11.30am  
Circuit-based exercise class for people of all levels

### **iPad lessons Free**

Wednesdays, 9.30am - 11.30am  
Learn to stay connected, use emails, shop online, use the internet, on-line banking, Facebook, and talk to friends and family via Skype and Facetime. Enjoy games, music, books, photos, scrabble, crosswords, Sudoku and much more

### **iPad Social Group and eBay Free**

Thursdays, 11.00am – 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.

### **Line Dancing Free**

**General:** Tuesdays, 1.30pm – 3:30pm  
Dance to contemporary music that gets your coordination going.

**Mahjong Free**

Fridays, 10.00am – 12.00pm

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

**Meditation \$5.00**

Thursdays, 10:15am – 11:15am

Meditation can help you with your physical and mental health. Learn more about meditation, how to meditate and how you can incorporate into your day.

**Movie Club Free**

First Sunday of the month, 9.00am

Enjoy 2 different olden movies every month, then join in a quiz afterwards

**Pilates \$4.50**

Wednesdays, 1.00pm – 2.00pm

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

**Pool Free**

Tuesdays, 9.00am – 3.00pm

Fridays, 9.00am – 3.00pm

Come along for a social game. Teams allocated on arrival

**Progressive Whist \$2.00**

Thursdays, 1.00pm – 4.00pm

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

**Quiz Free**

Second Friday of the month 1.00pm – 3.00pm

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

**Scrabble Free**

Tuesdays, 10.00am – 2.00pm

Join in the fun with the traditional game of words.

**Scrapbooking/Card Making**

Thursday, 9.30am – midday

Bring your own scrapbooking and card making or you can join in the lessons conducted by Julie. Let's just enjoy each other's company and enjoy making our life long memories. \$2.00 per session payable to the instructor.

**Sit & Sew Free**

Fridays, 9.30am – midday

Bring your own project and share ideas and tips.

**Social Dance Free**

Wednesdays, 2.15pm -4.15pm

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

**Social Cards Free**

Wednesdays, 1.00pm – 4.00pm

Join the Bridge or Bolivia group for a casual game.

**Table Tennis \$2.50**

Mondays, 2.15pm – 4.30pm

Fridays, 1.30pm – 4.00pm

Social game which keeps you active.

**Tai Chi \$4.50**

Mondays, 1.00pm – 2.00pm

Thursdays, 11.30am – 12.30pm

Traditional, safe and gentle Chinese exercise. Great for balance and relaxation.

**Travel Club Free**

Third Wednesday of the month, 9.30am – 10.30am

Social group that travels together

**Weight Watchers \$1.00**

Fridays, 8.45am – 9.15am

Supportive group to assist you to reach your weight goals

**Writers Club Free**

Bi-weekly Monday of the month, 10.30am – midday

9th – 23rd March and 6th – 20th April

Enjoy learning to write out your stories.

**Yoga \$4.50**

Tuesdays, 11.30am – 12.30pm

Wednesdays, 9.15am – 10.15am

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

**Zumba Gold \$4.50**

Mondays, 9.00am – 9.50am

Thursdays, 9.00am – 10.00am

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.