

## Cockburn Seniors Centre

Timetable  
Winter 2021

### Monday

| Start  | Finish  | Class                          | Cost   | Notes   |
|--------|---------|--------------------------------|--------|---|
| 8.50am | 9.50am  | Zumba Gold                     | \$4.50 |   |
| 9.30am | 11.30am | Caring and Sharing Craft Group | Free   |   |
| 9.30am | 11.45am | Paper Craft                    | \$2.00 | Fee payable to the instructor<br>7 and 21 June, 5 and 19 July,<br>2, 16 and 30 August |
| 10am   | midday  | Writers Group (fortnightly)    | Free   |   |
| 10am   | midday  | Carpet Bowls                   | Free   |   |
| 2.15pm | 4.30pm  | Table Tennis                   | \$2.50 |   |

### Tuesday

| Start   | Finish  | Class                       | Cost   | Notes                         |
|---------|---------|-----------------------------|--------|-------------------------------|
| 8.45am  | 9.30am  | Fit for Life Level 1        | \$4.50 |                               |
| 9am     | 3pm     | Pool (Billiards)            | Free   |                               |
| 9.15am  | 11.15am | Darts                       | Free   |                               |
| 9.30am  | 10.30am | Fit for Life Level 1        | \$4.50 |                               |
| 10am    | midday  | Carers Group (last Tuesday) | Free   | 29 June, 27 July, 31 August   |
| 10am    | 2pm     | Scrabble                    | Free   |                               |
| 10.30am | 11.30am | Fit for Life Level 2        | \$4.50 |                               |
| 11.30am | 12.30pm | Yoga                        | \$4.50 |                               |
| 12.30pm | 1.30pm  | Line Dancing Beginners      | \$8.00 | Fee payable to the instructor |
| 1.30pm  | 3.30pm  | Line Dancing Intermediate   | \$8.00 | Fee payable to the instructor |
| 1pm     | 3pm     | 500 Card Club               | Free   |                               |

### Wednesday

| Start   | Finish  | Class                        | Cost   | Notes                       |
|---------|---------|------------------------------|--------|-----------------------------|
| 9am     | 10.30am | Travel Group (3rd Wednesday) | Free   | 16 June, 21 July, 18 August |
| 9am     | 11.30am | Art Group                    | Free   |                             |
| 9.15am  | 10.15am | Yoga                         | \$4.50 |                             |
| 10.30am | 11.30am | Belly Dancing                | \$4.50 |                             |
| 10.30am | noon    | Choir                        | \$5.00 |                             |
| 1pm     | 2pm     | Pilates                      | \$4.50 |                             |
| 1pm     | 4pm     | Bridge or Bolivia (Canasta)  | Free   |                             |
| 2pm     | 4.30pm  | Social Dance Group           | Free   |                             |

### Thursday

| Start   | Finish  | Class             | Cost   | Notes                         |
|---------|---------|-------------------|--------|-------------------------------|
| 9am     | 10am    | Zumba Gold        | \$4.50 |                               |
| 9.30am  | 11.45am | Paper Craft       | \$2.00 | Fee payable to the instructor |
| 10.15am | 11.15am | Meditation        | \$5.00 |                               |
| 10.30am | 12.30am | iPad Social Group | Free   |                               |
| 1pm     | 3pm     | Carpet Bowls      | Free   |                               |
| 1pm     | 4pm     | Progressive Whist | \$2.00 | Fee payable to the instructor |

## Friday

| Start   | Finish  | Class                          | Cost   | Notes                         |
|---------|---------|--------------------------------|--------|-------------------------------|
| 8.45am  | 9.15am  | Weight Watchers                | \$1.00 | Fee payable to the instructor |
| 8.45am  | 9.30am  | Fit for Life Level 1           | \$4.50 |                               |
| 9am     | 11.30am | Art Group                      | Free   |                               |
| 9am     | 3pm     | Pool (Billiards)               | Free   |                               |
| 9.15am  | 11.15am | Darts                          | Free   |                               |
| 9.30am  | 10.30am | Fit for Life Level 1           | \$4.50 |                               |
| 9.30am  | 11.30am | Caring and Sharing Craft Group | Free   |                               |
| 9.30am  | midday  | Sit and Sew                    | Free   |                               |
| 10am    | midday  | Mahjong                        | Free   |                               |
| 10.30am | 11.30am | Fit for Life Level 2           | \$4.50 |                               |
| 1pm     | 3pm     | Table Tennis                   | \$2.50 |                               |
| 1pm     | 3pm     | Quiz (3rd Friday)              | Free   | 11 June, 9 July, 13 August    |
| 1pm     | 4pm     | Bingo                          | \$2.00 | 18 June, 16 July, 20 August   |

### Class Details

#### 500 Card Club

Free

Tuesday 1pm - 3.30pm

If you love playing cards, this game's for you!

#### Art Group

Free

Wednesday 9.30 - 11.30am

Friday 9.30 - 11.30am

Work on your own art and enjoy great company

#### Belly Dancing

\$4.50

Wednesday 10.30 - 11.30am

Enjoy the rhythm and music of belly dance

#### Bingo

\$2 per book (limited to 3 or 6 books)

Third Friday of the month 1pm - 4pm

Eyes down at 1.15pm

#### Carers Support Group

Free

Last Tuesday of the month 10am - midday

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

#### Caring and Sharing Craft

Free

Monday 9.30 - 11.30am

Friday 9.30 - 11.30am

Bring your own craft and share craft ideas

#### Carpet Bowls

Free

Monday 10am - midday

Thursday 1pm - 3pm

Bowls is something anyone would enjoy

**Choir**

\$5

Wednesday 10.30 - noon

Join our choir conducted by a qualified singing teacher

**Darts**

Free

Tuesday and Friday 9.15 - 11.15am

Come along for a social game. Teams allocated on arrival

**Fit for Life**

\$4.50

Level 1: Tuesday 8.45 - 9.30am and 9.30 - 10.30am

Level 1: Friday 8.45 - 9.30am and 9.30 - 10.30am

Level 2: Tuesday 10.30 - 11.30am

Level 2: Friday 10.30 - 11.30am

Circuit-based exercise class

**iPad Social Group**

Free

Thursday 11am - 12.30pm

Social group offering support and guidance

**Line Dancing**

\$8

Beginners Tuesday 12.30 - 1.30pm

Intermediate Tuesday 1.30 - 3.30pm

Dance to contemporary music that gets your coordination going

**Mahjong**

Free

Friday 10am - midday

Chinese tile game, great for mental agility

**Meditation**

\$5

Thursday 10.15 - 11.15am

Meditation can help you with your physical and mental health

**Paper Craft**

\$2

Thursday 9.30 - 11.45am

Bring your own card making project or you can join in the lessons

**Pilates**

\$4.50

Wednesday 1pm - 2pm

Develops your core strength and aids in balance and general wellness

**Pool (Billiards)**

Free

Tuesday and Friday 9am - 3pm

Come along for a social game

**Progressive Whist**

\$2

Thursday 1pm - 4pm

Whist is a classic English trick-taking card game

**Quiz Group**

Free

Second Friday of the month 1pm - 3pm

Join our quiz masters for a bit of general knowledge fun

**Scrabble**

Free

Tuesday 10am - 2pm

Join in the fun with the traditional game of words

**Sit and Sew**

Free

Friday 9.30am - midday

Bring your own project and share ideas and tips

**Social Dance**

Free

Wednesday 2pm - 4.30pm

Have fun and enjoy many styles of ballroom dancing

No partner required

**Social Cards**

Free

Wednesday 1pm - 4pm

Join the Bridge or Bolivia group for a casual game

**Table Tennis**

\$2.50

Monday 2.15 - 4.30pm

Friday 1.30 - 4pm

Social game which keeps you active

**Travel Group**

Free

Third Wednesday of the month 9am - 10.30am

Social group that travels together. Open to all members

**Weight Watchers**

\$1

Friday 8.45 - 9.15am

Supportive group to assist you to reach your weight goals

**Writers Club**

Free

Monday (bi-weekly) 10am - 12pm

Enjoy learning how to write out your stories

**Yoga**

\$4.50

Tuesday 11.30 - 12.30pm

Wednesday 9.15 - 10.15am

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

**Zumba Gold**

\$4.50

Monday 8.50 - 9.50am

Thursday 9am - 10am

Perfect for active older adults who are looking for a modified Zumba class

If you are experiencing financial hardship please see the Centre Coordinator for a confidential discussion