

## Cockburn Seniors Centre

Timetable  
Winter 2021

### Monday

Start	Finish	Class	Cost	Notes
8.50am	9.50am	Zumba Gold	\$5.00	
9.30am	11.30am	Caring and Sharing Craft Group	Free	
9.30am	11.45am	Paper Craft	\$2.00	Fee payable to the instructor 7 and 21 June, 5 and 19 July, 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	\$5.00	
9am	3pm	Pool (Billiards)	Free	
9.15am	11.15am	Darts	Free	
9.30am	10.30am	Fit for Life Level 1	\$5.00	
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	\$5.00	
11.30am	12.30pm	Yoga	\$5.00	
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	\$5.00	
10.30am	11.30am	Belly Dancing	\$5.00	
10.30am	noon	Choir	\$5.50	
1pm	2pm	Pilates	\$5.00	
1pm	4pm	Bridge or Bolivia (Canasta)	Free	
2pm	4.30pm	Social Dance Group	Free	

### Thursday

Start	Finish	Class	Cost	Notes
9am	10am	Zumba Gold	\$5.00	
9.30am	11.45am	Paper Craft	\$2.00	Fee payable to the instructor
10.15am	11.15am	Meditation	\$5.50	
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	\$5.00	
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	\$5.00	
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	\$5.00	
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

\$5

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**

\$5.50

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**

\$5

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**

\$5.50

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**

\$5

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**

\$5

Tuesday 11.30 - 12.30pm

Wednesday 9.15 - 10.15am

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

**Zumba Gold**

\$5

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