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|  | Room | Start |  | Finish | Activity | Cost |
| Monday | Main Hall | **8.50am** | to | **9.50am** | Chair Yoga (Men’s Yoga from 13th Oct) | $6.00 |
| Activity Room | **9.30am** | to | **11.30am** | Caring and Sharing Craft Group | Free |
| Computer Room | **9.30am** | to | **11.45am** | Paper Craft\* *unavailable school holidays* | $3.00\* |
| Main Hall | **10.00am** | to | **midday** | Carpet Bowls | Free |
| Wet Craft Room | **11.00am** | to | **1.00pm** | Writers Group (fortnightly) | Free |
| Main Hall | **12.30pm** | to | **1.30pm** | Beginners Belly Dance\* | $5.00\* |
| Main Hall | **1.15pm** | to | **3.00pm** | Table Tennis | Free |
| TuesdayTuesday | Main Hall | **8.45am** | to | **9.30am** | Fit for Life Level 1 (Class 1) | $6.00 |
| Activity Room | **9.00am** | to | **2.00pm** | Sit and Sew | Free |
| Dining Room | **9.15am** | to | **11.15am** | Darts | Free |
| Main Hall | **9.30am** | to | **10.30am** | Fit for Life Level 1 (Class 2) | $6.00 |
| Activity Room | **10.00am** | to | **midday** | Friendship Group | Free |
| Computer Room | **10.00am** | to | **3.30pm** | Scrabble | Free |
| Main Hall | **10.30am** | to | **11.30am** | Fit for Life Level 2 (Class 3) | $6.00 |
| Main Hall | **11.30am** | to | **12.30am** | Yoga | $6.00 |
| Main Hall | **12.45pm** | to | **1.45pm** | Chair Yoga | $600 |
| Wet Craft Room | **10.00am** | to | **12.00pm** | Carers Group (last Tuesday of month) | Free |
| Activity Room | **midday** | to | **4.00pm** | 500 Card Club | Free |
| Wednesday | Wet Craft Room | **9.00am** | to | **11.30am** | Art Group | Free |
| Activity Room | **9.00am** | to | **10.30am** | Travel Group (3rd Wednesday of month) | Free |
| Main Hall | **9.00am** | to | **10.00am** | Yoga | $6.00 |
| Main Hall | **10.15am** | to | **11.15am** | Twisted Shuffle\* | $10.00\* |
| Computer Room | **10.30am** | to | **midday** | Social Choir | Free |
| Main Hall | **11.30am** | to | **12.30pm** | Pilates | $6.00 |
| Computer Room | **midday** | to | **4.00pm** | Bridge | Free |
| Wet Craft Room | **12.45pm** | to | **3.45pm** | China Painting | Free |
| Main Hall | **1.00pm** | to | **2.00pm** | Strictly Ballroom | Free |
| Activity Room | **1.00pm** | to | **4.00pm** | Bolivia (Canasta) | Free |
| Main Hall | **2.00pm** | to | **4.00pm** | Social Dance Group | Free |
| Thursday | Dining Room | **8.30am** | to | **10.30am** | Chess Group | Free |
| Main Hall | **9.00am** | to | **10.00am** | Get Low\* | $6.00\* |
| Computer Room | **9.30am** | to | **11.45am** | Papercraft\* (unavailable school holidays) | $3.00\* |
| Dining Room | **10.00am** | to | **midday** | Friendship Group | Free |
| Main Hall | **10.15am** | to | **11.15am** | Meditation | $6.50 |
| Dining Room | **10.30am** | to | **12.30pm** | Tech Savvy Seniors Group | Free |
| Main Hall | **11.30am** | to | **12.30pm** | Chair Yoga | $6.00 |
| Activity Room | **12.30pm** | to | **4.00pm** | Progressive Whist | Free |
| Main Hall | **1.00pm** | to | **3.00pm** | Carpet Bowls | Free |
| Friday | Computer Room | **8.45am** | to | **9.15am** | Slimmer Friends\* | $2.00\* |
| Main Hall | **8.45am** | to | **9.30am** | Fit for Life Level 1 (Class 1) | $6.00 |
| Wet Craft Room | **9.00am** | to | **11.30am** | Art Group | Free |
| Dining Room | **9.15am** | to | **11.15am** | Darts | Free |
| Main Hall | **9.30am** | to | **10.30am** | Fit for Life Level 1 (Class 2) | $6.00 |
| Activity Room | **9.30am** | to | **midday** | Caring and Sharing Craft Group | Free |
| Computer Room | **9.45am** | to | **12.30pm** | Mahjong *(Beg & Adv)* | Free |
| Main Hall | **10.30am** | to | **11.30am** | Fit for Life Level 2 (Class 3) | $6.00 |
| Main Hall | **1.00pm** | to | **3.00pm** | Table Tennis *(Advanced)* | Free |
| Activity Room | **1.00pm** | to | **3.00pm** | Quiz (2nd Friday) | Free |
| Main Hall | **1.00pm** | to | **4.00pm** | Bingo (3rd Friday) – no entry after 1pm | $7.50\* |

**500 Card Club**

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

**Art Group**

Work on your own art and enjoy great company

**Bingo**

No entry after 1pm

Game starts at 1.15pm

**Cards: Bridge, Bolivia, Canasta**

Join the Bridge or Bolivia group for a casual game

**Carers Support Group**

Meet with other carers and share your stories

**Caring and Sharing Craft**

Bring your own craft and share craft ideas

**Carpet Bowls**

Bowls is something anyone would enjoy

**Chair Yoga**

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support

**Choir (social)**

Join in for a social singalong

**Chess Group**

Come along and join in a social game of chess

**China Painting**

Create your own personal items with China Painting

**Darts**

Come along for a social game. Teams allocated on day

**Fit for Life**

Circuit-based exercise class

Friendship Group

Create social connects that last a lifetime

**Get Low**

Low impact full body workout using dance, boxing, light cardio and seriously good music

**Mahjong**

Chinese tile game, great for mental agility

**Meditation**

Meditation helps with physical and mental health

**Paper Craft**

Bring your own card making project or you can join in

**Pilates**

Develops your core strength and aids in balance and general wellness

**Progressive Whist**

Whist is a classic English trick-taking card game

**Quiz Group**

Join our quiz masters for a bit of general knowledge fun

**Scrabble**

Join in the fun with the traditional game of words

**Sit and Sew**

Bring your own project and share ideas and tips

**Slimmer Friends**

Supportive group to assist you to reach your weight goals

**Social Dance Group**

Have fun and enjoy many styles of ballroom dancing. No partner required

**Strictly Ballroom**

Partner dance

**Table Tennis (Beginners)**

Social game which keeps you active

**Table Tennis (Advanced)**

Advanced game playing with advanced players

**Tech Savvy Seniors Group**

Social group offering support and guidance

**Travel Group**

Social group that travels together. Open to all members

**Twisted Shuffle**

Combining dance and physical activity to keep you active in a safe and friendly environment. No partners required

**Writers Group**

Enjoy learning how to write out your stories

**Yoga**

Great for balance, strength and mobility

*Note: If you are experiencing financial hardship, please see the Centre Coordinator for a confidential discussion.*