

# Cockburn Seniors Centre Timetable

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9 Coleville Crescent, Spearwood WA 6163

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Last updated: 30 April 2026

## Notes

Activities marked with \* have fees payable directly to the instructor.

If you are experiencing financial hardship, please contact the centre.

## Monday

- 8:50am–9:50am | Main Hall – Chair Yoga (\$6.00)
- 9:30am–11:30am | Activity Room – Caring and Sharing Craft Group (Free)
- 9:30am–11:45am | Computer Room – Paper Craft (Not available during school holidays) (\$3.00\*)
- 10:00am–12:00pm | Main Hall – Carpet Bowls (Free)
- 11:00am–1:00pm | Wet Craft Room – Writers Group (Fortnightly) (Free)
- 12:00pm–1:00pm | Main Hall – Beginners Belly Dance (\$5.00\*)
- 1:15pm–3:00pm | Main Hall – Table Tennis (Free)

## Tuesday

- 8:45am–9:30am | Main Hall – Forever Strong Fitness Level 1 (Class 1) (\$6.00)
- 9:00am–1:00pm | Dining Room – Amish Knot Matts (Free)
- 9:00am–2:00pm | Activity Room – Sit and Sew (Free)
- 9:15am–11:15am | Dining Room – Darts (Free)
- 9:30am–10:30am | Main Hall – Forever Strong Fitness Level 1 (Class 2) (\$6.00)
- 10:00am–12:00pm | Activity Room – Friendship Group (Free)
- 10:00am–3:30pm | Computer Room – Scrabble (Free)
- 10:30am–11:30am | Main Hall – Forever Strong Fitness Level 2 (Class 3) (\$6.00)
- 11:30am–12:30pm | Main Hall – Yoga (\$6.00)
- 12:45pm–1:45pm | Main Hall – Chair Yoga (\$6.00)
- 10:00am–12:00pm | Wet Craft Room – Carers Group (Last Tuesday of month) (Free)
- 12:00pm–4:00pm | Activity Room – 500 Card Club (Free)
- 2:00pm–4:00pm | Main Hall – Square Dancing (Free)

## Wednesday

- 9:00am–11:30am | Wet Craft Room – Art Group (Free)
- 9:00am–10:30am | Activity Room – Travel Group (3rd Wednesday of month) (Free)
- 9:00am–10:00am | Main Hall – Yoga (\$6.00)
- 9:00am–11:00am | Computer Room – Beginners Knitting Classes (Free)
- 10:15am–11:15am | Main Hall – Twisted Shuffle (\$10.00\*)

- 10:30am–12:00pm | Computer Room – Social Choir (Free)
- 11:30am–12:30pm | Main Hall – Pilates (\$6.00)
- 12:00pm–4:00pm | Computer Room – Bridge (Free)
- 12:45pm–3:45pm | Wet Craft Room – China Painting (Free)
- 1:00pm–2:00pm | Main Hall – Strictly Ballroom (Free)
- 1:00pm–4:00pm | Activity Room – Bolivia (Canasta) (Free)
- 2:00pm–4:00pm | Main Hall – Social Dance Group (Free)

## Thursday

- 8:30am–10:30am | Dining Room – Chess Group (Free)
- 9:15am–10:00am | Main Hall – Get Low (\$6.00\*)
- 9:30am–11:45am | Computer Room – Paper Craft (Not available during school holidays) (\$3.00\*)
- 10:00am–12:00pm | Dining Room – Friendship Group (Free)
- 10:15am–11:15am | Main Hall – Meditation (\$6.50)
- 10:30am–12:30pm | Dining Room – Tech Savvy Seniors Group (Free)
- 11:30am–12:30pm | Main Hall – Chair Yoga (\$6.00)
- 12:30pm–4:00pm | Activity Room – Progressive Whist (Free)
- 1:00pm–3:00pm | Main Hall – Carpet Bowls (Free)

## Friday

- 8:30am–9:15am | Computer Room – Slimmer Friends (\$2.00\*)
- 8:45am–9:30am | Main Hall – Forever Strong Fitness Level 1 (Class 1) (\$6.00)
- 9:00am–11:30am | Wet Craft Room – Art Group (Free)
- 9:15am–11:15am | Dining Room – Darts (Free)
- 9:30am–10:30am | Main Hall – Forever Strong Fitness Level 1 (Class 2) (\$6.00)
- 9:30am–12:00pm | Activity Room – Caring and Sharing Craft Group (Free)
- 9:45am–12:30pm | Computer Room – Mahjong (Beginner & Advanced) (Free)
- 10:30am–11:30am | Main Hall – Forever Strong Fitness Level 2 (Class 3) (\$6.00)
- 1:00pm–3:00pm | Activity Room – Quiz (2nd Friday of month) (Free)
- 1:00pm–4:00pm | Main Hall – Bingo (No entry after 1:00pm; starts 1:15pm) (\$7.50\*)

## Program Descriptions

- **Chair Yoga:** Gentle exercises done seated or using a chair for support.
- **Forever Strong Fitness:** Circuit-style exercise for strength and balance.
- **Carpet Bowls:** Indoor bowls suitable for all skill levels.
- **Pilates:** Improves strength, posture, and balance.
- **Meditation:** Supports mental and physical wellbeing.
- **Tech Savvy Seniors:** Help with technology and devices.
- **Social Groups (e.g., Scrabble, Chess, Cards):** Friendly, casual play.
- **Craft Groups:** Bring your own projects and share ideas.
- **Dance Groups:** Social, fun for couples and singles