

## **February 2020**

### **Cockburn Seniors Centre**

#### Activities

#### **Welcome!**

The Cockburn Seniors Centre has a broad range of member only programs and activities to promote physical activity, social connection and mental wellness for over 50's!

Drop in for a delicious meal served on Mondays, Wednesdays and Fridays. Enjoy our café snacks and meals on Tuesdays and Thursdays from 9.30am–12.45pm, and on Mondays from 9.15am – 11.30am

The Centre also has many exercise classes, social activities, groups and various services on offer, so have a look at our latest timetable.

#### **COURSES**

##### **Art Classes** (4 Weeks) \$30.00

Drawing Techniques

Monday 3, 10, 17 & 24 February 1.30pm-3.30pm

All levels welcome. Students to provide HB & 2B pencils and A3 size sketch book

Bookings and payment essential

##### **iPad lessons** (Weekly) FREE

Wednesdays 5, 12, 19 & 26 February 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.

##### **German Beginner Classes** (5 Weeks) FREE

Thursdays 13, 20, 27 February, 5 & 12 March 10.00am – midday

Always wanted to speak German? Now is your opportunity, come and join us.

Bookings essential

#### **EVENTS**

##### **Sundowner** \$4.00

Friday 7 February 4.00pm – 7.00pm

Frisco

BYO Food and drinks (beer & wine only), soft drinks and food can be bought on the night

Beer and wine available to purchase between 5 – 7pm

Bookings essential

Shuttle bus available for pick up & return home, call the Seniors Centre to book.

##### **Café now open Mondays**

##### **Starting 10 February 2019**

Enjoy café food in the mornings 9.15am -12.45pm

Come for a cup of tea/coffee enjoy the fine café snacks

##### **Café – Valentine's Day Special**

Thursday 13 February 9.15am – 12.45pm

Keep an eye out for our special Valentines Day menu in the café

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[cockburn.wa.gov.au/seniorscentre](http://cockburn.wa.gov.au/seniorscentre)

**Valentine's Day Lunch \$15.00**

Friday 14 February 12.00 – 1.30pm

Three course lunch included

Bookings essential

**Café – Complimentary tea or coffee**

Tuesday 25 February 9.15 – 12.45pm

Spend over \$3.00 in the café and receive a complimentary tea or coffee

**Happy Leap Year Lunch & Movie Meal Deal \$15.00**

"Green Book"

Friday 28 February 11.30 – 3.00pm

Three course lunch included. Watch the movie on the big screen after the Lunch Special

Lunch served 11.30am, movie on the big screen 1.00pm

Bookings essential