* fee payable to the instructor

Cockburn Seniors Centre TIMETABLE

	Room	Start		Finish	Activity	Cost
MONDAY	Main Hall	8.50am	to	9.50am	Age-friendly Men's Only Yoga *10-weeks commencing 13th Oct 2025	$10.00
	Activity Room	9.30am	to	midday	Caring and Sharing Craft Group	Free
	Computer Room	9.30am	to	11.45am	Paper Craft* (unavailable school hols)	$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	12.00pm	to	1.00pm	Beginners Belly Dance*	$5.00
	Main Hall	1.15pm	to	3.30pm	Table Tennis	Free
TUESDAY	Main Hall	8.45am	to	9.30am	Fit for Life Level 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	$6.00
	Activity Room	10.00am	to	midday	Friendship Group	Free
	Computer Room	10.00am	to	3.30pm	Scrabble	Free
	Wet Craft Room	10.00am	to	midday	Carers Group (last Tuesday)	Free
	Main Hall	10.30am	to	11.30am	Fit for Life Level 2	$6.00
	Main Hall	11.30am	to	12.30pm	Yoga	$6.00
	Activity Room	midday	to	4.00pm	500 Card Club	Free
	Main Hall	12.45pm	To	1.45pm	Chair Yoga	$6.00
WEDNESDAY	Wet Craft Room	9.00am	to	11.30am	Art Group	Free
	Activity Room	9.00am	to	10.30am	Travel Group (3rd Wednesday)	Free
	Main Hall	9.00am	to	10.00am	Yoga	$6.00
	Dining Room	9.00am	to	11.00am	Macrame Social	Free
	Main Hall	10.15am	to	11.15am	Twisted Shuffle*	$10.00*
	Activity 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	12.45am	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	9.15am	to	10.00am	Get Low* ***(starts 21st August)***	$6.00*
	Computer Room	9.30am	to	11.45pm	Paper Craft* (unavailable school hols)	$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	11.30pm	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	$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	$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	$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*

9 Coleville Crescent, Spearwood 6163 08 9411 3877 csc@cockburn.wa.gov.au

Class Details

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 help's 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
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 Club
Enjoy learning how to write out your stories

Yoga
Great for balance, strength and mobility

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