

COCKBURN SENIORS CENTRE TIMETABLE

*Fee payable to instructor

	Room	Start	Finish	Activity	Cost
Monday	Main Hall	8.50am	to 9.50am	Chair Yoga (Men's Yoga from 13 th 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* <i>unavailable school holidays</i>	\$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
Tuesday	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
Wednesday	Activity Room	midday	to 4.00pm	500 Card Club	Free
	Wet Craft Room	9.00am	to 11.30am	Art Group	Free
	Activity Room	9.00am	to 10.30am	Travel Group (3 rd 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
Thursday	Main Hall	2.00pm	to 4.00pm	Social Dance Group	Free
	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
Friday	Main Hall	1.00pm	to 3.00pm	Carpet Bowls	Free
	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 (2 nd Friday)	Free
	Main Hall	1.00pm	to 4.00pm	Bingo (3 rd Friday) – no entry after 1pm	\$7.50*

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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 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.