

Cockburn Seniors Centre TIMETABLE

	Room	Start	Finish	Activity	Cost
MONDAY	Main Hall	8.50am	to 9.50am	Dance Fitness	\$5.50
	Activity Room	9.30am	to midday	Caring and Sharing Craft Group	Free
	Computer Room	9.30am	to 11.45am	Paper Craft* <small>(unavailable school hols)</small>	\$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	\$5.50
	Craft Room	1.00pm	to 3.00pm	Mahjong	Free
	Main Hall	1.15pm	to 3.30pm	Table Tennis	Free
TUESDAY	Main Hall	8.45am	to 9.30am	Fit for Life Level 1	\$5.50
	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	\$5.50
	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	\$5.50
	Main Hall	11.30am	to 12.30pm	Yoga	\$5.50
	Main Hall	12.30pm	to 1.30pm	Tai Chi*	\$5.50
	Wet Craft Room	10.00am	to 12.00pm	Carers Group (last Tuesday)	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 (3rd Wednesday)	Free
	Main Hall	9.15am	to 10.15am	Yoga	\$5.50
	Main Hall	10.30am	to 11.30am	Belly Dancing	\$5.50
	Computer Room	10.30am	to midday	Social Choir	Free
	Activity Room	10.30am	to 11.30am	Sound Healing*	\$10.00*
	Main Hall	11.30am	to 12.30pm	Pilates	\$5.50
	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
THURSDAY	Main Hall	2.00pm	to 4.30pm	Social Dance Group	Free
	Dining Room	8.30am	to 10.30am	Chess Group	Free
	Main Hall	9.00am	to 10.00am	Dance Fitness	\$5.50
	Computer Room	9.30am	to 11.45pm	Paper Craft* <small>(unavailable school hols)</small>	\$3.00*
	Dining Room	10.00am	to midday	Friendship Group	Free
	Main Hall	10.15am	to 11.15am	Meditation	\$6.00
	Dining Room	10.30am	to 12.30pm	Tech Savvy Seniors Group	Free
	Main Hall	11.30pm	to 12.30pm	Chair Yoga	\$5.50
	Activity Room	12.30pm	to 4.00pm	Progressive Whist*	\$2.00*
	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	\$5.50
	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	\$5.50
	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	\$5.50
	Main Hall	1.00pm	to 3.00pm	Table Tennis	Free
	Activity Room	1.00pm	to 3.00pm	Quiz (2nd Friday)	Free
	Main Hall	1.00pm	to 4.00pm	Bingo (3rd Friday)	\$7.50*

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

Belly Dancing

Enjoy the rhythm and music of belly dance

Bingo

Eyes down 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

Dance Fitness

Perfect for active older adults who are looking for a modified dance fitness class

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

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

Tech Savvy Seniors Group

Social group offering support and guidance

Tai Chi

A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing

Travel Group

Social group that travels together. Open to all members

Writers Club

Enjoy learning how to write out your stories

Yoga

Great for balance, strength and mobility