

| | Room | Start | Finish | Activity | Cost |
|-----------|----------------|---------|------------|---|----------|
| MONDAY | 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 |
| | Main Hall | 10.30am | to 11.30am | Fit for Life Level 2 | \$6.00 |
| | Main Hall | 11.30am | to 12.30pm | Yoga | \$6.00 |
| | Main Hall | 12.45pm | To 1.45pm | Chair Yoga | \$6.00 |
| | Wet Craft Room | 10.00am | to 12.00pm | Carers Group (last Tuesday) | Free |
| | Activity Room | midday | to 4.00pm | 500 Card Club | Free |
| 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 | 9.15am | to 10.15am | Yoga | \$6.00 |
| | Main Hall | 10.30am | to 11.30am | 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 | 12.45am | 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 |
| | 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* |

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

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