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

\* fee payable to the instructor

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | ***Room*** | ***Start*** |  | ***Finish*** | ***Activity*** | ***Cost*** |
|  | Main Hall | 8.50am | to | 9.50am | Dance Fitness | $5.50 |
|  | Activity Room | 9.30am | to | midday | Caring and Sharing Craft Group | Free |
| **MONDAY** | 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 |
|  | 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 |
| **TUESDAY** | 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 |
|  | 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 |
| **WEDNESDAY** | 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 |
|  | 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 | Dance Fitness | $5.50 |
|  | Computer Room | 9.30am | to | 11.45pm | Paper Craft\* (unavailable school hols) | $3.00\* |
| **THURSDAY** | 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 |
|  | 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 |
| **FRIDAY** | 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 (Advanced) | Free |
|  | Activity Room | 1.00pm | to | 3.00pm | Quiz (2nd Friday) | Free |
|  | Main Hall | 1.00pm | to | 4.00pm | Bingo (3rd Friday) | $7.50\* |

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 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

# Sound Healing

uUes sound frequencies to promote physical, mental and emotional well-being

**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

# Tai Chi

A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and con- trolled 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

**500 Card Club**

**Meditation**

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