



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|--|---|---|
| 8am | Snooker [GR] | Happy Walking Seniors Snooker [GR] | | Happy Walking Seniors | Snooker [GR] |
| 8.30am | Cards - Euchre [GR] Yoga for Seniors [MH] | Cribbage - Card Game[GR] | Scrabble [MR] Chiropractic Clinic [CR) Wednesday Walk & Talk Shine Light (MH) | | Mah-jong [GR] |
| 8.45am | | Jazz Dance [MH] | | Jazz Dance [MH] | Tai Chi [MH] |
| 9am | Watercolour Painting [CR] | China Painting [CR] Digital Help [MR] (Bookings essential) | Strong On Your Feet [GR] | Painting for Pleasure [CR] Chair Yoga [GR] | Social Drawing [CR Mexican Trains(MR) |
| 9.30am | | | Zumba Gold [MH] | | |
| 10am | Friendship Group [DR] Tap Dance [MH] | Jazz Dance [MH] | Frustration Card Game (DR) (third Wednesday of month) | Jazz Dance [MH] Lip Reading Group (MR) | |
| 10.15am | | | Strong On Your Feet [GR] | Chair Yoga [GR] | Table Tennis [MH] |
| 11.00am | | | Line Dancing [MH] | | |
| 11.30am | Chair Yoga(MH) | | | Snooker [GR] | |
| 12pm | Snooker [GR] | Snooker [GR Table Tennis [MH] | | Bingo [MH] | Snooker [GR] |
| 12.30pm | | | Darts [GR] | Cards—Klaverjas [GR] Poker for Fun [DR] | May I? - Card Game [GR] |
| 12.45pm | Cards—500 [GR] | | | | |
| 1pm | Carpet Bowls [MH] | The Knit Wits [DR] Canasta [GR] | Paper Craft [CR] Carpet Bowls [MH] | Creative Writing [MR] | Painting for Pleasure [CR] Rummy-O [GR] Carpet Bowls [MH] |
| 1.30pm | | | | | Grey Matters Quiz [DR] (last Friday of month) |
| 2pm | Chiropractic Clinic [CR] | | | | |
| 4pm | | | | | Sundowner [DR] (Monthly as advertised) |

Concert Days

1st Wednesday of the month in the Main Hall. Only \$5 for members

Lunch

served 12pm daily, orders before 10.30am

Coffee Spot

Open 8.30am-3pm meals made fresh to order until 1.30pm

Locations

(MH) Main Hall (CR Craft Room

(GR) Games Room

(DR) Dining Room

(MR) Meeting Room

| Bingo | Activity | Day | Time | Room | Cost | Contact/ Information |
|---|----------------------------------|--------------------|----------------------------------|----------------------|----------------------------------|--|
| Cards—Euchre Mon 8.30am-12pm Games Room NA Cards—Cribbage Tue 8.30am-12pm Games Room NA Cards—Fuserbation 3rd Wed, monthly 10am-3pm Dhing Room NA Averti. 0412 616 267 Cards—Canasta Tus 1pm-3.30pm Games Room NA Ruh. 0478 889 622 Cards—May I? Fri 12.30pm -3pm Games Room NA Ruh. 0478 889 622 Carpet Bowls Mon, Med 8 Fri 1.9m-3pm Main Hall NA Chair Yoga Mon and Thurs 11.30-12.30, 9.00 &10.15 Hall/Games Room NA Assess 0420 693 124 China Painting Tue 9am-12pm Craft Room SS Craft Room NA BYO writing tools Darts Wed 12.30pm-1pm Meding Room NA BYO writing tools NA BYO writing tools Darts Wed 12.30pm-1pm Meding Room NA BYO writing tools NA BYO writing tools Na BYO writing tools Na BYO writing tools Na | Bingo | Thu | 12-3pm | Main Hall | \$2.50 per book | Eyes down at 12.45pm |
| Cards—Cribbage Tuo 8.30am-12pm Games Room NA Cards—Frustration 37d Wed, monthly 10am—3pm Dining Room NA Aventi: 0412 616 267 Cards—Haverigs Thu 12.30am-4pm Games Room NA Cards—Anay17 Fri 12.30pm-3pm Games Room NA Run-1478 889 622 Cards—May17 Fri 12.30pm-3pm Games Room NA Run-1478 889 622 Cards—May17 Fri 12.30pm-3pm Games Room NA Run-1478 889 622 Cards—May17 Fri 12.30pm-3pm Games Room NA Run-1478 8622 Cards—Anay17 Month 11.9m-3pm Main Hall NA MA Cards—Anay18 Month 11.30-12.30, 900 810.15 Hall/Games Room NA BUT Chair Yoga Month Tuo 9am-12pm Craft Room 35 Chair Yoga Month Tuo 9am-12pm Metting Room NA BYO writing tool Digital Holp Tuo 9am-12pm Metting Ro | Cards—500 | Mon | 12.45-4pm | Games Room | NA | |
| Cards—Frustration 3rd Wed, monthly 10am—5pm Dining Room NA Aversit: 0412 616 267 Cards—Claverjas Thu 12.30am-4pm Games Room NA Ruth: 0478 889 622 Cards—Canasta Tues 1pm-3.30pm Games Room NA Ruth: 0478 889 622 Carget Bowls Mon, Wed & Fri 12.30pm-3pm Games Room NA Ruth: 0478 889 622 Carpet Bowls Mon wat Mark Fri 12.30pm-3pm Mall Hall NA Chair Capet Bowls Mon and Thurs 11.30+23.09.00 81.015 Hall/Games Room NA BVQ Chiar Patriting Tue 9am-12pm Craft Room NA BVQ willing tools Creative Witting Thurs 1pm-4pm Meeting Room NA BVQ willing tools Darts Wed 12.30pm-4pm Games Room NA BVQ willing tools Darts Wed 12.30pm-4pm Meeting Room NA BVQ willing tools Creative Witting Tue 8pm-3pm Meeting Room NA BVQ willing tools | Cards—Euchre | Mon | 8.30am-12pm | Games Room | NA | |
| Cards—Klaverjas Thu 12.30am-4pm Games Room NA Cards—Canasta Tues 1pm-3.30pm Games Room NA Ruth: 0478 889 622 Cards—May 1? Fri 12.30pm-3pm Games Room NA Carpet Bowls Mon. Wed & Fri 1.pm-3.pm Main Hall NA Chair Yoga Mon and Thurs 11.30-12.30 you 6 21.01 st. Hall/Games Room \$10 pWker 98 paid 6 wty Carlesse 0420 693 124 China Painting Tue 9am-12pm Craft Room \$5 Craft Room Carlesse 0420 693 124 China Painting Tue 9am-12pm Craft Room \$5 Craft Room Crestive Writing Tue 9am-12pm Meeting Room NA BYO writing tools Digital Help Tue 8am-3pm Meeting Room NA BYO writing tools Friendship Group Mon 10 - 11am Dining Room NA By D wat at Admin Friendship Group Tue, Wed & Thu Tue & Tue & Tue wat wed 8.3 ban New Location weekly NA Bet death 437777 | Cards—Cribbage | Tue | 8.30am-12pm | Games Room | NA | |
| Cards—Canasta Tues 1 pm-3,30pm Games Room NA Ruth: 0478 889 622 Cards—May I? Fil 12,30pm-3pm Games Room NA Carpet Bowls Mon, wed & Fri 1 pm-3pm Main Hall NA Chair Yoga Mon and Thurs 11,30-12,30,900 810.15 Hall(Games Room) \$10 pww. or \$8 paid 66 wkly Carlassa, 0420 693 124 China Painting Tue 9am-12pm Craft Room \$5 Creative Writing Thurs pm-4pm Meeting Room NA BYO writing tools Darks Wed 12,30pm-4pm Games Room NA BYO writing tools Darks Wed 12,30pm-4pm Gennes Room NA BOX at Admin Digital Help Tue 9am-3pm Meeting Room NA Box at Admin Friendship Group Mon 10-11am Dining Room NA Box at Admin Friendship Group Mon 10-11am Min Hall \$10 pclass Allen: oth 64 94 94 Jazz Dance Tue 8.459-45sm 810-11am | Cards—Frustration | 3rd Wed, monthly | 10am—3pm | Dining Room | NA | Averil: 0412 616 267 |
| Carbel Bowls Mon, Wed 8. Fri 12,30pm-3pm Games Room NA Carpet Bowls Mon, Wed 8. Fri 1,pm—3,pm Main Hall NA Chair Yoga Mon and Thurs 11,301-230, 9,00 x10,15 Hall/Games Room \$10 pk/kk or 88 paid 6 wkly Carissa: 0420 693 124 China Painting Tue 9am-12pm Craft Room \$5 Creative Writing Thurs 1pm-4pm Meeting Room NA BYO writing tools Darts Wed 12.30pm-4pm Games Room NA BYO writing tools Digital Help Tues 9am—3pm Meeting Room NA BOok at Admin Friendship Group Mon 10-11am Dinning Room NA Buy a cuppa for \$1.20 Grey Maters Monthly Quiz Last Fn, monthly 1.30pm—3.00pm Dinning Room NA Buy a cuppa for \$1.20 Happy Walking Seniors Tue, Wed & Thu 1.30pm—3.00pm New locations weekly NA Buy a cuppa for \$1.20 Jazz Dance Tue 8.459.45am 810-11am Main Hall \$10 pclass Aller: Oth 640 404 | Cards—Klaverjas | Thu | 12.30am-4pm | Games Room | NA | |
| Carpet Bowls Mon, Wed & Fri 1,pm−3,pm Main Hall NA Chair Yoga Mon and Thurs 11,30-12,30, 90,810,15 Hall/Games Room \$10 p/wk or \$8 paid 6 wkly Carisse: 0420 693 124 China Painting Tue 9am-12pm Creat Room \$5 Creative Writing Thurs 1pm-4pm Meeting Room NA BYO writing tools Digital Help Tues 9am-3pm Meeting Room NA Box at Admin Pigital Help Tues 9am-3pm Meeting Room NA Box at Admin Friendship Group Mon 10-11am Dining Room NA Box at Admin Friendship Group Mon 10-11am Dining Room \$2 per person Tables up to 6 people or single Happy Walking Sentors Tue, Wed & Thu 1.3pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Sentors Tue, Wed & Thu 1.4pm Min Hall \$10 pclass Allen: 0416 640 454 Jazz Dance Tue 8.459.45sm &10-11am Main Hall \$10 pclass | Cards—Canasta | Tues | 1pm-3.30pm | Games Room | NA | Ruth: 0478 889 622 |
| Chair Yoga Mon and Thurs 11,30-12,30, 9.00 &10.15 Hall/Games Room \$10 p/wk or \$8 paid 6 wkly Carisas: 0420 693 124 China Painting Tue 9am-12pm Craft Room \$5 Creative Writing Thurs 1 pm-4pm Meeting Room NA BYO writing tools Darts Wed 12,30pm-4pm Games Room NA BYO darts Digital Help Tues 9am-3pm Meeting Room NA Book at Admin Friendship Group Mon 10 -11am Dining Room NA Buy a cuppa for \$1.20 Grey Matters Worthly Quiz Last Fri. morthly 1.30pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Seniors Tue, Wed & Thu 1.30pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Seniors Tue, Wed & Thu 1.30pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Seniors Tue, Wed & Thu 1.30pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single | Cards—May I? | Fri | 12.30pm -3pm | Games Room | NA | |
| China Painting Tue 9am-12pm Craft Room \$5 Creative Writing Thurs 1pm-4pm Meeting Room NA BYO writing tools Darts Wed 12.30pm-4pm Games Room NA BYO darks Digital Help Tues 9am-3pm Meeting Room NA ByO darks Friendship Group Mon 10-11am Dining Room NA Buy a cuppa for \$1.20 Grey Matters Monthly Quiz Last Fri, monthly 1.30pm-3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Seniors Tue, Wed Thu Tue & Roby Seam &10-11am Men locations weekly NA Beth 0488 437 777 Jazz Dance Tue 8.45-9.45am &10-11am Main Hall \$10 pridass Allen: 0416 640 454 Jazz Dance Tue 1-4pm Dining Room NA BYO knitting or crochet Knit Wits Tue 1-4pm Dining Room NA BYO knitting or crochet Lip Reading Group Thur 10.30-12pm Meeting Room NA Erresc 04 | Carpet Bowls | Mon, Wed & Fri | 1.pm—3.pm | Main Hall | NA | |
| Creative Writing Thurs 1 pm-4pm Meeting Room NA BYO writing tools Darts Wed 12.30pm-4pm Games Room NA BYO darts Digital Help Tues 9am—3pm Meeting Room NA Book at Admin Friendship Group Mon 10 -11am Dining Room NA Buy a cupps for \$1.20 Grey Matters Monthly Quiz Last Fri, monthly 1.30pm—3.00pm Dining Room NA Buy a cupps for \$1.20 Grey Matters Monthly Quiz Last Fri, monthly 1.30pm—3.00pm Dining Room NA But be good be people or single Happ Walking Seniors Tue, Wed & Thu Tue & Thu Bam Wed 8.30 am New locations weekly NA Beth 0488 437.777 Jazz Dance Tue 8.45-9.45am 810-11am Main Hall \$10 pclass Allen: 0416 640 454 Krit Wits Tue 1.4pm Dining Room NA BYO knitting or crochet Line Dancing Wed 11am-12pm Mein Hall \$10 pclass Allen: 0416 640 454 Knit Wits Tue 1.4pm <th< th=""><th>Chair Yoga</th><th>Mon and Thurs</th><th>11.30-12.30, 9.00 &10.15</th><th>Hall/Games Room</th><th>\$10 p/wk or \$8 paid 6 wkly</th><th>Carissa: 0420 693 124</th></th<> | Chair Yoga | Mon and Thurs | 11.30-12.30, 9.00 &10.15 | Hall/Games Room | \$10 p/wk or \$8 paid 6 wkly | Carissa: 0420 693 124 |
| Digital Help | China Painting | Tue | 9am-12pm | Craft Room | \$5 | |
| Digital Help | Creative Writing | Thurs | 1pm-4pm | Meeting Room | NA | BYO writing tools |
| Friendship Group Mon 10-11am Dining Room NA Buy a cuppa for \$1.20 Grey Matters Monthly Quiz Last Fri, monthly 1.30pm—3.00pm Dining Room \$2 per person Tables up to 6 people or single Happy Walking Senlors Tue, Wed & Thu Tue & Hu Bam Wed 8.30 am New locations weekly NA Beth 0488 437 777 Jazz Dance Tue 8.45-9.45am &10-11am Main Hall \$10 p/class Allen: 0416 640 454 Knit Wits Tue 1.4-pm Dining Room NA BYO knitting or crochet Line Dancing Wed 11am-12pm Main Hall \$10 p/class Allen: 0416 640 454 Lip Rading Group Thur 10.30-12pm Meeting Room NA BYO knitting or crochet Lip Rading Group Thur 10.30-12pm Meeting Room NIA Contact Admin 9550 3799 Mah-Jong Fri 8.30am-12pm Meeting Room NA BYO paint & project Painting with Water Colurs Mon 9am-12pm Craft Room NA BYO paint & project Paper Craft Wed | Darts | Wed | 12.30pm-4pm | Games Room | NA | |
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| Happy Walking Seniors Tue, Wed & Thu Tue & Thu 8am Wed 8.30 am New locations weekly NA Beth 0488 437 777 | Friendship Group | Mon | 10 -11am | Dining Room | NA | Buy a cuppa for \$1.20 |
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| Jazz Dance Thu 8.45-9.45am &10-11am Main Hall \$10 p/class Allen: 0416 640 454 Knit Wits Tue 1-4pm Dining Room NA BYO knitting or crochet Line Dancing Wed 11am-12pm Main Hall \$10 p/class Tereas: 0408 913 944 Lip Reading Group Thur 10.30-12pm Meeting Room N/A Contact Admin 9550 3799 Mah-jong Fri 8.30am-12pm Games Room NA Mexican Trains Fri 9.00am-12pm Meeting Room NA Painting for Pleasure Thur, Fri Thu 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Painting with Water Colours Mon 9am-12pm Craft Room NA BYO paint & project Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Storable W | Happy Walking Seniors | Tue, Wed & Thu | Tue & Thu 8am Wed 8.30 am | New locations weekly | NA | Beth 0488 437 777 |
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| Line Dancing Wed 11am-12pm Main Hall \$10 p/class Teresa: 0408 913 944 Lip Reading Group Thur 10.30-12pm Meeting Room N/A Contact Admin 9550 3799 Mah-jong Fri 8.30am-12pm Games Room NA Mexican Trains Fri 9.00am-12pm Meeting Room NA Painting for Pleasure Thur, Fri Thu 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Painting with Water Colours Mon 9am-12pm Craft Room NA BYO paint & project Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30-9.15am Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thi, Fri | Jazz Dance | Thu | 8.45-9.45am &10-11am | Main Hall | \$10 p/class | Allen: 0416 640 454 |
| Lip Reading Group Thur 10.30-12pm Meeting Room N/A Contact Admin 9550 3799 Mah-jong Fri 8.30am-12pm Games Room NA Mexican Trains Fri 9.00am-12pm Meeting Room NA Painting for Pleasure Thur, Fri Thu 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Painting with Water Colours Mon 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Poker for Fun Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30-9.15am Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Strong On Your Feet Wed | Knit Wits | Tue | 1-4pm | Dining Room | NA | BYO knitting or crochet |
| Mah-jong Fri 8.30am-12pm Games Room NA Mexican Trains Fri 9.00am-12pm Meeting Room NA Painting for Pleasure Thur, Fri Thu 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Painting with Water Colours Mon 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room NA Strong On Your Feet Wed 910am & 10.15-11.15am< | Line Dancing | Wed | 11am-12pm | Main Hall | \$10 p/class | Teresa: 0408 913 944 |
| Mexican Trains Fri 9.00am-12pm Meeting Room NA Painting for Pleasure Thur, Fri Thu 9am-12pm, Fri 1-4pm Craft Room NA BYO paint & project Painting with Water Colours Mon 9am-12pm Craft Room NA BYO paint & project Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30am-12pm Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room NA Sundowner Fri, monthly 4pm-6pm | Lip Reading Group | Thur | 10.30-12pm | Meeting Room | N/A | Contact Admin 9550 3799 |
| Painting for PleasureThur, FriThu 9am-12pm, Fri 1-4pmCraft RoomNABYO paint & projectPainting with Water ColoursMon9am-12pmCraft RoomNABYO paint & projectPaper CraftWed1-4pmCraft RoomUp to \$5 p/projectPoker for FunThur12.30pm-3pmDining Room\$4 contribution for 2,000 chipsNo cash out available, just play for funRummy-OFri1-4pmGames RoomNAScrabbleWed8.30am-12pmMeeting RoomNAShine Light (Dance Exercise)Wed8.30-9.15amMain Hall\$11 per classTeresa: 0458 131 271SnookerMon, Tue, Thu, FriAll day M, T & F, Thu 11.30m-4pmGames RoomNASocial DrawingFri9am-12pmCraft RoomNAStrong On Your FeetWed910am & 10.15-11.15amGames Room\$5 p/classDoc referral req Jan 0427 088 615SundownerFri, monthly4pm-6pmDining RoomNABook at AdminTable TennisTue, Fri12pm-3pm & 10.15am-12.30Main HallNABYO PaddleTai ChiFri8.45-9.45amMain Hall\$10 p/class (paid monthly)Paul: 9534 9919Tap DanceMon10-11amMain Hall\$10 p/classAllen: 0416 640 454Yoga for SeniorsMon8:30-9:30amMain Hall\$10 p/wk or \$8 paid 6 wklyToni: 0407 735 029 | Mah-jong | Fri | 8.30am-12pm | Games Room | NA | |
| Painting with Water Colours Mon 9am-12pm Craft Room NA BYO paint & project Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Scoial Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi | Mexican Trains | Fri | 9.00am-12pm | Meeting Room | NA | |
| Paper Craft Wed 1-4pm Craft Room Up to \$5 p/project Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors | Painting for Pleasure | Thur, Fri | Thu 9am-12pm, Fri 1-4pm | Craft Room | NA | BYO paint & project |
| Poker for Fun Thur 12.30pm-3pm Dining Room \$4 contribution for 2,000 chips No cash out available, just play for fun Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Scial Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 40-11am Main Hall \$10 p/class Allen: 0416 640 454 | Painting with Water Colours | Mon | 9am-12pm | Craft Room | NA | BYO paint & project |
| Rummy-O Fri 1-4pm Games Room NA Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Paper Craft | Wed | 1-4pm | Craft Room | Up to \$5 p/project | |
| Scrabble Wed 8.30am-12pm Meeting Room NA Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Poker for Fun | Thur | 12.30pm-3pm | Dining Room | \$4 contribution for 2,000 chips | No cash out available, just play for fun |
| Shine Light (Dance Exercise) Wed 8.30-9.15am Main Hall \$11 per class Teresa: 0458 131 271 Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Rummy-O | Fri | 1-4pm | Games Room | NA | |
| Snooker Mon, Tue, Thu, Fri All day M, T & F, Thu 11.30m-4pm Games Room NA Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Scrabble | | · | - | NA | |
| Social Drawing Fri 9am-12pm Craft Room NA Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Shine Light (Dance Exercise) | Wed | 8.30-9.15am | Main Hall | \$11 per class | Teresa: 0458 131 271 |
| Strong On Your Feet Wed 910am & 10.15-11.15am Games Room \$5 p/class Doc referral req Jan 0427 088 615 Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Snooker | Mon, Tue, Thu, Fri | All day M, T & F, Thu 11.30m-4pm | Games Room | | |
| Sundowner Fri, monthly 4pm-6pm Dining Room NA Book at Admin Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Social Drawing | Fri | · | Craft Room | NA | |
| Table Tennis Tue, Fri 12pm-3pm &10.15am-12.30 Main Hall NA BYO Paddle Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Strong On Your Feet | Wed | 910am & 10.15-11.15am | Games Room | \$5 p/class | Doc referral req Jan 0427 088 615 |
| Tai Chi Fri 8.45-9.45am Main Hall \$10 p/class (paid monthly) Paul: 9534 9919 Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Sundowner | Fri, monthly | 4pm-6pm | Dining Room | NA | Book at Admin |
| Tap Dance Mon 10-11am Main Hall \$10 p/class Allen: 0416 640 454 Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | Table Tennis | Tue, Fri | 12pm-3pm &10.15am-12.30 | Main Hall | NA | BYO Paddle |
| Yoga for Seniors Mon 8:30-9:30am Main Hall \$10 p/wk or \$8 paid 6 wkly Toni: 0407 735 029 | | | | | | |
| | - | | | | | |
| Zumba Gold Wed Wed 9.30-10.30am Main Hall \$11 per class Teresa: 0458 131 271 | Yoga for Seniors | Mon | 8:30-9:30am | Main Hall | \$10 p/wk or \$8 paid 6 wkly | Toni: 0407 735 029 |
| Non –members must pay a \$5 daily visitor fee at administration All information correct as of 21/01/202524 | Zumba Gold | Wed | Wed 9.30-10.30am | Main Hall | \$11 per class | Teresa: 0458 131 271 |