

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am		Happy Walking Seniors		Happy Walking Seniors	
8.30am	Snooker [3] Cards- Canasta & Euchre [3]	Snooker [3] Cards—Cribbage [3] Digital Help [4]	Scrabble [4]	Snooker [3]	Snooker [3] Mah-jong [3] Mexican Trains [4]
8.45am		Zumba Gold [1]		Jazz Dance [1]	Tai Chi [1]
9am	Yoga for Seniors [1] Social Art Group [2]	China Painting [2]	Chiropractic Clinic [2] Wednesday Walk & Talk	Painting for Pleasure [2] Chair Yoga [3]	Social Drawing and Colour Theory Class [2]
9.45am			Strong On Your Feet [3]	Music Lovers Club (1st week monthly) [5]	
10am	Friendship Group[5]	Jazz Dance [1]	Zumba Gold [1]	Jazz Dance [1]	
10.15am					
10.30am	Tap Dance [1]	Technology Tea [4]			
11am			Strong On Your Feet [3]		
11.15am		Jazz Dance [1]	Line Dancing [1]		
11.30am					
12pm	Snooker [3]	Snooker [3]	Snooker [3]	Snooker [3] Bingo [1]	Snooker [3]
12.30pm	Drama/Glee Club [2]	Drama/Glee Club [1]	Darts [3]	Cards—Klaverjas [3]	
12.45pm	Carpet Bowls [3]		Carpet Bowls [1]		Carpet Bowls [1]
1pm	Cards—500 [1]	The Knit Wits [5] Games [4] Table Tennis [1]	Paper Craft [2]	Creative Writing [4]	Painting for Pleasure [2] Rummy-O [3]
1.30pm		U3A [2]		U3A [2]	
2pm	Chiropractic Clinic [2]				

Locations: **1:** Main Hall **2:** Craft Room **3:** Games Room **4:** Library **5:** Dining Room

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

Activity	Day	Time	Room	Cost	Contact/ Information
Bingo	Thurs	12-3pm	Main Hall	\$2 per book	Eyes down at 12.45pm
Cards—500	Mon	1-4pm	Games Room	NA	
Cards—Canasta & Euchre	Mon	8.30am-12pm	Games Room	NA	
Cards—Cribbage	Tues	8.30am-12pm	Games Room	NA	
Cards—Klaverjas	Thurs	1-4pm	Games Room	NA	
Carpet Bowls	Mon, Wed & Fri	12.45-3pm	Main Hall	NA	
Chair Yoga	Thurs	9-10am	Games Room	\$10 p/wk or \$8 paid 6 wkly	Carissa: 0420 693 124
China Painting	Tues	9am-12pm	Craft Room	\$5	Bring china to paint
Coffee Friendship Group	Mon	10-11am	Dining Room	NA	Buy a cuppa for \$1.20
Creative Writing	Thurs	1-4pm	Library	NA	BYO writing tools
The Knit Wits	Tues	1-4pm	Dining Room	NA	BYO knitting or crochet
Darts	Wed	1-4pm	Games Room	NA	BYO darts
Glee/Drama Club	Mon & Tues	12.30-1.30pm	Craft Room/Main Hall	NA	No talent? No problem.
Happy Walking Seniors	Tues, Wed & Thurs	8-9am	New locations weekly	NA	Beth 0488 437 777
Jazz Dance	Tues	10-11am & 11.15am-12.15pm	Main Hall	\$10 p/class	Allen: 0416 640 454
Jazz Dance	Thurs	8.45-9.45am & 10-11am	Main Hall	\$10 p/class	Allen: 0416 640 454
Line Dancing	Wed	11.15am-12.15pm	Main Hall	\$10 p/class	Teresa: 0408 913 944
Mah-jong	Fri	8.30am-12pm	Games Room	NA	
Mexican Trains	Fri	8.30am-12pm	Library	NA	
Music Lovers Club	1st Thurs monthly	9.45-11.30am	Dining Room	NA	No experience necessary
Painting for Pleasure	Thurs	9am-12pm	Craft Room	NA	BYO paint & project
Painting for Pleasure	Fri	1-4pm	Craft Room	NA	BYO paint & project
Paper Craft	Wed	1-4pm	Craft Room	Up to \$5 p/project	
Rummy-O	Fri	1-4pm	Games Room	NA	
Scrabble	Wed	1-4pm	Dining Room	NA	
Snooker	Tue, Thur, Fri	All day Tue, Thu & Fri PM	Games Room	NA	
Social Drawing & Colour Theory	Fri	9am-12pm	Craft Room	NA	
Social Art Group	Mon	9am-12pm	Craft Room	NA	BYO project
Strong On Your Feet	Wed	9.45-10.45am & 11am-12pm	Game Room	NA	Doc referral req Jan 0427 088 615
Table Tennis	Tue	1pm-4pm	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	10.30-11.30am	Main Hall	\$10 p/class	Allen: 0416 640 454
Technology Tea	Tues	10.30-11.30am	Library	NA	Bookings essential
U3A (University of the Third Age)	Tues & Thurs	1.30-3.30pm	Craft Room	\$2 p/class + annual fees	Christine: 9537 6543
Yoga for Seniors	Mon	9-10am	Main Hall	\$10 p/wk or \$8 paid 6 wkly	Toni: 0407 735 029
Zumba Gold	Tues	8.45-9.45am	Main Hall	\$10 per class	Teresa: 0458 131 271
Zumba Gold	Wed	10-11.15am	Main Hall	\$10 per class	Teresa: 0458 131 271