

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Snooker [3]	Happy Walking Seniors Snooker [3]		Happy Walking Seniors	Snooker [3]
8.30am	Cards - Canasta & Euchre [3] Yoga for Seniors [1]	Cribbage - Card Game[3]	Scrabble [6] Chiropractic Clinic [2] Wednesday Walk & Talk Shine Light (1)		Mah-jong [3] Mexican Trains [6]
8.45am		Jazz Dance [1]		Jazz Dance [1]	Tai Chi [1]
9am	Watercolour Painting [2]	China Painting [2] Digital Help—9am—3pm (Bookings essential) [6]	Strong On Your Feet [3]	Painting for Pleasure [2] Chair Yoga [3]	Social Drawing [2]
9.30am			Zumba Gold [1]		
10am	Friendship Group [5] Tap Dance [1]	Jazz Dance [1]	Frustration Card Game (5) (third Wednesday of month)	Jazz Dance [1] Lip Reading Group (6)	
10.15am			Strong On Your Feet [3]	Chair Yoga [3]	
11.00am			Line Dancing [1]		
11.30am				Snooker [3]	
12pm	Snooker [3]	Snooker [3]		Bingo [1]	Snooker [3]
12.30pm			Darts [3]	Cards—Klaverjas [3] Poker for Fun [5]	May I? - Card Game [3]
12.45pm	Cards—500 [3]				
1pm		The Knit Wits [5] Table Tennis [1]	Paper Craft [2]	Creative Writing [6]	Painting for Pleasure [2] Rummy-O [3]
1.30pm	Carpet Bowls [1]		Carpet Bowls [1]		Carpet Bowls [1] Grey Matters Quiz [5] (last Friday of month)
2pm	Chiropractic Clinic [2]				
4pm					Sundowner [ 5] (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

- (1) Main Hall
- (2) Craft Room
- (3) Games Room
- (5) Dining Room
- (6) Meeting Room

Activity	Day	Time	Room	Cost	Contact/ Information
Bingo	Thu	12-3pm	Main Hall	\$2.50 per book	Eyes down at 12.45pm
Cards—500	Mon	12.45-4pm	Games Room	NA	
Cards—Canasta & Euchre	Mon	8.30am-12pm	Games Room	NA	
Cards—Cribbage	Tue	8.30am-12pm	Games Room	NA	
Cards—Frustration	3rd Wed, monthly	10am—3pm	Dining Room	NA	Averil: 0412 616 267
Cards—Klaverjas	Thu	12.30am-4pm	Games Room	NA	
Cards—May I?	Fri	12.30pm -3pm	Games Room	NA	
Carpet Bowls	Mon, Wed & Fri	1.30pm—3.30pm	Main Hall	NA	
Chair Yoga	Thur	9-10am - 10.15-11.15am	Games Room	\$10 p/wk or \$8 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 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 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 & Thu 8am 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
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	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	8.30am-12pm	Meeting Room	NA	
Painting for Pleasure	Thur, Fri	Thu 9am-12pm, Fri 1-4pm	Craft Room	NA	BYO paint & project (no oils please)
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	\$10 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	9.-10am & 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	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	10-11am	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
Zumba Gold	Wed	Wed 9.30-10.30am	Main Hall	\$10 per class	Teresa: 0458 131 271

Non –members must pay a \$5 daily visitor fee at administration

All information correct as of 08.02.2024