

FRIDAY cont...

SOCIAL TABLE TENNIS 8.30am-11.30

Members \$4 Non Members \$6
includes morning tea

8 BALL 8am-12 noon

Members \$4 Non Members \$6
includes morning tea

UKULELE GROUP 1.00 -2.00pm

(ON HOLD UFN)

Intermediate class

Members \$4 Non Members \$6

CARDS 8:30 - 12:00 & 12:00 - 3:00

Members \$4 Non Members \$6
"500" in the AM "Pony" in the PM
Morning or Afternoon tea included

SEQUENCE DANCING

6.30-10.00pm

Great recorded music & cuppa included

Members \$6, Non Members \$8

Theme Night 2nd Friday of the month

SATURDAY

YOGA 8:00am - 9:15am

Members \$6 Non Members \$7

Suitable for all ages & body types

Beginners Welcome

TAI CHI 8.30 - 11.30

BroadSword 8.30am

Tai Chi for the SOUL 9.00am

Beijing 24 9.45am

Taiji Fan 10.00am

Sun 73 10.15am

Straight Sword 10.30am

Members \$3 Non Members \$5

SATURDAY cont...

NEW VOGUE DANCING

6.30-10.00pm

Member \$6 Non Members \$8

Great recorded music & cuppa included

SUNDAY

INDOOR BOWLS

8.45am-11.00am

Members \$4 Non members \$6

includes morning tea

SOCIAL TABLE TENNIS

8.30am-11.30am

Members \$4 Non Members \$6

includes morning tea

OTHER SERVICES

LIBRARY, office hours M-F (8.00-3.00)

BE CONNECTED PROGRAM

Free computer access, wifi, 1:1 lessons

Lessons please book at Reception

HAIRDRESSER

Professional service at "Affordable Prices"

Monday -Wed, Fri by appt

8.00am-12.00pm

Call Suzie or Ivan 0467 531 688 for
appointments

MINI SOCIAL BUS OUTINGS

On a THURSDAYS (see noticeboard)

FOLK CLUB (ON HOLD UFN)

Last THURSDAY of each month 4.30-6.30pm

DUTCH CONVERSATION

Third THURSDAY monthly 9.00—11.00am

TRANSPORT for eligible members

Ph: 07 55364050 Ask for Centre Coordinator

Coolangatta Senior Citizens Centre Inc.

ACTIVITIES PROGRAM

2 GERRARD ST COOLANGATTA

Phone 0755 364 050

E: coordinator@coolangattaseniors.com.au

www.coolangattaseniors.com.au

Adjacent to the Coolangatta Bowls Club



**PRIMARILY FOR OVER 50'S
BUT NOT EXCLUSIVELY**

MEMBERSHIP

Only \$8 per year



Australian Government

Department of Social Services

Partly funded by the

Commonwealth Home Support Programme

**JOIN US, HAVE FUN,
ENHANCE YOUR WELLBEING
AND ENJOY SOCIAL
CONNECTIONS**

Version 2/03/2018

CENTRE RUNS ON QLD TIME

MONDAY

GET UP & GO - 8—9am

general light exercise class for strength, stretching and cardio

Members \$5, non- members \$7

INDOOR BOWLS 8.45am-11.00am

includes morning tea.

\$4 members \$6 non members

FRENCH CONVERSATION (Adv) FULL

10.30-11.45am

Includes morning tea

\$4 members \$6 non members

MOVE TO IMPROVE NEW Starts 12/3

11.30am—12.30am

Fun dance movement program, chair to stand

\$10 members \$12 non members

TAP DANCE 10.15-11.15am

Please wear hard soled closed in shoes

\$6 members \$8 non members

MAH JONG

MORNING session 8.30am - 11.30am

AFTERNOON session 12.00 - 3.00pm

\$4 members \$6 non members,

with morning/afternoon tea

TAI CHI

11.40am

Beijing 24 (Beginners/Intermediate)

Beijing 24 (Advanced Practice)

12.40—1.40pm

Tai Chi Fan (Beginners)

Sword

Members \$3 Non-Members \$5

TUESDAY

YOGA 8:00am - 9:00am

Members \$6 Non Members \$7

Suitable for all ages & body types

JAZZ DANCE 10-11am

Please wear soft soled closed in shoes

\$6 members \$8 non members

BINGO Eyes Down 9.30am \$1,000 Jackpot

Cash prizes Morning tea available

8 BALL 8.00am to 12.00pm

Members \$4 Non Members \$6

Includes morning tea.

“GENTLY DOES IT” 1.00pm-2.00pm

Stretch and dance class with Bettina

\$4 members \$6 non members

includes afternoon tea

POETS & WRITERS 12.30pm-2.30pm

Members \$3 Non Members \$5

Critiquing assignments & work for publishing

SEQUENCE/NEW VOGUE DANCING

Lessons: 6.15-6.45pm, Dancing 6.45—9.15pm

Members \$5 Non Members \$7

Great Music. Tea/coffee provided.

WEDNESDAY

INDOOR BOWLS 8.45am-11.00am

Members \$4 Non Members \$6

Includes morning tea.

TABLE TENNIS 8.30am -11.30

Members \$4 Non Members \$6

Beginners welcome

Tea and coffee included.

FRENCH LANGUAGE (Beginner) FULL

9-11 am

Members \$4 Non Members \$6

Tea and coffee included.

SOCIAL SCRABBLE NEW

10 am -12 noon Members \$4 Non Members \$6

Tea and coffee included.

WEDNESDAY cont...

SINGING GROUP 12:30 - 2:30

From beginner to Pavarotti

Members \$3 Non Members \$5

ROCK n ROLL Dancing & Lessons

1.00pm-3.00pm

Members \$4 Non Members \$6

Singles /couples . Tea/Coffee included.

YOGA 5.00 - 6.15pm

Members \$5 Non Members \$6

THURSDAY

8 BALL 8.00am to 12.00pm

Members \$4 Non Members \$6

NEW VOGUE DANCING 9am-11.30am

Members \$5 Non Members \$7

Morning tea provided.

YOGA 8am -9.15am

Members \$6 Non Members \$7

QI GONG 10.30am—11.30am

Members \$3 Non Members \$5

LADIES FRIENDSHIP 9.30-3pm

Members \$3 Non Members \$5

Includes afternoon tea

LINE DANCING 12.15pm-2.30pm

Members \$4 Non-Members \$6

No Partner required.

MAHJONG 12.30pm-3.30pm

Members \$4 Non-Members \$6

with afternoon tea

FRIDAY

INDOOR BOWLS 8.45am-11.00

Members \$4 Non Members \$6

includes morning tea