

## 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

### **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

### **UKULELE (intermediate) 1-2pm**

Members \$4, Non Members \$6

### **NEW VOGUE/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, levels & body types

### **TAI CHI 8.15am - 11.30**

Straight Sword Beginners - 8.15

Broadsword Advanced - 8.45

Wellness Tai Chi & Beijing 24

Beginners to Advanced-9.15

Taiji Fan - 10.00

Sun Style 73 Beginners to Advanced -10.15

Straight Sword Beginners to Advanced-10.45

Walking Stick - 11.00

Members \$3 Non Members \$5

## SATURDAY cont...

### **NEW VOGUE /SEQUENCE DANCING**

6.30-10.00pm

Great recorded music & cuppa included  
Members \$6, Non Members \$8

## 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

Suzie or Ivan 0467 531 688 for appointments

Salon will be closed for holidays from

24 th May to 1st July.

### 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](mailto:coordinator@coolangattaseniors.com.au)

[www.coolangattaseniors.com.au](http://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 **funded**

**Partly  
by the**

**Commonwealth Home Support Programme**

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

**Version 16/5/2018**

**CENTRE RUNS ON QLD TIME**

## MONDAY

### **LATIN FITNESS 8-9.00am Starts 28/5**

Latin music *please wear comfortable trainers  
No high heels*

\$3 members \$5 non members

### **FRENCH CONVERSATION (Adv) FULL**

10.15-11.45am

Includes morning tea

\$4 members \$6 non members

### **TAP DANCE 9.15-10.15am**

Please wear hard soled closed in shoes

\$6 members \$8 non members

### **MAH JONG**

MORNING session 9.00am - 12.00pm

AFTERNOON session 12.00 - 3.00pm

\$4 members \$6 non members,

with morning/afternoon tea

### **TAI CHI**

12.40pm-2.40pm

Beijing 24 (Beginners to Advanced)

Weapons Forms (Beginners to Advanced)

Members \$3 Non-Members \$5

### **GUITAR (beginners) 1-2pm Starts 4/6**

Members \$4, Non Members \$6

## 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

## TUESDAY cont...

### **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 1.30pm-3.30pm**

Members \$3 Non Members \$5

Critiquing assignments & work for publishing

### **NEW VOGUE/SEQUENCE DANCING**

Lessons: 5.30-6.45pm, 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.

### **SOCIAL SCRABBLE**

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

Tea and coffee included.

### **UKULELE (beginners) Starts 6/6**

10.30-11.30am

Members \$4, Non Members \$6

### **SINGING GROUP 12:30 - 2:30pm**

From beginner to Pavarotti

Members \$3 Non Members \$5

## WEDNESDAY cont...

### **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

### **FRENCH BEGINNERS FULL**

9.00-11.00am

Includes morning tea

\$4 members \$6 non members