

## FRIDAY

### **LATIN FITNESS 8-9.00am**

Latin music *please wear comfortable trainers*

Funded \$3 Members \$4 Non-Member \$6

### **8 BALL 8am-12 noon**

Funded \$4 Members \$5 Non Members \$7  
includes morning tea

### **SOCIAL TABLE TENNIS 8.30am-11.30**

Funded \$4 Members \$5 Non Members \$7  
includes morning tea

### **CARDS 8.30am -12pm & 12.00 - 3.00**

Funded \$4 Members \$5 Non Members \$7  
“500” in the AM “Pony” in the PM  
Morning or Afternoon tea included

### **YOGA 9.15am - 10.30am **NEW****

Funded \$6 Members \$7 Non Members \$9  
**BYO** mat, towel, water bottle

### **UKULELE (beginners) 11am-12pm**

Funded \$4 Members \$5, Non Members \$7

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

Funded \$4 Members \$5, Non Members \$7

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

6.30-10.00pm (Dance Revision 6pm)

Great recorded music & cuppa included

Funded \$6 Members \$7, Non Members \$9

## SATURDAY

### **YOGA 8:00am - 9:30am **New Larger Room****

Funded \$6 Members \$7 Non Members \$9  
Suitable for all ages, levels & body types

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

Advanced only—no tutor

Funded \$3 Members \$4 Non Members \$6

## SATURDAY cont...

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

6.30-10.00pm

Great recorded music & cuppa included

Funded \$6 Members \$7, Non Members \$9

## SUNDAY

### **SOCIAL TABLE TENNIS**

8.30am-11.30am

Funded \$4 Members \$5 Non Members \$7  
includes morning tea

### **INDOOR BOWLS**

8.45am-11.45am

Funded \$4 Members \$5 Non members \$7  
includes morning tea

## OTHER SERVICES

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

### **BE CONNECTED PROGRAM**

Free lessons please book at Reception

### **HAIRDRESSER**

Professional service at “Affordable Prices”

Monday –Wed, 8.00am-12.00pm

appointments Suzie or Ivan 0467 531 688

### **MINI SOCIAL BUS OUTINGS**

On a THURSDAYS (see noticeboard)

### **FOLK CLUB**

Last THURSDAY of each month 4.30-6.30pm

### **DUTCH CONVERSATION**

Third THURSDAY 10.00am—12.00noon

### **TRANSPORT for eligible members**

Please speak to our Centre Coordinator  
onsite or phone 07 55364050

*Coolangatta Senior Citizens Centre Inc.*

## **ACTIVITIES PROGRAM**

**2 GERRARD ST COOLANGATTA**  
Adjacent to the Coolangatta Bowls Club

Phone 0755 364 050

E: [coordinator@coolangattaseniors.com.au](mailto:coordinator@coolangattaseniors.com.au)

[www.coolangattaseniors.com.au](http://www.coolangattaseniors.com.au)



## **MEMBERSHIP**

*Only \$8 per year*

**A friendly place of fun, learning  
and activities for adults.**

**OFFICE HOURS 8-3 WEEKDAYS**

**CENTRE RUNS ON QLD TIME**

Partly funded by the  
*Commonwealth Home Support Programme*

**Version 14/8/2019**

## MONDAY

### **LATIN FITNESS 8-9.00am**

Latin music *please wear comfortable trainers*  
Funded \$3 Members \$4 Non-Member \$6

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

Please wear hard soled closed in shoes  
Funded \$6 Members \$7 Non-Member \$9

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

**10.15-11.45am** Includes morning tea  
Funded \$4 Members \$5 Non-Member \$7

### **MAH JONG**

**MORNING session 9.00am - 12pm**

**AFTERNOON session 12.30 - 3.30pm**

Funded \$4 Members \$5 Non-Member \$7  
with morning/afternoon tea

### **TAI CHI**

**11- 12pm Beginners**

Funded \$3 Member \$4 Non-Member \$6

### **TABLE TENNIS 12.30pm -3pm NEW**

Funded \$4 Members \$5 Non Members \$7

### **GUITAR (beginners) 1.00 - 2.00pm**

Funded \$4 Members \$5 Non Members \$7

## TUESDAY

### **YOGA 8:00am - 9:30am New Larger Room**

Funded \$6 Members \$7 Non Members \$9  
Suitable for all ages & body types

### **8 BALL 8.00am to 12.00pm**

Funded \$4 Members \$5 Non Members \$7  
Includes morning tea.

### **FRENCH BEGINNERS FULL**

**8.30—10.00am** Includes morning tea

Funded \$4 Members \$5 Non Members \$7

### **BINGO Eyes Down 9.30am**

Cash prizes Morning tea available

## TUESDAY cont...

### **JAZZ DANCE 10am -11am**

Please wear soft soled closed in shoes  
Funded \$6 Members \$7 Non Members \$9

### **CARDS 12.30pm -3.30am**

(Learn to play **PONY canasta** includes tea/coffee)  
Funded \$4 Members \$5 Non Members \$7

### **"GENTLY DOES IT" 1.00pm-2.00pm**

Stretch and dance class with Bettina  
Funded \$4 Members \$5 Non Members \$7  
includes afternoon tea

### **POETS & WRITERS 1.30pm-3.30pm**

Funded \$3 Members \$4 Non Members \$6  
Critiquing assignments & work for publishing  
**CUBAN DANCE 2.00pm-3.00pm NEW**  
Members \$7 Non-Members \$9

No partner required

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

**Lessons: 5.30-6.45pm, Dancing 6.45—9.15pm**

Funded \$5 Members \$6 Non Members \$8  
Great Music. Tea/coffee provided.

## WEDNESDAY

### **ACTIVE BODIES 7.30am - 8.30am**

Members \$4 Non Member \$6  
**BYO** workout mat and hand weights (1-1.5k max)

### **TABLE TENNIS 8.30am -11.30am**

Funded \$4 Members \$5 Non Members \$7  
Beginners welcome Tea and coffee included

### **FRENCH BEGINNERS 2 FULL**

**9.00-11.00am** Includes morning tea  
Funded \$4 Members \$5 Non Members \$7

### **INDOOR BOWLS 9.15am-11.30am**

Funded \$4 Members \$5 Non Members \$7  
Includes morning tea.

### **SOCIAL SCRABBLE 10 am -12 noon**

Funded \$4 Members \$5 Non Members \$7  
Tea and coffee included.

## WEDNESDAY cont...

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

From beginner to Pavarotti , tea/coffee incl.  
Funded \$4 Members \$5 Non Members \$7

### **ROCK n ROLL Dancing & Lessons**

**1.00pm-3.00pm**  
Funded \$4 Members \$5 Non Members \$7  
Singles /couples . Tea/Coffee included.

### **DRUMMING CIRCLE 3:30 - 4:30pm**

Funded \$4 Members \$5 Non Members \$7

### **YOGA 5.00 - 6.30pm**

Funded \$5 Members \$6 Non Members \$8

## THURSDAY

### **8 BALL 8.00am to 12.00pm**

Funded \$4 Members \$5 Non Members \$7

### **YOGA 8am -9.30am New Larger Room**

Funded \$6 Members \$7 Non Members \$9

### **NEW VOGUE DANCING 9am-11.30am**

Funded \$5 Members \$6 Non Members \$8  
Morning tea provided.

### **CARDS 9.00 am -11.30am**

(Learn to play **500** includes tea/coffee)  
Funded \$4 Members \$5 Non Members \$7

### **FRIENDSHIP 9.30-3pm**

Funded \$3 Members \$4 Non Members \$6  
Includes morning tea

### **QI GONG 10.00-11.00am New Larger Room**

Funded \$3 Members \$4 Non Members \$6

### **LINE DANCING 12.00pm-2.15pm**

Funded \$4 Members \$5 Non-Members \$7  
No Partner required.

### **MAHJONG 12.30pm-3.30pm**

Funded \$4 Members \$5 Non-Members \$7  
with afternoon tea

### **BROADWAY DANCE**

**2.30pm-3.30pm**

Funded \$3 Members \$4 Non-Members \$6