

## THURSDAY cont...

### **BROADWAY DANCE**

2.30pm-3.30pm

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

Please wear soft soled shoes

## FRIDAY

**LATIN FITNESS** 8-9.00am as per Monday

**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

**UKULELE (raw beginners)** Starts 15/2/19

11am-12pm

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

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

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

**NEW VOGUE/SEQUENCE DANCING**

**\*\*\*Lessons from 6pm starting in 2019!\*\*\*\***

6.30-10.00pm

Great recorded music & cuppa included

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

Theme Night 2nd Friday of the month

## SATURDAY

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

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

Suitable for all ages, levels & body types

## SATURDAY cont...

**TAI CHI** 8.15am - 11.30

Advanced only—no tutor

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

**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 monthly 9.00—11.00am

**TRANSPORT for eligible members**

Please speak to our Centre Coordinator

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*

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

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

**Partly funded by the  
Commonwealth Home Support Programme**

**Version 5/2/2019**

**CENTRE RUNS ON QLD TIME**

## 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 8.30am - 11.30am**

**AFTERNOON session 12.30 - 3.30pm**

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

with morning/afternoon tea

### **TAI CHI**

**11.00am -1.00pm**

11- 12pm Beginners (tutored)

12-1pm Advanced

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

### **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 starts 12/2**

**8.30-10.00am** Includes morning tea

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

### **BINGO Eyes Down 9.30am \$1,000 Jackpot**

Cash prizes Morning tea available

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

Please wear soft soled closed in shoes

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

## TUESDAY cont...

### **CALLIGRAPHY (beginners) 10.00-11.00am**

Includes Morning tea at 9.30am **Starts 12/2**

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

### **CARDS PONY Learn to play**

**12.30pm-3.30pm**

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

### **POETS & WRITERS 12.30pm-2.30pm**

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

Critiquing assignments & work for publishing

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

Stretch and dance class with Bettina

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

includes afternoon tea

### **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

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

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

Includes morning tea.

### **FRENCH BEGINNERS 2 FULL**

**9.00-11.00am** Includes morning tea

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

### **SOCIAL SCRABBLE**

**10 am -12 noon** Funded \$4 Members \$5

Non Members \$7 Tea and coffee included.

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

From beginner to Pavarotti

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

## WEDNESDAY cont...

### **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 10.00am-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