

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

YO-DA BEATS 11.30am - 12.30pm **NEW**

Members \$8 Non Members \$10 **Starts 5/419**
BYO mat, towel, water bottle

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 (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 monthly 9.00—11.00am

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

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 21/3/2019

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 FULL

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 9.50am

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

CARDS PONY Learn to play

(Form of Canasta) **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

Tea/Coffee included

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

BROADWAY DANCE

2.30pm-3.30pm

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

Please wear soft soled shoes