

## THURSDAY cont...

### **BROADWAY DANCE**

2.30pm-3.30pm

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

Please wear soft soled shoes

**SUNSET YOGA** 5pm-6pm **from 11/10**

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

## FRIDAY

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

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

“500” in the AM “Pony” in the PM

Morning or Afternoon tea included

**INDOOR BOWLS** 8.45am-11.00

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

includes morning tea

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

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

**NEW VOGUE/SEQUENCE DANCING**

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 - 9:15am

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

**INDOOR BOWLS**

**SOCIAL TABLE TENNIS**

8.30am-11.30am

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

includes morning tea

8.45am-11.00am

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 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**

last THURSDAY of each month 4.30-6.30pm

**DUTCH CONVERSATION**

Third THURSDAY monthly 9.00—11.00am

**TRANSPORT for eligible members**

To access funded fee levels or transport  
please see our Centre Coordinator

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*

**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 11/10//2018**

**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- 12 Beginners (tutored)

12-1Advanced

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

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

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

## TUESDAY

### **YOGA 8:00am - 9:00am**

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.

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

Cash prizes Morning tea available

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

Please wear soft soled closed in shoes

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

### **UKULELE (beginners)**

10.30-11.30am

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

## TUESDAY cont...

### **"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 12.30pm-2.30pm**

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

Critiquing assignments & work for publishing

### **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

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

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

Beginners welcome

Tea and coffee included.

### **INDOOR BOWLS 8.45am-11.00am**

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

Includes morning tea.

### **FRENCH BEGINNERS 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.

### **CARDS 12.30 pm -3.00pm NEW**

(Learn to play PONY includes tea/coffee)

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

### **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 NEW**

3:30 - 4:30pm

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

### **YOGA 5.00 - 6.15pm**

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

## THURSDAY

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

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

### **YOGA 8am -9.15am**

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

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

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

Morning tea provided.

### **RUMMY-O 9.00 am -11.00am from 18/10**

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

### **CARDS 9.30 am -11.30am NEW**

(Learn to play 500 includes tea/coffee)

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

### **CHAIR YOGA 9.30am -10.15am from 25/10**

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

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

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

Includes morning tea

### **QI GONG 10.30am-11.30am FULL**

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