

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Snooker [GR]	Happy Walking Seniors Snooker [GR]		Happy Walking Seniors	Snooker [GR] Mah-jong [GR]
8.30am	Cards - Euchre [GR] Yoga for Seniors [MH]	Cribbage - Card Game [GR]	Scrabble [MR] Chiropractic Clinic [CR] Wednesday Walk & Talk Shine Light (MH)		
8.45am		Jazz Dance [MH]		Jazz Dance [MH]	
9am	Watercolour Painting [CR]	China Painting [CR] Digital Help [MR] (Bookings essential)	Strong On Your Feet [GR]	Painting for Pleasure [CR] Chair Yoga [GR]	Social Drawing [CR] Mexican Trains [DR]
9.30am			Zumba Gold [MH]		Chi Ball [MH]
10am	Friendship Group [DR] Tap Dance [MH]	Jazz Dance [MH]	Frustration Card Game [DR] (third Wednesday of month) Friendship Group [DR]	Jazz Dance [MH]	
10.15am			Strong On Your Feet [GR]	Chair Yoga [GR]	
11.00am			Line Dancing [MH]		
11.30am	Chair Yoga [MH]			Snooker [GR]	
12pm	Snooker [GR]	Snooker [GR] Table Tennis [MH] Canasta [GR]	Mah-jong [GR]	Bingo [MH]	Snooker [GR]
12.30pm				Cards—Klaverjas [GR] Poker for Fun [DR]	May I? -Card Game [GR]
12.45pm	Cards—500 [GR]				
1pm	Carpet Bowls [MH] My Story—Our Voice (MR) (fourth Monday of month)	The Knit Wits [DR] Speaker Spotlight (CR) (fourth Tuesday of month)	Paper Craft [CR] Carpet Bowls [MH] Darts [GR]	Creative Writing [CR]	Painting for Pleasure [CR] Rummy-O [GR] Carpet Bowls [MH]
1.30pm					Grey Matters Quiz [DR] (last Friday of month)
2pm	Chiropractic Clinic [CR]				
4pm					

## Concert Days

1st Wednesday of the month in the Main Hall. Only \$5 for members

## Coffee Spot

Open  
8.30am-2.30pm  
meals made fresh to order until 1.30pm

## Locations

(MH) Main Hall  
(CR) Craft Room  
(GR) Games Room  
(DR) Dining Room  
(MR) Meeting Room

Activity	Day	Time	Room	Cost	Contact/ Information
Bingo	Thu	12-3pm	Main Hall	\$2.50 per book	Eyes down at 12.45pm
Cards—500	Mon	12.45-4pm	Games Room	NA	
Cards—Euchre	Mon	8.30am-12pm	Games Room	NA	
Cards - Canasta_	Tue	12.00– 3pm	Games Room	NA	Barb 0417 984 861
Cards—Cribbage	Tue	8.30am-12pm	Games Room	NA	
Cards—Frustration	3rd Wed, monthly	10am—3pm	Dining Room	NA	Averil: 0412 616 267
Cards—Klaverjas	Thu	12.30am-4pm	Games Room	NA	
Cards—May I?	Fri	12.30pm -3pm	Games Room	NA	
Carpet Bowls	Mon, Wed & Fri	1.pm—3.pm	Main Hall	NA	
Chair Yoga	Mon and Thurs	11.30-12.30, 9.00 & 10.15	Hall/Games Room	\$10 p/class or \$8 paid 6 wkly	Carissa: 0420 693 124
China Painting	Tue	9am-12pm	Craft Room	\$5	
Chi Ball	Fri	9.30am –10.30am	Main Hall	\$10 p/class	Carissa: 0420 693 124
Creative Writing	Thurs	1pm-4pm	Craft Room	NA	Check availability Lyn 0404 579 040
Darts	Wed	1pm-3pm	Games Room	NA	BYO darts
Digital Help	Tues	9am—3pm	Meeting Room	NA	Book at Admin
Friendship Group	Mon & Wed	10 -11am	Dining Room	NA	Buy a cuppa from \$1.50
Grey Matters Monthly Quiz	Last Fri, monthly	1.30pm—3.00pm	Dining Room	\$2 per person	Tables up to 6 people or single
Happy Walking Seniors	Tue, Wed & Thu	Tue & Thu 8am Wed 8.30 am	New locations weekly	NA	Beth 0488 437 777
Jazz Dance	Tue and Thurs	8.45-9.45am & 10-11am	Main Hall	\$10 p/class	Allen: 0416 640 454
Knit Wits	Tue	1-4pm	Dining Room	NA	BYO knitting or crochet
Line Dancing	Wed	11am-12pm	Main Hall	\$12 p/class	Christine-0409514988
Mah-jong	Wed and Fri	12pm—4pm, 8.00am-12pm	Games Room	NA	
Mexican Trains	Fri	9.00am-12pm	Dining Room	NA	
My Story—Our Voice	Fourth Mon, monthly	1pm—3pm	Meeting Room	NA	Book at Admin
Painting for Pleasure	Thur, Fri	Thu 9am-12pm, Fri 1-4pm	Craft Room	NA	BYO paint & project
Painting with Water Colours	Mon	9am-12pm	Craft Room	NA	BYO paint & project
Paper Craft	Wed	1-4pm	Craft Room	Up to \$5 p/project	Limit 8 people, check availability.
Poker for Fun	Thur	12.30pm-3pm	Dining Room	\$4 contribution for 2,000 chips	No cash out , just play for fun
Rummy-O	Fri	1-4pm	Games Room	NA	
Scrabble	Wed	8.30am-12pm	Meeting Room	NA	
Shine Light (Dance Exercise)	Wed	8.30-9.15am	Main Hall	\$11 per class	Teresa: 0458 131 271
Snooker	Mon, Tue, Thu, Fri	All day M, T & F, Thu 11.30m-4pm	Games Room	NA	
Social Drawing	Fri	9am-12pm	Craft Room	NA	
Speaker Spotlight	Fourth Tues, monthly	1pm—2pm	Craft Room	NA	Book at Admin
Strong On Your Feet	Wed	9.-10am & 10.15-11.15am	Games Room	\$5 p/class	Doc referral req Jan 0427 088 615
Table Tennis	Tue,	12pm-3pm	Main Hall	NA	BYO Paddle
Tap Dance	Mon	10-11am	Main Hall	\$10 p/class	Allen: 0416 640 454
Yoga for Seniors	Mon	8:30-9:30am	Main Hall	\$10 p/class or \$8 paid 6 wkly	Osheani 0423 971 760
Zumba Gold	Wed	Wed 9.30-10.30am	Main Hall	\$11 per class	Teresa: 0458 131 271