



# Seniors Program Schedule

Call 9391 6030  
for more information  
or to book a place

## MONDAY

### TAI CHI – \$7.50

9am – 10am - school terms  
Improve balance and strength  
**AMC**

### BRAIN TRAINING – \$2

10am – 12pm  
Puzzles, games and bingo  
**AMC**

### CHAIR YOGA – \$7.50

11am – 12pm  
Relaxed seated yoga class  
**AMC**

### TABLE TENNIS – FREE

1pm – 3pm  
Social games for all levels  
**AMC**

### DRUMS ALIVE – \$7.50

1:30pm  
Funky aerobics group for all  
levels (can be seated)  
**AMC**

### EXERGAMING - \$2

1.30pm – 3pm  
Social and fun video games  
using movement capture  
technology  
**AMC**

## TUESDAY

### POLE WALKING – FREE

8am – 9:15am  
Explore the City with friends.  
Training and poles provided.  
Call 9391 6030 for departure  
locations

### ULTIMATE FRISBEE – FREE

9am – 10am  
Indoor social Frisbee played at  
walking pace  
**HPC**

### PICKLEBALL – FREE

10am – 11.30am  
Social indoor game similar to  
tennis  
**HPC**

### MAHJONG – \$2

10am – 11.30am  
Singapore Style social game  
**AMC**

### RELAX & MEDITATE – \$2

10am – 11am  
Guided meditation for good  
health and relaxation  
**AMC**

### SINGING FOR FUN – \$2

2pm – 3.30pm – school terms  
Social group singing popular  
music from all genres.  
**AMC**

## WEDNESDAY

### BRAIN TRAINING – \$2

10am – 12pm  
Puzzles, games and bingo  
**AMC**

### READY TECH GO – FREE

10am – 11am  
First & Third Wed of the month.  
One-on-one technology support  
sessions – bookings required  
**AMC**

### CHAIR YOGA – \$7.50

11am – 12pm  
Relaxed seated yoga class  
**AMC**

### RUMMY-O – \$2

1pm – 3pm  
Popular tile board game played  
for fun - beginners welcome  
**AMC**

### GosSAMBA - \$2

2pm - 3:30pm  
Social group playing high  
energy samba music  
**AMC**



Beginners  
welcome!

## THURSDAY

### TAI CHI – \$7.50

9am – 10am – school terms  
Improve balance and strength  
**AMC**

### LIFEBALL – FREE

9am – 11am  
Social team game similar to netball  
**HPC**

### PONY CANASTA – \$2

10am – 12pm  
Played for fun with lots of laughs  
**AMC**

### CHAIR YOGA – \$7.50

10am – 11am  
Relaxed seated yoga class  
**AMC**

### UKULELE GROUP – FREE

11am – 1.30pm  
Play music in a friendly setting  
**MCC**

### PICKLEBALL – FREE

12pm – 1:30pm  
Social indoor game similar to tennis  
**HPC**

### TABLE TENNIS – FREE

1pm – 3pm  
Social games for all levels  
**MPC**

### SCRABBLE GROUP - \$2

12:30pm – 2:30pm  
Classic word building game  
**AMC**

## FRIDAY

### BRAIN TRAINING – \$2

10am - 12pm  
Puzzles, games and bingo  
**AMC**

### OWL: OLDER WISER LIVELIER SERIES – FREE

10am – 11.30am  
2nd & 4th Friday of the month.  
Free information sessions on a  
wide variety of topics.  
Call 9391 6030 for more  
information  
**AMC**

### IN THE LOOP - FREE

10am - 12pm  
1st Friday of the month. Friendly  
knitting and crocheting group  
turning donated material into  
charity items  
**AMC**

