

## FRIDAY cont...

### **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 FULL**

(if interested register on wait list at front desk)

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

“500” in the AM “Pony” in the PM

Morning or Afternoon tea included

### **YOGA 9.15am - 10.45am NEW**

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

BYO mat, towel, water bottle

### **UKULELE (Raw 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**

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

### **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 learn how to use technology: phones, laptop, tablets, computers and so much more. Book today!

### **HAIRDRESSER**

Professional service at “Affordable Prices”

**Monday –Wed, 8.00am-12.00pm**

appointments Suzie or Ivan 0467 531 688

**FOLK CLUB** (Feb.2020)

Last THURSDAY of each month 4.30-6.30pm

### **DUTCH CONVERSATION**

Third THURSDAY 9.30am—11.30am (Feb.2020)

### **GOVERNMENT FUNDED SERVICES**

We are funded for **Social Support Group** under the Commonwealth Home Support Program. Please speak to our Centre Coordinator to see if you are eligible to access the funded fee levels. Enquire at reception or P: 07 55364050

Follow us on Facebook and jump onto our website and sign up to receive our bi-monthly newsletter by email



## **WELLNESS PROGRAM**

2 GERRARD ST,  
COOLANGATTA Qld 4225

Phone 07 5536 4050

E: [coordinator@coolangattaseniors.com.au](mailto:coordinator@coolangattaseniors.com.au)

[www.coolyrecclub.com.au](http://www.coolyrecclub.com.au)

*Office Hours 8-3 weekdays*

Centre runs on QLD time



**Low cost activities  
everyday for everybody!**

**JOIN US TODAY**  
Membership only \$10 per calendar year

*Visitors most welcome!*

**Version 10/02/2020**

Supported by the  
Australian Government Department of Health  
*Coolangatta Senior Citizens Centre Inc. trading as Cooly Rec Club*

## 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)**

**9.15-10.45am** Includes morning tea

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

### **MAH JONG**

**MORNING session 8.30am - 11.30am**

**AFTERNOON session 12.30 - 3.30pm**

**COMPETITION RULES 12.30 - 3.30pm**

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

with morning/afternoon tea

### **TAI CHI**

**10.30- 11.30am Beginners**

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

### **GUITAR**

**Raw Beginners 12.30-1.00pm NEW**

Funded \$2 Members \$3 Non Members \$5

**Intermediate 1.00 - 2.00pm**

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

## TUESDAY

### **YOGA 8:00am - 9:30am**

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**

**8.30-10.00am** Includes morning tea

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

### **BINGO Eyes Down 9.30am**

Cash prizes Morning tea included

## TUESDAY cont...

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

Please wear soft soled closed in shoes

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

### **CARDS 12.30pm -3.30pm**

(Learn to play **PONY canasta** includes tea/coffee)

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

### **GENTLE EXERCISES 12.30pm-1.30pm**

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

### **CUBAN DANCE 2.00pm-3.00pm**

Members \$7 Non-Members \$9

No partner required

### **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

### **FRENCH BEGINNERS 2**

**9.00-11.00am** Includes morning tea

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

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

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

Includes morning tea.

### **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 , tea/coffee incl.

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

### **Women's 8 BALL 12:30 - 3:00pm NEW 29/1**

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

## 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 incl YOGA NIDRA 5.00 - 6.30pm**

Funded \$5 Members \$7 Non Members \$9

## THURSDAY

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

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

### **YOGA 8am -9.30am**

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 9.30-1pm**

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

Includes morning tea

### **QI GONG 10.00-11.00am**

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

## FRIDAY

### **LATIN FITNESS 8-9.00am**

Latin music *please wear comfortable trainers*

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

### **8 BALL 8am-12 noon**

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

includes morning tea