

# Activity Programme

## FEBRUARY 2024



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

[www.facebook.com/Coolangatta-Senior-Citizens-Centre-112776301196432](https://www.facebook.com/Coolangatta-Senior-Citizens-Centre-112776301196432)

**Office Hours:** 8am – 3pm weekdays

**Activities:** Monday to Sunday

Centre runs on QLD time.

## Join Us Today

**Visitors most welcome!**

**Low-cost activities/ Every day for everybody!**

**Memberships:** \$15 per calendar year till 31<sup>st</sup> December 2024

Coolangatta Senior Citizens Centre Inc.  
2 Gerrard Street, Coolangatta QLD 4225  
PH: 07 5536 4050 / M: 0400 706 329  
E: [info@coolangattaseniors.com.au](mailto:info@coolangattaseniors.com.au)

Supported by the Australian Government Department of Health  
*Coolangatta Senior Citizens Centre Inc.*

# MONDAY

Silver \$6    Members \$7    Non-Members \$9

*\* Special / Independent  
Activities—Prices as listed*

## ALL ACTIVITIES RUN ON QLD TIME

7.00am – 8.00am    **\*FITNESS CLASS with Deb**  
*\*Independent activity*    Contact 0403 727 548

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8:00am – 12:00pm    **8 BALL**  
(Up to 8 Players per session)  
Includes morning tea.

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8:30am – 12pm    **COMPUTER & TECHNOLOGY  
HELP / TRAINING**  
with **Michael & Peter**  
Fees apply - Book and pay at reception.  
This forms part of our Be Connected  
Program.

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8:30am – 9:45am    **CHI GONG**

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9:00am – 12:00pm    **MAHJONG**  
Includes morning tea.

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9:30am – 10:30am    **PILATES** with Kathy

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10:15am – 1.pm ish    **BINGO (Eyes down 10.30am Sharp)**  
“Cash prizes” Weekly Raffles, along with a  
monthly butcher voucher / gift vouchers  
Come along have fun, bring a friend &  
receive a gift.

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1:00pm – 3:00pm    **MOVIE AFTERNOON**  
Current Netflix Movies \$8 per session  
Includes drink, chips, Ice cream.

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1:00pm – 2:00pm    **UKELELE (Beginners)** with Thea  
One Class \$7, Two classes \$10

2:00pm – 2:45pm    **UKELELE (Intermediate)**

# TUESDAY

Silver \$6    Members \$7    Non-Members \$9    \* Special / Independent Activities - Price as listed

## ALL ACTIVITIES RUN ON QLD TIME

8:00am – 12:00pm

### 8 BALL

(Up to 8 Players per session)  
Includes morning tea.

8:30am – 12pm

### COMPUTER & TECHNOLOGY HELP / TRAINING

with **Michael & Peter**  
Fees apply - Book and pay at reception.  
This forms part of our Be Connected Program.

8:30am – 10.30am

### FRENCH BEGINNERS

9:00am – 10:00am

### TAP DANCE

10:30am – 11:30am

### BALLET FOR SENIORS

11:00am – 12:00pm

### TAI CHI FOR HEALTH Beginners

11.45am – 12:45pm

### GUITAR (Intermediate) Beginners

12:45pm - 1.15pm

Lessons & Playing Group with Liz

12:30pm – 3:30pm

### NEW VOGUE DANCING

Includes afternoon tea. Bring your own cup  
**\$7 all Members/ \$9 Non-Member**

6:00pm – 8:00pm

### \*FUN DANCE LESSONS \$15

\*Independent activity

#### ROCK n ROLL & OLD TIME DANCES AS LISTED BELOW

Learn how to dance the RNR Cowboy Chacha, El Paso, Smokey Places and combined with that the Waltz, Cha Cha, Rumba, Foxtrot, plus all the dances you need to go out social dancing. – **No New Vogue**

Contact 0407 230 395

# WEDNESDAY

Silver \$6    Members \$7    Non-Members \$9    \*Special / Independent  
Activities-Price as listed

## ALL ACTIVITIES RUN ON QLD TIME

7.00am – 8.00am	<b>*FITNESS CLASS with Deb</b> *Independent activity    Contact 0403 727 548
8:00am – 9:00am	<b>DANCE JAZZ</b> with Lynn Footwear =Socks, / soft soled dance shoes No Joggers, or rubber soles.
8:00am All Day	<b>GARDEN LOVERS</b> *Free MORE MEMBERS WELCOME to come along to help weed and keep the gardens looking nice.
9.00am – 11:15am	<b>SOCIAL TABLE TENNIS</b> Includes morning tea. BEGINNERS WELCOME
8:30am – 12.00pm	<b>COMPUTER &amp; TECHNOLOGY HELP / TRAINING</b> with Michael & Peter Fees apply - Book and pay at reception. This forms part of our Be Connected Program.
9:00am – 11:00am	<b>FRENCH PRE-INTERMEDIATE</b>
9.15am – 10.15am	<b>ADVANCED TAP LESSONS</b>
10:30am – 12:30pm	<b>SOCIAL SCRABBLE</b>
11.45am – 2.00pm	<b>* LINE DANCING</b> with Alison *independent activity    Contact 0408 646 513
12:30pm – 2:30pm	<b>CARDS</b> <i>Come join us and have fun - All games easy to play and learn.</i> <b>Games Include:</b> Uno Flip, Phase 10, Skip Bo, Rummy -O, Canasta, Hand n Foot Canasta, Cover Your Assets,
1.00pm – 3.00pm	<b>* SINGING GROUP FMK</b> *Independent activity    Contact Mike 0402 327 943
1.30pm – 3.30pm	<b>MIXED 8 BALL</b> - (Tutor available)
4.30pm – 5.30pm	<b>*Yoga with Heart</b> - with Maryke *Independent activity    Contact 0404 895 985



# THURSDAY

Silver \$6    Members \$7    Non-Members \$9    \*Special / Independent  
Activities-Price as listed

## ALL ACTIVITIES RUN ON QLD TIME

8:00am – 12:00am	<b>8 BALL</b> (Up to 7 Players per session) Includes morning tea.
8:15am - 10:15am	<b>DARTS</b> Come along and have fun
8:30am – 12:00pm	<b>COMPUTER &amp; TECHNOLOGY HELP / TRAINING</b> with <b>Michael &amp; Peter</b> Fees apply - Book and pay at reception. This forms part of our Be Connected Program.
9:00am – 11:45am	<b>NEW VOGUE DANCING</b> Includes afternoon tea. Bring your own cup <b>\$7 all Members/ \$9 Non-Member</b>
10.30am - 11.30am	<b>SEATED TAI CHI</b>
11.35am – 12.05pm	<b>LINE DANCING Beginners</b> with Anne
12.15pm – 2.30pm	<b>LINE DANCING</b> with Anne
12:30pm – 3:30pm	<b>MAHJONG Competition</b> Includes afternoon tea - Bring your own cup please.
1.30pm – 3.00pm	<b>8 BALL MIXED – WOMEN &amp; MEN</b> Come along and make it a success.
6.00pm- 9.30pm <b>*Independent activity</b>	<b>*BORDER ROCKERS DANCE</b> Contact Trevor Greene 0428 552 550 Doors open at 5.45pm and close 6.15 Sharp. Lessons & Dancing

# FRIDAY

Silver \$6    Members \$7    Non-Members \$9    *\*Special / Independent Activities-Price as listed*

## ALL ACTIVITIES RUN ON QLD TIME

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8:00am – 12:00am	<b>8 BALL</b> (Up to 7 Players per session) Includes morning tea.
8:00am – 11:30am	<b>NEEDLEWORK / PATCHWORK / QUILTING</b>
8:15am – 11:15am	<b>SOCIAL TABLE TENNIS</b> Includes morning tea. <b>BEGINNERS WELCOME</b>
8:30am – 9.30am	<b>TAP DANCE – BEGINNERS</b>
8:30am – 12.00pm	<b>COMPUTER &amp; TECHNOLOGY HELP / TRAINING</b> with <b>Michael &amp; Peter</b> Fees apply - Book and pay at reception. This forms part of our Be Connected Program.
9:30am – 10:30am <i>*Independent activity</i>	<b>*TAI CHI FOR HEALTH – with Marlene</b> Contact 0402 313 319
9:45am – 10:45am	<b>YOGA -</b> with Alice, Suitable for all ages and fitness levels.
10.50am – 11:30am	<b>YOGA NIDRA –</b> With Alice
11.30am – 12.30pm	<b>ROCK n ROLL LESSONS BASIC</b>
1.00pm – 2:00pm	<b>NEW VOGUE / SEQUENCE DANCE LESSONS –</b> With Ken <b>Beginners – Learners Class</b>  Normal prices as above apply.

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# SATURDAY

Silver \$6    Members \$7    Non-Members \$9    \*Special / Independent Activities-Price as listed

## ALL ACTIVITIES RUN ON QLD TIME

9:00am – 11:00am

### TAI CHI – ADVANCED AND BEGINNERS



9:00am – 12.00pm

### PAPER CRAFTS - with Gail.

Monthly every 3<sup>rd</sup> Saturday – **Next Class is 17<sup>th</sup> Feb 2024** - Includes morning tea

6:30pm – 9:30pm  
& a Bit

### SATURDAY EVENING DANCE

**(NEW VOGUE)** You may like to bring drinks and snacks for your table.

Includes refreshments, bring your own cup.

**\$8 all Members / \$10 Non-Members**

Different pricing for Special dance events on the 5<sup>TH</sup> Sat of month.

Where applicable this will be a special sat dance night. – See Notices as these dances came along.



**SPECIAL DANCE FOR FEBRUARY IS THE VALENTINES DANCE ON THE 10.2.2024 With Patti & Tony \$15 pp Book and pay with Gail.**

# SUNDAY

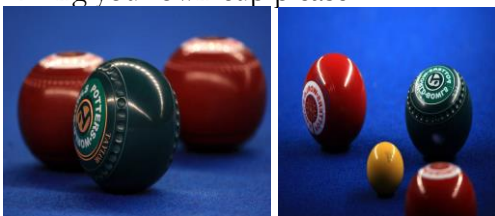
Silver \$6    Members \$7    Non-Members \$9    \*Special / Independent Activities-Price as listed

## ALL ACTIVITIES RUN ON QLD TIME

9:00am –11:30am    **SOCIAL TABLE TENNIS**  
Includes morning tea. **BEGINNERS WELCOME**  
Please be mindful of your footwear.  
We do not want to scratch our new floor.



9:00am – 11.30pm    **INDOOR BOWLS**  
We now have lighter bowling balls, come along and try them out. Includes morning tea  
- Bring your own cup please.



## BUS SERVICE

Bus pickups available for some activities – Book in **ADVANCE** with reception \$2 Gold Coin donation each way. **Payable at reception with your activity fee.** (Bus **NOT** available Sat or Sun)



# OTHER SERVICES

## LIBRARY

Books, games, and puzzles, Tapes,  
CD's etc

Monday - Friday

8:30am – 3:00pm

## BE CONNECTED PROGRAM

**\*Free**

**Bookings required.**

*Walk-ins welcome if time  
slots are available*

Mon to Fri

### Computer lessons and assistance

Learn how to use and be safe while  
using technology, phones, laptop,  
tablets, computers and so much  
more.

Come and be a part of our free  
“BE Connect Programme.” It has a  
lot to offer.

8:30am – 12pm

With Michael & Peter

**ACTIVITY PRICES APPLY.**

**Pay and book at reception**

## HAIRDRESSER

**Appointments: Suzie or Ivan**

M: 0467 531 688

Mon, Tue & Wed

8:00am – 12:00pm

## SILVER MEMBERSHIPS

**Enquire at reception, or call:**

Ph: 07 5536 4050

M: 0400 706 329

We welcome all  
members to apply for  
the My Aged Care  
program. This will help  
prepare you for a later  
time in life when you  
may need other services.

Coolangatta Senior Citizens Centre  
is funded to provide Social Support  
under the Commonwealth Home  
Support Program (CHSP)

**WE deliver services to QLD & NSW**

**LONG-TERM MEMBERSHIP OF THE  
CENTRE DOES NOT AUTOMATICALLY  
MAKE YOU A SILVER MEMBER  
APPLICATIONS ARE REQUIRED. THE  
CORRECT PAPERWORK NEEDS TO BE IN  
PLACE. Arrange an appointment  
with our Silver members  
facilitators.**

# DON'T MISS A THING!

## ARE YOU INTERESTED IN ANY OF THE FOLLOWING ACTIVITIES?

Come along and join in these activities. More Support welcome for

- Darts on Thursday, Movies on Mondays,
- Mixed 8 Ball men & women all welcome.
- Cards on Wednesday
- Jaz Dance – Wednesday
- Yoga, Pilates.
- Movie afternoon- Monday
- Bingo – Jackpots to be won \$\$\$\$\$\$

## DO YOU KNOW?

## IMPORTANT INFORMATION

You can pay for your activities in BULK.  
Buy 10 sessions and get one free  
that's  
(11) sessions in total.  
We accept cash, credit card or  
debit card

Don't forget to READ the flyers  
around the centre for the  
upcoming events, including  
information on.

# New Vogue Dancing  
Special events. June  
Workshop 28.6.24 till 2<sup>nd</sup> July  
with Andrea & John & Patti

Follow us on Facebook

**SIGN UP TO RECEIVE OUR  
NEWSLETTER**

Jump onto our website at:

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

**OR**

Register your email address at  
[info@coolangattaseniors.com.au](mailto:info@coolangattaseniors.com.au)



**TEA, COFFEE & BISCUITS \$1.50**  
(No Biscuits) \$1.00  
Bring your own cup or pay  
50 cents extra for a paper cup

**Vending Machine: Water available  
\$2.00 per bottle. Soft drinks,  
sweets and eats at various prices.**



Australian Government

**Be Connected**



Every Australian online. [myagedcare](http://myagedcare)

Issued 6/2/2024 Edition 3

# BINGO



**CASH PRIZES + \$500 JACKPOTS**

**SPREAD THE WORD. BINGO IS GREAT AT CSCC & WE WOULD LOVE MORE PLAYERS, COME ALONG AND JOIN IN, MORE PLAYERS MEANS BIGGER CASH PRIZES.**

**SEE YOU ALL ON MONDAYS**

**EYES DOWN 10.30AM**

**A BIG THANK YOU TO ALL OF THOSE WHO ATTEND TO MAKE OUR BINGO A GREAT SUCCESS**

**Bring a friend & receive a gift.**

**NEW Bingo calling equipment has arrived.**

**THE \$500 JACKPOT IS UP FOR GRABS**

# SPONSORS

Please support these businesses that support us.



0412 244 389

*TD Safety Certificates Pty Ltd*

Don't lose a day's work to get your car serviced let us come to you hassle free.  
Attend your activities at CSCC and have your car serviced at the same time.



THE STRAND Shopping Centre  
Shop 140, level 1,  
72 / 80 Marine Pde Coolangatta

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Tweed Mall Shopping Centre  
Shop MM02  
cnr Wharf & Bay Street Tweed Heads.



**Hair By Suzie & Ivan**  
**0467 531 688**

Ask about Non-member prices.