

# ACTIVITIES AS AT FEBRUARY 2024

QLD TIME: Doors open 7.50am QLD.

Coolangatta Seniors: Phone 07 5536 4050 / Mob 0400 706 329

2 GERRARD STREET COOLANGATTA Office M-F - Actives Mon- Sun

SILVER MEMBER \$6 MEMBERS \$7 Non-Members \$9 unless Special events, then as per event prices	TIMES	ROOM	INFORMATION
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17/1/24 NS SS

## MONDAY

**FITNESS CLASS with Deb	07.00 – 8-00AM	Main Hall	**Independent 0403 727 548
8 BALL - Men's	08.00 - 12.00PM	2	Up to 7 per session
CHI GONG – with Michael Dungate	08.30- 9.45 AM	Main Hall	
IT Computer Help and training in conjunction with BE Connected	8.30am – 12pm	Library	With Michael & Peter bookings please Book and Pay at Reception
MAHJONG - includes morning tea	09.00 - 12.00PM	5	
PILATES– with Kathy	09.30am-10.30am	6	
BINGO Cash Prizes. 10.30 AM Eyes Down	10.15am -1pm	Main Hall	Raffles & Cash Prizes Bring a friend & receive a gift
MOVIE AFTERNOON	01.00 - 03.00 PM	1	Current Movies
UKULELE - BEGINNERS	01.00 - 02.00 PM	5	
UKULELE - INTERMEDIATE	02.00 - 02.45 PM	5	

## TUESDAY

8 BALL - Men's	08.00 - 12.00 PM	2	Up to 7 per session
FRENCH BEGINNERS	08.30 – 10.30AM	1	
IT Computer Help and training in conjunction with BE Connected	8.30am – 12pm	Library	With Michael & Peter bookings please Book and Pay at Reception
TAP DANCING	09.00 – 10.00 AM	5	
BALLET FOR SENIORS	10.30 – 11.30 AM	Main Hall	
TAI CHI FOR HEALTH – beginners	11.00 – 12.00 PM	5	
GUITAR – Intermediate	11.45am 12.45pm	1	
GUITAR – Beginners	12.45 – 1.15pm	1	
NEW VOGUE DANCING includes afternoon tea	12.30 – 03.30 PM	Main Hall	Same Price All attendees are, At \$7 Mem & \$9 Non-Members
*Combined FUN DANCE LESSONS RNR	6.00PM – 8PM	Main Hall	• Independent activity

**Fun dance lessons 6PM TO 8PM RNR Partner Dance Lessons –With Kevin Wilson PLUS Old Time Dance lessons: Waltz, Cha Cha, Rumba, & many other fun dances \$15.00 PP combined session GREAT VALUE.**

**Lots to learn and have fun while learning. Great one on one lessons**

**\*Independent Activity**

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<b>WEDNESDAY</b>			
**FITNESS CLASS with Deb	07.00 – 8-00AM	Main Hall	**Independent 0403 727 548
JAZZ DANCE - with Lynne	08.00 – 09.00 AM	5	
IT Computer Help and training in conjunction with BE Connected	8.30am – 12pm	Library	With Michael & Peter bookings please <b>Book and Pay at Reception</b>
FRENCH PRE – INTERMEDIATE	09.00 - 11.00 AM	1	
SOCIAL TABLE TENNIS - beginners welcome	09.00am – 11.15am	Main Hall	
ADVANCED TAP CLASSES	09.15- 10.15AM	5	
SOCIAL SCRABBLE	10.30 - 12.30 PM	5	
**LINE DANCING with Alison	11.45-2.00pm	Main Hall	**Independent 0408 646 513
CARDS - Weekly	12.30 - 02.30 PM	1	<b>More Players welcome.</b>
Singing Group **FMK (Forget me Knots)	1.00pm – 3.00pm	5	**Independent 0402 327 943
MIXED 8 BALL – With Tutor	1.30PM – 3.30am	2	Men & Women
**YOGA WITH HEART with Maryke	4.30PM – 5.30am	Main Hall	**Independent 0404 895 985
<b>THURSDAY</b>			
8 BALL - Men's	08.00 - 12.00 PM	2	<b>Up to 7 per session</b>
DARTS – General Mixed Group	8.15 – 10.15AM	5	Ladies & Men Welcome
IT Computer Help and training in conjunction with BE Connected	8.30am – 12pm	Library	With Michael & Peter bookings please <b>Book and Pay at Reception</b>
NEW VOGUE DANCING includes morning tea	09.00 - 11.45 AM	Main Hall	<b>Same Price All attendees are, At \$7 Mem &amp; \$9 Non-Members</b>
SEATED TAI CHI	10.30 - 11.30 AM	5	
LINE DANCING- Beginners Classes	11.35 – 12.05pm	5	<b>Start HERE Then progress on to the 12.15pm class.</b>
LINE DANCING – With Anne	12.15 - 02.30 PM	Main Hall	
MAHJONG–Competition Includes	12.30 - 03.30 PM	5	
8 BALL – Mixed Social or Practice	1.30PM – 3.30am	2	
** <b>BORDER ROCKERS DANCE</b> Rock N Roll, - Trevor Greene **Independent 0428 552 550	06.00 - 09.30 PM	Main Hall	<b>Doors Open at 5.45pm and Close 6.15pm Sharp.</b>

**Coolangatta Seniors: Phone 07  
2 GERRARD STREET  
Office Days M-F**

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**TIMES**

**ROOM**

**INFORMATION**

**FRIDAY**

NEEDLE WORK / PATCHWORK/  
QUILTING

8.00 – 11.30AM

1

8 BALL - Mens

08.00 - 12.00 PM

2

**Up to 7 per session**

SOCIAL TABLE TENNIS - beginners welcome

08.15am – 11.15am

Main Hall

TAP DANCING – Beginners – All welcome

8.30 -9.30 AM

5

IT Computer Help and training in  
conjunction with BE Connected

8.30am – 12pm

Library

With Michael & Peter bookings  
please **Book and Pay at Reception**

**\*\*TAI CHI FOR HEALTH** –With Marlene

09.30– 10.30am

6

**\*\*Independent** 0402 213 319

YOGA – With Alice

09.45– 10.45am

5

YOGA **NIDRA** – with Alice

10.50- 11.30 am

5

**Discounted price for 2  
combined class**

ROCK & ROLL - Basic Learners

11.30 - 12.30 PM

Main Hall

**Looking for NEW RNR Teacher  
for this activity any  
Volunteers?? Please see Nola**

NEW VOGUE / SEQUENCE DANCING  
Lessons only

01.00 - 02.00 PM

Main Hall

**Beginner / Learners Class**

**SATURDAY**

Card Making and Crafts + Scrap booking

9.00am-12.00pm

1

**Monthly – Contact Gail Via  
CSCC Next Class 17<sup>th</sup> Feb 2024**

TAI CHI – advanced and beginners

09.00 – 11.00 AM

Main Hall

Saturday Night DANCE

6.30pm –9.30pm

Main Hall

**Weeks 1-4 on Sat  
General Dance Music,  
5<sup>th</sup> Sat Special dances  
with Patti & Tony See  
Flyers in centre and on  
social media**

**SUNDAY**

SOCIAL TABLE TENNIS – beginners  
welcome

9AM – 11.30 AM

Main Hall

INDOOR BOWLS.

9AM – 11.30 AM

5/6

## UP COMING EVENTS & DATES TO NOTE

- **Table Tennis on Wednesdays in 2024 has a Start time of 9am QLD Time and a finish time of 11.15am. – See activity sheet for all other table tennis times.**
- **Saturday 10<sup>th</sup> February 2024 – St Valentines dance – New Vogue with Patti & Tony \$15.00 includes Light Supper Booking at seniors 0400706329 – Credit card available for ticket bookings.**
- **Seminar Talk: on Wills and POE some very interesting information Present by Bev Forsyth on the 14<sup>th</sup> of March @ 11.30am come and register your interest at reception.**



# BINGO

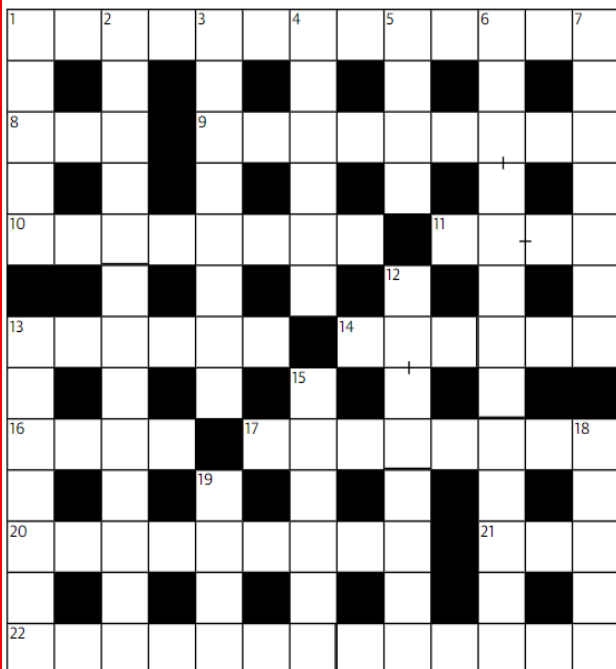
## \$500 Jackpot

Come along and check out the New Equipment.

**COME JOIN IN, SPREAD THE WORD BINGO IS GREAT AT CSCC & WE WOULD LOVE MORE PLAYERS SO AS TO INCREASE OUR GENERAL CASH PRIZES.**

**Bring a friend and receive a gift/ prize.**

**SEE YOU ALL ON A MONDAY. EYES DOWN 10.30AM**



Check all   Reveal all   Clear all

Crossword # 2

### Across

- No to musicians (anag) - taking the moral high ground (13)
- Spoil (3)
- In an engaging way (9)
- Organised - and articulate (8)
- (Old-fashioned) sound system (2-2)
- Glossy paint (6)
- 1935 film starring Fred Astaire and Ginger Rogers (3,3)
- Crochet, curtain or coat? (4)
- Airport luggage holder (8)
- One outranks a colonel, but not a major general (9)
- Equip with a weapon (3)
- Lovely Rita, for instance (7,6)

### Down

- Spice popular in Middle Eastern cooking (5)
- South-eastern US state which has Raleigh as its capital (5,8)
- Less tasteful (8)
- Underground activity? (6)
- Tucked-away spot (4)
- Single sexual encounter (3-5,5)
- Fashion consultant (7)
- Place that's too dangerous to visit (2-2,4)
- Item on show (7)
- One may be very keen on football - or sex (6)
- Juicy fruit (5)
- Chunky part of the lower leg (4)