

# Monday

Yoga (9:30-10:30)	Tai Chi for Arthritis (11 - 12noon)	Tech Forum 1st & 3rd Mondays (12:00 - 2:00)
Folk Art (10 - 12noon)	Italian BEGINNERS (10:00 - 11:30)	Zumba Ballroom Blitz (1:30 - 2:15)
Resistance Training (10:00- 11:00)	Art with Amanda (1:30 - 4:00)	Pilates (11:15 - 12:15)
French INTERMEDIATE (10:30- 11:30)	Italian Language & Culture (11:30 - 1:00)	Stretch Yoga (AKA Yin Yoga) (12:15 - 1:15)
		Spanish (2:00 - 3:00)

# Tuesday

Yoga (7:45 - 8:45)	French CONVERSATION (3:00 - 4:00)	Tone & Tighten (11:00 - 12:00)
Qigong Tai Chi (9:30 -10:45)	Calligraphy (10:00 - 12noon)	Art with Mary (1:00 - 3:00)
Italian (9:30 -12noon)	Art with Harry (10:00 -12noon)	Table Tennis (12:30 - 2:30)
French BEGINNERS (1:00 - 2:00)	Bridge (10:00 -1:00)	Tap Dance BEGINNERS (1:00 - 2:00)
	Computer 1 to 1 By Appointment (10:00 - 2:00)	Chair Yoga (1:00 - 2:00)
French Beginners Plus (2:00 - 3:00)		Ukeleles & U (2:15 - 3:30)
		Singing (2:00 - 3:00)

# Wednesday

Yoga (9:30 - 10:30)	Resistance Training (9:45 - 10:45)	Quilting & Patchwork (11:30 - 2:30)
Candlewicking & Embroidery (9:30 - 11:15)	Healing Touch Therapists 30 min sessions by apptmt (10:00 - 1:00)	Pilates (11:00 - 12:00)
Art with Teresa (9:00 - 3:00)	Ballroom Dancing (10:30 - 12:00)	Choir (1:00 - 2:00)
Aerobics (9:30 - 10:15)		Movie & Coffee 1st Wednesday TBA

# Thursday

Yoga (7:45 - 8:45)	Computer 1 to 1 By Appointment (10:00 - 2:00)	Beading (12:30 - 3:00)
Qigong BEGINNERS (9:30 -10:45)	Crochet Knitting (11:30 - 1:00)	Art with Pat Beginners (10:00- 12:00)
Balance & Fitness (9:30 - 10:30)	Chair Yoga (11 - 12noon)	Table Tennis (12:30 - 2:30)
Mind Movement Dance (10:30- 11:30)	Tone & Tighten (12:15- 1:15)	Art with Pat Drawing (1:00- 3:00)

# Friday

Stretch & Strengthen (9:30 -10:30)	Tap Dancing (11:00 - 12:00)
Film Tea & Chat (10:00 - 12:30)	Table Tennis (7:00pm - 10:00pm)
	Book Club (1:30 - 2:30) 4th Friday in Month
Walking Group Schedule available In Reception & Website (Fortnightly)	

# Saturday

Laughter Club  
11:30 - 12:30  
(Alternate Saturdays)

The Coast Centre is supported by the Health Promotion Service of NSW Health.  
For more information on getting active and healthy, visit  
<https://www.activeandhealthy.nsw.gov.au/>

