

SENIORS Inc. (aka the Little Bay Coast Centre)

Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au

ANNUAL MEMBERSHIP \$30.00

CLASS	\$	MON	TUE	WED	THU	FRI
Aerobics with Luda	\$7.50	1:30-2:15				
Aerobics with Danielle	\$10.00			9:30-10:15		
Art with Amanda - 8 wk cycles - W/Colours	\$80.00*	1:30- 4:00				
Art with Amanda - Drawing	\$10.00	10:00-12:00				
Art with Harry - Watercolours	\$10.00		10:00-12:00			
Art with Pat - Drawing - Temp closed	\$80.00*				1:00-3:00	
Art with Teresa - Oils	\$10.00			9:30-2:30		
Ballroom Dancing - Temp closed	\$10.00			11:00-12:30		
Barre	\$10.00	11:15-12:00				
Beading Class - Temp closed	\$7.50				12:30-2:30	
Bridge	\$7.50		10:00-1:00			
Calligraphy	\$7.50		10:00-12:00			
Candlewicking / Embroidery- Temp closed	\$7.50			9:30-11:15		
Chair Yoga	\$10.00	11:45-12:45	1:00-2:00		11:00-12:00	
Choir - Temp closed	\$5.00			1:00-2:00		
Computer - One to One - Temp closed	\$7.50		10:00-2:00		10:00-2:00	
Crochet / Knitting	\$7.50				11:30-1:00	
Dance Moves Health Alliance - Temp closed	\$10.00				9:45-10:45	
Films, Tea & Chat-Program in reception	\$8.00					10:00-12:30
Folk Art - Temp closed	\$7.50	10:00-12:00				
French - Beginners with Karima	\$10.00	9:30-10:30				
French - Intermediate with Karima	\$10.00	10:30-11:30				
French - Conversation with Karima	\$10.00	11:30-12:30				
French - Intermediate with Evelyn	\$7.50					10:30-11:30
Healing Touch - By App Only - Temp closed	Donation			10:30-1:00		
Italian - Beginners with Daniel	\$10.00	9:30-11:00				
Italian Language & Culture with Daniel	\$10.00	11:30-1:00				
Italian - Intermediate - Temp closed	\$7.50		9:30-12:00			
Meditation with Raj	\$10.00	10:00-10:50		10:00-10:50		
Mind, Movement & Dance	\$10.00	10:15-11:15			10:15-11:15	
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting	\$7.50			11:30-2:30		
Pilates (Mat)	\$10.00			8:15-9:15		
Qigong	\$10.00		9:15-10:45			
Resistance Training	\$10.00	10:00-11:00		9:30-10:15		9:30-10:15
Singalong - Temp closed	\$7.50					10:30-12:00
Stretch and Core	\$10.00				7:30-8:20	
Stretch and Strengthen	\$10.00					9:30-10:30
Table Tennis	\$7.50		12:15-2:30		12:15-2:30	
Tai Chi (gentle) - Temp closed	\$5.00	11:00-12:00				
Tai Chi with Robert	\$5.00					11:00-12:00
Tap - Beginners	\$10.00		1:00-2:00			
Tap	\$10.00					11:00-12:00
Technology Forum - 1st & 3rd Mon	\$7.50	12:00 - 2:00				
Tone & Tighten	\$10.00		10:45-12:15			
Ukeleses & U	\$5.00		2:15-3:30			
Walking Group - every alternate Friday						see timetable
Yoga - Raj	\$10.00	9:00-10:00		9:00-10:00		
Yoga - Erika	\$10.00		7:45-8:45		8:30-9:20	
Yin Yoga (Stretch Class) - Danielle	\$10.00	12:15-1:15				