

| <b>SENIORS Inc. (aka the Little Bay Coast Centre)</b>   |           |             |             |              |             |               |
|---|-----------|-------------|-------------|--------------|-------------|---------------|
| Enquiries and Bookings T: 9311 4886 Web: <a href="http://www.coastcentre.org.au">www.coastcentre.org.au</a> |           |             |             |              |             |               |
| <b>ANNUAL MEMBERSHIP \$33.00</b>  |           |             |             |              |             |               |
| <b>CLASS</b>  | <b>\$</b> | <b>MON</b>  | <b>TUE</b>  | <b>WED</b>   | <b>THU</b>  | <b>FRI</b>    |
| Aerobics with Luda  | \$12.00   | 1:30-2:15   |             |              |             |               |
| Aerobics with Danielle  | \$12.00   |             |             | 9:30-10:15   |             |               |
| Aerobics with Natalie   | \$12.00   |             |             |              | 9:00-9:45   |               |
| Aerobics (gentle) with Tanya  | \$12.00   | 10:30-11:30 |             |              |             |               |
| Art with Amanda /W Colours  | \$12.00   |             | 1:00- 4:00  |              |             |               |
| Art with Harry - Watercolours   | \$12.00   |             | 10:00-12:00 |              |             |               |
| Art with Pat - Drawing - 24 Feb   | \$12.00   |             |             |              | 1:00-3:00   |               |
| Art with Teresa - Oils  | \$12.00   |             |             | 9:30-2:30    |             |               |
| Barre with Danielle   | \$12.00   | 11:15-12:00 |             |              |             |               |
| Bridge  | \$8.50    |             | 10:00-1:00  |              |             |               |
| Card Making   | \$8.50    |             |             |              | 9:00-11:00  |               |
| Chair Yoga with Erika   | \$12.00   | 11:00-12:00 |             |              | 11:00-12:00 |               |
| Choir - 9 Mar   | \$8.50    |             |             | 1:00-2:00    |             |               |
| Computer - One to One   | \$8.50    | 10:00-12:00 | 10:00-12:00 |              |             |               |
| Crochet / Knitting with Barbara   | \$8.50    |             |             |              | 11:30-1:00  |               |
| Dancercise with Tanya   | \$12.00   |             |             | 10:30-11:30  |             |               |
| Dancing for your Brain with Danielle  | \$12.00   |             |             |              |             | 9:00-10:00    |
| Dancing in a chair with Tanya   | \$12.00   |             |             | 9:30-10:30   |             |               |
| Folk Art with Desolea   | \$8.50    |             |             |              |             | 10:00-12:00   |
| French - Beginners with Karima - On hols  | \$12.00   | 9:30-10:30  |             |              |             |               |
| French - Intermediate with Karima - On hols   | \$12.00   | 10:30-11:30 |             |              |             |               |
| French - Conversation with Karima - On hols   | \$12.00   | 11:30-12:30 |             |              |             |               |
| French - Intermediate with Evelyn   | \$8.50    |             |             |              |             | 10:30-11:30   |
| Healing Touch - By App Only - Temp closed   | Donation  |             |             | 10:30-1:00   |             |               |
| Italian - Intermediate with Maria   | \$8.50    |             | 9:30-12:00  |              |             |               |
| Italian - Intermediate with Daniel  | \$15.00   | 9:15-10:45  |             |              |             |               |
| Italian - Continuers with Daniel  | \$15.00   | 11:00-12:30 |             |              |             |               |
| Italian - Beginners with Daniel - Temp closed   | \$15.00   | 1:00-2:30   |             |              |             |               |
| Meditation - Alison - Temp closed   | \$12.00   |             |             | 2:00-3:00    |             |               |
| Mind, Movement & Dance with Tanya   | \$12.00   |             |             |              | 10:30-11:30 |               |
| Movie & Coffee Days - Ask at Reception  | Own Cost  |             |             | TBA          |             |               |
| Patchwork/Quilting with Jackie  | \$8.50    |             | 1:00-3:00   | 11:30-2:30   |             |               |
| Pilates (Mat) with Danielle   | \$12.00   |             |             | 8:15-9:15    |             |               |
| Qigong - Temp closed  | \$12.00   |             | 9:00        |              |             |               |
| Resistance Training with Manal  | \$12.00   | 10:00-11:00 |             |              |             |               |
| Resistance Training with Shaun  | \$12.00   |             |             | 8:30-9:15    |             |               |
| Resistance Training for men with Shaun  | \$12.00   |             |             | 9:30 - 10:15 |             |               |
| Sing to your hearts content with Danielle   | \$12.00   |             |             |              |             | 10:15-11:15   |
| Spanish - Beginners with Marilo - zoom  | \$15.00   | 10:30-12:00 |             |              |             |               |
| Spanish - Next Step with Marilo - zoom  | \$15.00   | 12:30-2:00  |             |              |             |               |
| Stitches,Crafts & Chat with Pat   | \$8.50    |             |             | 9:00-11:00   |             |               |
| Strength & Resistance with Robyn  | \$12.00   |             |             |              | 9:30-10:30  |               |
| Stretch & Core with Erika   | \$12.00   |             |             |              | 7:30-8:20   |               |
| Stretch/Strengthen(chair) with Robina   | \$12.00   |             |             |              |             | 9:30-10:30    |
| Table Tennis  | \$8.50    |             | 12:15-2:30  |              | 12:15-2:30  |               |
| Tai Chi - Alison - Temp closed  | \$12.00   |             |             | 1:00-2:00    |             |               |
| Tap - Beginners with Robina   | \$12.00   |             | 1:00-2:00   |              |             |               |
| Tap with Robina   | \$12.00   |             |             |              |             | 11:00-12:00   |
| Technology Forum - 1st & 3rd Mon - 21 Feb   | \$8.50    | 1:00 - 2:00 |             |              |             |               |
| Tone & Tighten with Robina  | \$12.00   |             | 10:45-12:15 |              |             |               |
| Ukeleles & U with Sue   | \$8.50    |             | 2:15-3:30   |              |             |               |
| Walking Group   |           |             |             |              |             | see timetable |
| Yoga - Raj  | \$12.00   | 8:30 - 9:30 |             | 8:30 - 9:30  |             |               |
| Yoga - Erika  | \$12.00   |             | 7:45-8:45   |              | 8:30-9:20   |               |
| Yin Yoga (Stretch Class) - Danielle   | \$12.00   | 12:15-1:15  |             |              |             |               |

**AFTER HOURS**

| <b>CLASS</b>  | <b>MON</b> | <b>MON</b>  | <b>TUE</b>     | <b>WED</b>  | <b>THU</b> | <b>SAT</b>     |
|---|------------|-------------|----------------|-------------|------------|----------------|
| <b>Cape Banks Family History Society</b>  |            |             | 10:00am-3:00pm |             |            | 10:00am-3:00pm |
| Frangipani Room, Main building  |            |             |                |             |            |                |
| Enquiries: <a href="mailto:secretary@capebanks.org.au">secretary@capebanks.org.au</a> |            |             |                |             |            |                |
| <a href="http://www.capebanks.org.au">www.capebanks.org.au</a>                        |            |             |                |             |            |                |
| <b>Jazzercise</b>   |            | 6:30-7:30pm |                | 6:30-7:30pm |            | 9:30-10:30am   |
| <b>Yanti Kurniawan - 0413 799 793</b>   |            |             |                |             |            |                |
| <b>Yoga - Cottage</b>   |            |             |                |             | 9:30-10:30 |                |
| Erika - 0416 132 223  |            |             |                |             |            |                |