

Eastern Goldfields Community Centre

Seniors Weekly Activities 2023

Monday

9:00am - 11:00am
Dizzy Fingers Craft



11:00am - 12noon
Seniors Self Defence Class



Bring your own lunch & socialise

1:00pm - 3:00pm
No scheduled activities

*See our newsletter for
special monthly activities*

Afternoon Tea

Tea and Coffee is available in our senior's kitchen for a small fee

Tuesday

9:30am - 10:30am
65 Plus Exercise Class



10:45am - 11:45am
Seniors Yoga



Bring your own lunch & socialise

1:00pm - 3:00pm
No scheduled activities

*See our newsletter for
special monthly activities*

Afternoon Tea

Tea and Coffee is available in our senior's kitchen for a small fee

Wednesday

9:30am - 10:30am
65 Plus Exercise Class



11:30am - 12:30pm
In-Centre Meals



12:30pm - 2:30pm
Seniors Indoor Bowling



Thursday

10:00am - 11:00am
Boot Scooting Class



Bring your own
lunch & socialise

1:00pm - 3:00pm
OWLS Activities



(as planned by group)

Friday

9:00am - 11:00am
No scheduled activities

Morning Tea

Tea and Coffee is available
in our senior's kitchen for
a small fee

11:30am - 12:30pm
In-Centre Meals



12:30pm - 3:30pm
Bingo

