

# BAYSWATER COMMUNITY CENTRE

## ACTIVITIES PROGRAM FOR OLDER ADULTS 50 PLUS



27 King William Street, Bayswater WA 6053

Centre Hours: Monday to Friday 8.30am - 3.00pm

Centre Phone: (08) 9271 5198

2022/7

Monday	<b>Community Bus Trips</b> - Refer to the Centre Notice board for Trip details.			
	<b>Morley Parkinson's Assoc. Support Group</b>	10.30am – 1.00pm	\$2.00	<b>2<sup>nd</sup> Monday Monthly</b>
Tuesday	<b>Get Low with Kasse</b>	9.00am – 10.00am	\$5.00	Low impact fitness class
	<b>The Friendlies</b>	10.00am – 12.00pm	\$2.00	Meet and make friendships for life
	<b>Zumba Gold</b>	11.30am - 12.30pm	\$5.00	A groovy and fun way to exercise
	<b>Yoga</b>	1.45pm – 2.45pm	\$12.00	Gentle Yoga to stretch your body and relax the mind.
Wednesday	<b>Podiatrist</b>	<i>from 8.30am</i>		Call Life Active 6117 5147 (bookings required)
	<b>Hairdresser</b>	<i>from 8.30am</i>		Call Sharon 0437 709 965 (bookings required)
	<b>Craft Group</b>	9.00am – 11.30am	\$2.00	Join us to make some crafty creations
	<b>Un-Reel Movie Social</b>	12.30pm – 2.45pm	\$2.00	<b>4<sup>th</sup> Wednesday Monthly</b> (see Notice board)
	<b>Computer Classes</b>	1.00pm – 2.00pm 2.00pm – 3.00pm	\$7.00	Per class/hour
Thursday	<b>Canasta/Jonola</b>	9.30am – 11.30am 12.00pm – 2.00pm	\$2.00	A quickly moving card game with friends
	<b>Computer Classes</b>	1.00pm – 2.00pm 2.00pm – 3.00pm	\$7.00	Per class/hour
Friday	<b>Hairdresser</b>	<i>from 8.30am</i>		Call Sharon 0437 709 965 (bookings required)
	<b>Bingo</b>	12.30pm – 3.00pm	\$2.00 + books	Membership of Morbay Active Ageing Association Inc. is also required - \$10 (01/01/21 to 31/12/22)

**ANNUAL MEMBERSHIP IS REQUIRED TO USE THE CENTRE (1 July 2022 – 30 June 2023)**

**Standard Fee:** \$15.00; **Veteran- COB Resident:** \$13.50; **Veteran Non – Resident** \$14.25

**COB Volunteer:** \$7.50. Please show your membership card on entry.

*This schedule may vary in-line with changing COVID-19 safety requirements. Help us reduce the spread of COVID-19.*

*While visiting the centre we encourage you to wear a mask if physical*

*distancing isn't possible, use the hand sanitizer provided and stay home if you feel unwell.*

