

Activities Program

Mondays	Community Bus Trips – Depart from Morley and Bayswater Community Centres in mornings as scheduled. Refer to the Centre Noticeboard for trip details.			
	Chatty Café	10 – 11.30am	\$2	Informal sharing of stories, memories and conversations. 1st and 3rd Mondays of the month.
	Morley Parkinson's Association Support Group	10.30am – 1pm	\$2	2nd Monday of the month.
Tuesdays	Walking Group	8.30am	Free	Weather permitting. Tea and coffee \$2.
	Indoor Bowls	9 – 11.30am	\$2	Indoor version of lawn bowls on synthetic mats.
	Tai Chi	12.30 – 1.30pm	\$2	A gentle and controlled movement class. Please wear loose clothing and bring a water bottle.
	Hairdresser	From 8.30am		Call Sharon 0437 709 965 (bookings required).
	Card Making	1 – 2.30pm	\$2	Make unique cards using recycled and new materials. No experience necessary.
Wednesdays	Bingo	11am – 2pm	\$2 + books	Current membership of Morbay Active Ageing Association is also required – \$10.
	Social Art Group	9am – 3pm	\$2	Bring your materials and dabble in a fun atmosphere. Beginners welcome.
Thursdays	Podiatrist	From 8.30am		Call Life Active 6117 5147 (bookings required).
	Hairdresser	From 8.30am		Call Sharon 0437 709 965 (bookings required).
	Move it with Kasse	9 – 10am 10 – 11am	\$5	Move to music with stretching, toning and resistance in this fitness class.
	Rumicrub/Cribbage	10.30am – 12pm	\$2	Combining elements of the card game rummy and mah-jong.
	Line Dancing Beginners	11am – 12pm	\$5	Beginners welcome to join at any time, with opportunity to progress to intermediate class
	Line Dancing Intermediate	12.30pm – 1.30pm	\$5	A fun class for intermediate level dancers.
Fridays	Indoor Bowls	9 – 11.30am	\$2	Indoor version of lawn bowls on synthetic mats.
	Canasta/Jonola	10am – 12pm	\$2	A quick-moving card games with friends.
	Mah-jong	11.30am – 2.30pm	\$2	Chinese tile-based game with four players. Chinese and Western sets.