

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.			
	Get Low with Kasse	10.30 – 11.30am	\$5	Low impact fitness class.
Tuesdays	The Friendlies	10am – 12pm	\$2	Meet and make friendships for life.
	Zumba Gold	11.30am – 12.30pm	\$5	A groovy and fun way to exercise.
	Yoga	1.45 – 2.45pm	\$12	Gentle yoga to stretch your body and relax the mind.
Wednesdays	Hairdresser	From 8.30am		Bookings required. Call Sharon on 0437 709 965 .
	Podiatrist	From 8.30am		Bookings required. Call Life Active on 6117 5147 .
	Craft Group	9 – 11.30am	\$2	Join us to make some crafty creations.
	Live Long. Live Strong.	9.30 – 10.30am	\$5	Exercise physiology class. GP enhanced primary health care plans (EPC) accepted. Bookings required. Call Gregory on 0481 945 628 .
Thursdays	Canasta/Jonola	9.30 – 11.30am 12 – 2pm	\$2	A quick-moving card game with friends.
	Chatty Café	9.30 – 11am	\$2	Informal sharing of stories, memories and conversations on the 1st and 3rd Thursday of the month
	Savvy Seniors	9.30 – 10.30am	Free	A series of free informative workshops held on the 2nd and 4th Thursday of the month. See the noticeboard for upcoming sessions.
	Zumba Gold	11.30am – 12.30pm	\$5	A groovy and fun way to exercise.
	Singing Group	1.30 – 2.30pm	\$2	Come along for an hour of singing and fun led by a professional singer. No prior musical experience is necessary.
Fridays	Hairdresser	From 8.30am		Bookings required. Call Sharon on 0437 709 965 .
	Bingo	11am – 2.30pm	\$2 + books	Current membership of Morbay Active Ageing Association is also required – \$10.

Annual membership is required to use the Centre (1 July 2022–30 June 2023).

Standard fee: \$15. Discounts apply for veterans and City volunteers; see staff for further details.

