

WHITFORD SENIOR CITIZENS CLUB INC (15 Banks Ave, Hillarys, WA 6025 – 9408 6375) email: whitfordseniors@gmail.com

Website. www.whitfordseniors.org.au

OFFICE HOURS 9.00am-12.00pm EVERY TUESDAY AND THURSDAY

1 May 2024

DAY	HALL	CRAFT ROOM 1	CRAFT ROOM 2	SNOOKER ROOM	EXTERNAL ROOM
MONDAY	YOGA 8.30am - 9.30am (\$5) TABLE TENNIS 9.40am – 11.30am By arrangement LINE DANCING 11.40am – 12.50pm (\$5) BOWLS 1.00pm – 2.45pm PICKLE BALL 3.00pm – 5.30pm By arrangement		CERAMICS 9.00am-12.00pm (\$5) SOCIAL SINGING 12.45pm - 2.45pm	SNOOKER 9.00am-12.00pm	
TUESDAY	KEEP FIT 8.30am - 9.20am (\$5) By arrangement KEEP FIT 9.30am – 10.20am (\$5) By arrangement KEEP FIT 10.30am-11.20am (\$5) By arrangement BETTER BALANCE 11.30am - 12.20am (\$5) BINGO 12.30pm – 2.15pm QIGONG & MEDITATION 2.30pm-3.30pm (\$5) ROCK & ROLL DANCING 4.00pm-5.30pm (\$5)	SEWING/KNITTING 1pm - 4pm		SNOOKER 9.00am-3.00pm	
WEDNESDAY	YOGA 8.30am - 9.30am (\$5) Hall booked 9.30am – 11.45am TABLE TENNIS By arrangement not before 12.00pm – 3.30pm	CRAFT 9.00am – 11.30am	CERAMICS 9.00am-12.00pm (\$5) UKULELE GROUP (Beginners) (\$5)	SNOOKER 9.00am-12.00pm	
THURSDAY	KEEP FIT 8.30am - 9.20am (\$5) By arrangement KEEP FIT 9.30am - 10.20am (\$5) By arrangement KEEP FIT 10.30am- 11.20am (\$5) By arrangement BETTER BALANCE 11.30am - 12.20pm (\$5) BOWLS 1.00pm - 2.50pm BALLROOM DANCING 3.30pm – 5.30pm (\$5)	PAINTING 9.00am - 12.00pm	UKULELE GROUP	SNOOKER 9.00am-12.00pm	
FRIDAY	YOGA 8.30am - 9.30am (\$5) ZUMBA 9.35am -10.35am (\$5) TABLE TENNIS 10.40am – 5.00pm By arrangement	PAINTING 9.00am – 12.00pm	CERAMICS 9.00am-12.00pm (\$5) CHAIR YOGA 1.15pm–2.15pm (\$5)	SNOOKER 9.00am-12.00pm	Meditation 10.30am - 12.00pm
SATURDAY	YOGA 8.15am - 9.30am (\$5) TABLE TENNIS not before 9.45am - 4.00pm			SNOOKER 9.00am-12.00pm	
SUNDAY	BADMINTON 9.00am - 11.00am PICKLEBALL 11.00am – 2.00pm	CARDS 9.00am - 12.00pm		SNOOKER 9.00am -11.00am	

MEMBERSHIP - \$55 PER CALENDER YEAR (includes all freebies, tea, and coffee, morning teas). **OUTING TRIPS** are at cost.

CHRISTMAS LUNCHESS subsidised. **OP SHOP** last Tuesdays of seasonal months.

UPDATES OF THIS TIMETABLE ARE AVAILABLE AT www.whitfordseniors.org.au

WHITFORD SENIOR CITIZENS CLUB INC.

Open 7 days a week to socialise with your friends

ANNUAL MEMBERSHIP FEE of \$55.00

1 JANUARY to 31 DECEMBER

WE INVITE YOU TO PARTAKE OF TWO SESSIONS AT ANY OF OUR ACTIVITIES OF YOUR CHOICE PRIOR TO COMPLETING YOUR MEMBERSHIP APPLICATION, HOWEVER WE DO NEED YOU TO PAY ANY APPLICABLE SESSION FEES FOR EACH OF THOSE TWO TRIAL SESSIONS.

MEMBERSHIP INCLUDES THE FOLLOWING:

Free tea and coffee every day

Professional experienced trainers

Inexpensive activity fees

Anzac Day biscuits

Easter hot cross buns

Mother's Day lunch at a nominal cost

Cancer Council Biggest Morning Tea

Father's day lunch at a nominal cost

Sausage sizzles

Evening dances

Evening quiz night

Christmas in July evening

Organised external coach trips at cost

Organised trips to concerts etc at cost

Melbourne Cup Lunch

Subsidised Christmas Lunch

Free activities, e.g. snooker, table tennis, indoor bowls, painting, badminton.