

# CANNON HILL COMMUNITY CENTRE SENIORS CLUB ACTIVITY TIMETABLE



## MONDAY

### SENIORS HEARTFIT EXERCISE

07:00am - 08:00am  
· Low Cost

### SENIORS HEARTFIT EXERCISE

08:30am - 09:30am  
· Low Cost

### LINE DANCING

10:30am - 12:00pm  
· \$5.00 per class  
· PBW Longhorn

### JP SERVICE

01:00pm - 03:00pm  
· FREE

## TUESDAY

### TAI CHI

07:15am - 08:15am  
· FREE  
· School Terms  
· Hosted by Cathy

### CRAFT GROUP

10:00am - 12:00pm  
· Cost: \$2.00 - \$5.00  
· School Terms  
· Light Refreshments

## WEDNESDAY

### SENIORS YOGA

09:30am - 10:30am  
· FREE  
· BCC Gold  
· School Terms

### WELLBEING WEDNESDAY

11:00am - 12:30pm  
· FREE  
· Food Parcels  
· Sausage Sizzle  
· Orange Sky -  
Laundry Service

## THURSDAY

### SENIORS HEARTFIT EXERCISE

07:00am - 08:00am  
· Low Cost

### SENIORS HEARTFIT EXERCISE

08:30am - 09:30am  
· Low Cost

### BINGO BUDDIES

10:00am - 12:00pm  
· FREE  
· Last Thursday of  
Each Month  
· Light Refreshments

## FRIDAY

### GRANDFRIENDS EARLY LEARNING

10:00am - 11:00am  
· FREE  
· School Terms  
· Intergenerational

### CUPPA N CHAT

10:30am - 12:00pm  
· FREE  
· Last Friday of Each  
Month  
· Light Refreshments

## DAILY ACTIVITIES

### BOOK NOOK

09:00am - 04:00pm  
· FREE  
· Books and Puzzles  
available to take  
home

### COMMUNITY GARDEN

09:00am - 04:00pm  
· FREE  
· Watering, Planting  
and Harvesting

## UPCOMING EVENTS

### Coeee Cafe

10am to 11am  
Thursday  
September 12th  
FREE COFFEE

### LIVE MUSIC MITCH DORMER

October 10<sup>th</sup>  
11:00am - 01:00pm

### LIFE IS BETTER WITH A PLAN

October 17<sup>th</sup>  
10:30am - 11:30am

· FREE  
· Information Session

### EVENTS TO BE SCHEDULED

· Luncheons  
· Live Music, Dancing  
and Singing  
· Bus Trips  
· Information Sessions