

# Woden Seniors Inc.

## Regular Activities

|                  |                      |   |
|------------------|----------------------|---|
| <b>Monday</b>    | 10 am to 12 noon     | Solo (Sitting Room)                             |
|                  | 10.00 am to 12 noon  | Choir Practice (Hall 2)                         |
|                  | 10.00 am to 12:00 pm | Line Dancing (Hall 1)                           |
|                  | 12.00 pm – 1.30 pm   | Seated Exercise (Hall 1)                        |
|                  | 1.30 pm to 3.30 pm   | Beading Group (The Anne Murray Room)            |
|                  | 1.30 pm to 3.30 pm   | Bridge Lessons (Hall 2)                         |
|                  | 2.00 – 4.00 pm       | Scrabble (Veranda next to Hall 1)               |
| <b>Tuesday</b>   | 9.30 am to 10.30 am  | YMCA Gentle Exercise (Hall 1)                   |
|                  | 10 am to 12:45 pm    | Duplicate Bridge (Hall 2)                       |
|                  | 1 pm to 4 pm         | New Vogue Dancing (Hall 1)                      |
|                  | 2.00 pm to 3.30 pm   | Social Ballroom Dancing (Hall 2)                |
| <b>Wednesday</b> | 8:30 am to 9:30 am   | YMCA Ever Active (Hall 1)                       |
|                  | 9:00 am to 11:30 am  | Water Colour Painting Group (U3A) (Hall 2)*     |
|                  | 9:30 am to 12:30 pm  | Table Tennis (Hall 1)                           |
|                  | 11:30 am to 1:30 pm  | Recorder Classes (Hall 2)*                      |
|                  | 12:15 pm to 1:45 pm  | Recorder Classes (U3A)(Hall 2)*                 |
|                  | 1.00 pm to 3.30 pm   | Mahjong (The Anne Murray Room)                  |
|                  | 2:00 pm to 4 pm      | Recorder Orchestra (U3A)(Hall 1)*               |
|                  | 6:45 pm to 9:45 pm   | Sequence Dancing (Hall 1)*                      |
| <b>Thursday</b>  | 9:30 am to 11:30 am  | Play Reading Group (U3A)(Hall 2))*              |
|                  | 10 am to 12 pm       | Stitchers (The Anne Murray Room)                |
|                  | 10 am to 12:30 pm    | Craft Group (Verandah)                          |
|                  | 2:00 pm to 3:30 pm   | Tai Chi & Gentle Exercise (Hall 1)              |
|                  | 1.15 pm to 4.15 pm   | Open Duplicate Bridge (Hall 2)                  |
| <b>Friday</b>    | 9:30 am to 12:30 pm  | Table Tennis (Hall 1)                           |
|                  | 1:30 pm to 4:00 pm   | Painting And Drawing(Hall 2)                    |
|                  | 5:30 pm to 10:00 pm  | Round Dancing (Hall 1)* Call Tony 0411 485 871  |
| <b>Saturday</b>  | 1 pm to 4:30 pm      | Duplicate Bridge (Hall 2)                       |
| <b>Sunday</b>    | 1 pm to 7 pm         | Round Dancing (Hall 1) * Call Tony 0411 485 871 |

Please confirm the time of activities on 6282 2573

\*You must be booked into this class, no walk-ins. Please turn the page for our pricing and contact details.

**The annual subscription for club membership is \$10.**

**The cost of a car parking permit is \$20 per year.**

**The contribution for members, regular activities is \$5 per session .**

**The contribution for non-members, regular activities is \$6 per session  
(the contribution for a second activity or more in the same day is \$3).**

**YMCA Gentle Exercise is \$6.50 per session.**

**YMCA Ever Active is \$6.50 per session.**

**We are located on the Cnr Corinna Street and Melrose Drive.**

**Mail to PO Box 345 Woden ACT 2606**

**Phone: ( 02 ) 6282 2573**

**[www.wodenseniors.org.au](http://www.wodenseniors.org.au)**

**[admin@wodenseniors.org.au](mailto:admin@wodenseniors.org.au)**

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