

Woden Seniors Inc.

Regular Activities

Monday	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	Friendship Group (The Anne Murray Room)
	2.00 pm to 4.00 pm	Table Tennis (Hall 1)
Tuesday	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)
Wednesday	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)
	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)*
Thursday	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 3:15 pm	Tai Chi & Gentle Exercise (Hall 1)
Friday	9:30 am to 12:30 pm	Table Tennis (Hall 1)
	1:30 pm to 4:00 pm	Painting and Drawing(Hall 2)
Saturday	1 pm to 4:30 pm	Duplicate Bridge (Hall 1)
Sunday	1 pm to 7 pm	Round Dancing (Hall 1) * Call Tony 0411 485 871

*You must be booked into this class, no walk-ins. For enquiries please phone 6282 2573.

Please phone 6282 2573 to check the availability and confirm the times of activities.

Membership

The annual subscription for club membership is \$10.

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

Activities

The contribution for members regular activities is \$6 per session.

The contribution for non-members regular activities is \$6 per session.

The contribution for a second activity or more on the same day is \$4.

YMCA Gentle Exercise is \$7.50 per session.

YMCA Ever Active is \$7.50 per session.

Contact Details

We are located at 12 Corinna Street, Woden (Cnr Corinna Street and Melrose Drive).

Mail: PO Box 345 Woden ACT 2606

Phone: (02) 6282 2573

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Web: www.wodenseniors.org.au