



# 2025 Weekly Activities

CAIRNS & DISTRICT SENIOR CITIZENS ASSOCIATION INC

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WEBSITE: [cairnsseniors.com.au](http://cairnsseniors.com.au) FACEBOOK: [cairnsseniorelites](https://www.facebook.com/cairnsseniorelites)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am - 11.30am <b>HOY</b> with Kayleen  <b>ADA LINK</b> <b>1<sup>st</sup> Monday of the month</b> 10.00am to 12.00pm In Library with Tenille Davis CDSCA: 0498 004 141	8.30am – 10.45am <b>LINE DANCING</b>  <b>BEGINNERS 8.30-9.30</b> Morning Tea Served <b>INTERMEDIATE 9.45-10.45</b>  with Eliza Kendal CDSCA: 0498 004 141	9.00am – 10.00am  <b>ZUMBA GOLD</b> with Deidre  CDSCA: 0498 004 141	9:30am – 11.00am  <b>YOGA</b>  with Tanja Richter  0407 893 931 CDSCA: 0498 004 141	9.00am - 10.00am  <b>TAI CHI/QIGONG</b>  with Renee Cashman  CDSCA: 0498 004 141
2.00pm – 3.00pm <b>CHAIR YOGA</b> with Rike Kullack 0401 164 202 CDSCA: 0498 004 141	11.15am – 12.15pm <b>WEIGHT FITNESS CLASS</b> with Tanja Richter 0484 610 400 CDSCA: 0498 004 141	10.00am – 12.00pm  <b>BOOK CLUB</b> 3 <sup>rd</sup> Wed of the Month  with Carol Dalton CDSCA: 0419 532 807	10.00am – 12.00pm <b>DIGITAL LITERACY &amp; SMART PHONE SKILLS</b> <b>ONE TO ONE</b> with – Dave Watson	10.30am - 11.30am  <b>WEIGHT FITNESS CLASS</b> with Tanja Richter 0484 610 400 CDSCA: 0498 004 141
	1.00pm – 3.00pm <b>DIGITAL SKILLS</b> with Dave Watson CDSCA: 0498 004 141			
		1:30pm – 4.00pm <b>MUSICAL AFTERNOON</b>  3 <sup>rd</sup> Wed of the Month  with Live Music CDSCA: 0498 004 141	1.00pm – 4.00pm <b>INDOOR BOWLS</b> <b>2 groups</b> with Rosemary 0403 0670 772 Bev: 0427966418 CDSCA: 0498 004 141	1.00pm - 4.30pm <b>CARD &amp; BOARD GAMES</b> with Gavin Paddock 0419 655 420 Afternoon Tea Served CDSCA: 0498 004 141

## COMING EVENTS

**2025**

Talk on My Aged Care Changes  
Bus Trip to Port Douglas

2025 WEEKLY ACTIVITIES - A quick rundown for each activity

The aim of our senior's program is to provide social activities to the over 50's, to reduce isolation, loneliness and promote physical and mental well-being.

Log into our Facebook page and our Website to find lots more details. We can assist you with setting up your Facebook.

**9 JULY 2025**

**HOY with Kayleen Davis** – A great alternative to bingo. Lots of prizes. Morning tea is provided. **\$5.00** for members & **\$8.00** non-members, plus \$1.00 a Board.

**CHAIR YOGA with Rike Kullack** – Low impact yoga that can be done while sitting or/and standing using a chair for support. It can increase flexibility, enhance the range of movement in various joints and reduce stress. **\$10.00** for members & **\$15.00** non-members.

**TAI CHI/QI GONG with Renee** - Boost your immune system, reduce risk of osteoporosis, improve your posture. Reduce stress and anxiety class. **\$10.00** for members & **\$15.00** non-members.

**MUSICAL AND BIRTHDAY CELEBRATION (FOR THE MONTH) AFTERNOON** - Come and spend the 3<sup>rd</sup> Wednesday afternoon of the month listening to live entertainers and sing along a chance to win a lucky door prize. Afternoon tea is included, so come along and make new friends. **\$10.00** for members & **\$15.00** non-members.

**INDOOR BOWLS with Rosemary or Bev** - If you've ever played lawn bowls, the indoor version follows similar rules. It's air conditioned and a shorter distance to the jack. So, adjust your swing arm and come along and join in the fun. **\$5.00** for members & **\$8.00** non-members.

**YOGA with Tanja Richter** - Calm your mind, develop flexibility & overall fitness. **\$10.00** for members & **\$15.00** non-members.

**CARDS & BOARD GAMES with Gavin Paddock** – Enjoy playing cards or scrabble. Has it been too long since you played? If so, come along, meet some new friends, enjoy a game of Jonola (form of Canasta) 500, Frustration, Skipbow, or any other game you wish. Afternoon tea is provided - **\$5.00** for members & **\$8.00** non-members.

**LINE DANCING with Eliza Kendal** – Come along for fun and fitness, increase your energy and overall physical and emotional fitness and balance. Beginners & more advanced welcome. Cost **\$5.00** for members & **\$8.00** non-members.

**ZUMBA GOLD with Deidre**—Come along and move to music you love and improve your fitness at your own pace. **\$10.00** for members & **\$15.00** non-members.

**DIGITAL SKILLS with Dave Watson**—Technical specific and generic classes weekly but please book for the class. **\$2.00** for members & **\$5.00** non-members.

**BOOK CLUB (once a month) with Carol Dalton** – Come for a chat and be introduced to new authors. Morning tea provided. **\$5.00** for members & **\$8.00** non-members.

**WEIGHT FITNESS CLASS with Tanja Richter** – Increase your bone density and muscle strength. Help manage your weight. Cost **\$10.00** for members & **\$15.00** non-members.

**DIGITAL LITERACY & SMART PHONE SKILLS** with Dave Watson. IT'S FREE for members and **\$5.00** for non-members

**PICK-UP OR DROP OFF** – You just need to register with **My Aged Care Ph: 1800 200 422 <https://www.myagedcare.gov.au>**  
or contact **ADA Australia** on 1800 818 338 to help you with the process in navigating the Aged Care system

**HALL HIRE** - FOR ANY EVENT INCLUDING MEETINGS & CONFERENCES at VERY REASONABLE RATES. We have an OUTDOOR BBQ AREA, are Air- Conditioned, Kitchen Facilities, Easy Parking, Wheelchair Friendly, PA System, Projection Screen, Tables, Chairs, Crockery and Cutlery all available.

**ALL DONATIONS ARE TAX DEDUCTABLE**

Folder 2025 / Timetable

**2 JULY 2025**