



2026 Weekly Activities

CAIRNS & DISTRICT SENIOR CITIZENS ASSOCIATION INC

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WEBSITE: cairnsseniors.com.au FACEBOOK: www.facebook.com/cairnsseniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am - 11.30am HOY with Kayleen Morning tea provided	8.30am – 10.45am LINE DANCING BEGINNERS 8.30-9.30 Morning Tea Served INTERMEDIATE 9.45-10.45 with Eliza Kendal CDSCA: 0498 004 141	9.30am – 10.30am ZUMBA GOLD with Deidre CDSCA: 0498 004 141	9:30am – 11.00am YOGA with Tanja Richter 0407 893 931 CDSCA: 0498 004 141	9.00am - 10.00am TAI CHI/QIGONG with Renee Cashman CDSCA: 0498 004 141
	11.15am – 12.15pm WEIGHT FITNESS CLASS with Tanja Richter 0484 610 400 CDSCA: 0498 004 141	10.00am – 12.00pm BOOK CLUB 3 rd Wed of the Month with Carol Dalton CDSCA: 0419 532 807	10.00am – 12.30pm DIGITAL LITERACY & SMART PHONE SKILLS ONE TO ONE with – Dave Watson Please book at Seniors	10.30am - 11.30am WEIGHT FITNESS CLASS with Tanja Richter 0484 610 400 CDSCA: 0498 004 141
	1pm-3pm Technology Sessions with Dave Watson CDSCA: 0498 004 141		ADA LINK First Thursday of the month 1pm and 2pm – please book (1 hour session) CDSCA: 0498 004 141	
2.00pm – 3.00pm CHAIR YOGA with Rike Kullack 0401 164 202 CDSCA: 0498 004 141		1:30pm – 4.00pm MUSICAL AFTERNOON 3 rd Wed of the Month with Live Music CDSCA: 0498 004 141	12.30pm– 3.30pm + 1pm – 3.30pm INDOOR BOWLS 2 groups with Rosemary 0403 0670 772 Bev: 0427966418 CDSCA: 0498 004 141	12.30pm - 4.00pm CARD & BOARD GAMES with Carol Dalton 0419 532 807 Joy Schirmer 0427 300 903 Afternoon Tea Served CDSCA: 0498 004 141

COMING EVENTS – 2026

15 April 2026

Musical Afternoon

2026 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.

2026 – Activities Folder

10 April 2026

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, **\$7** volunteers.

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 3rd Wednesday afternoon of the month listening to live entertainers and singalong, a chance to win a lucky door prize. Afternoon tea provided, 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, **\$7** volunteers.

CARDS & BOARD GAMES with Carol Dalton – 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, Skip-Bo, or any other game you wish. Afternoon tea provided **\$5.00** for members & **\$7.00** 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. **\$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, **\$7** volunteers.

TECHNOLOGY SESSIONS with Dave Watson. **\$5.00** for members & **\$10.00** non-members. Afternoon tea provided.

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 & **\$7.00** 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, **\$7** volunteers.

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

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