2026 Weekly Activities

CAIRNS & DISTRICT SENIOR CITIZENS ASSCOCIATION 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** 3rd Wed of the Month with Carol Dalton CDSCA: 0419 532 807		10.30am - 11.30am **WEIGHT FITNESS CLASS** with Tanja Richter 0484 610 400 CDSCA: 0498 004 141
	1.30pm-3.30pm **TECHNOLOGY SESSIONS** with Karen Thompson CDSCA: 0498 004 141	1.00pm – 3.00pm **DIGITAL LITERACY & SMART PHONE SKILLS ONE TO ONE** with **Dave Watson** **Please book at Seniors**	**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** 3rd Wed of the Month with Live Music CDSCA: 0498 004 141	12.30pm – 3.30pm +1.00pm – 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

Musical Afternoon

3rd Wednesday of each month

Melbourne Cup Luncheon Tuesday 3rd November

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

29 September 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 Karen Thompson. **FREE** for members & **$2.00** 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. For members only and IT'S FREE - 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

29 September 2026