



2024 Weekly Activities

CAIRNS & DISTRICT SENIOR CITIZENS ASSOCIATION INC

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30am - 12.00pm</p> <p>HOY</p> <p>with Kayleen</p> <p>0407 893 931 CDSCA: 0498 004 141</p>	<p>8.30am – 10.45am</p> <p>LINE DANCING</p> <p>BEGINNERS 8.30-9.30 Morning Tea Served INTERMEDIATE 9.45-10.45</p> <p>with Eliza Kendal CDSCA 0498 004 141</p>	<p>10.00am – 12.00pm</p> <p>BOOK CLUB</p> <p>3rd Wed of the Month</p> <p>with Carol Dalton 0419 532 807</p>	<p>9:30am – 11.00am</p> <p>YOGA</p> <p>with Gabi Daunke</p> <p>0407 893 931 CDSCA: 0498 004 141</p>	<p>9.00am - 10.00am</p> <p>TAI CHI/QIGONG</p> <p>with Renee Cashman</p> <p>CDSCA 0498 004 141</p>
	<p>11.15am – 12.15pm</p> <p>WEIGHT FITNESS CLASS Starts 2nd July with Tanja Richter</p> <p>0484 610 400 CDSCA: 0498 004 141</p>			<p>10.30am - 11.30am</p> <p>WEIGHT FITNESS CLASS</p> <p>with Tanja Richter</p> <p>0484 610 400 CDSCA: 0498 004 141</p>
<p>2.00pm – 3.00pm</p> <p>CHAIR YOGA</p> <p>With Rike Kullack</p> <p>0401 164 202 CDSCA 0498 004 141</p>	<p>1.00pm – 3.00pm</p> <p>DIGITAL LITERACY & SMART PHONE SKILLS With - Gayle Harris then</p> <p>I.T Class 3.30pm – 5.00pm With Mentors</p> <p>Bookings Essential CDSCA: 0498 004 141</p>	<p>1:30pm – 4.00pm</p> <p>MUSICAL AFTERNOON</p> <p>3rd Wed of the Month</p> <p>With Live Musicians CDSCA: 0498 004 141</p>	<p>1.00pm – 4.00pm</p> <p>INDOOR BOWLS</p> <p>Rosemary: 04030670 772</p> <p>Bev: 0427966418 CDSCA: 0498 004 141</p>	<p>1.00pm - 4.30pm</p> <p>CARD & BOARD GAMES</p> <p>With Carol Dalton 0419 532 807</p> <p>Afternoon Tea Served CDSCA: 0498 004 141</p>

COMING EVENTS

2024

***17th JULY ***

**50 YEAR
ANNIVERSARY
CELEBRATIONS**

***OCTOBER ***

**CELEBRATE
SENIORS WEEK**

**BUS TRIP TO
TOLGA MUSEUM
With
LUNCH AT
ATHERTION
INTERNATIONAL
CLUB**

***5th NOV ***

MELBOURNE CUP

2024 WEEKLY ACTIVITIES - A Quick run Down for each Activity

The aim of our senior's program is to provide social activities to the over 50's. Reduce isolation, loneliness & promote physical and mental wellbeing. Log into our Facebook page and our Website to find lots more details. We can assist you with setting up your Facebook.

HOY with Kayleen Davis – A great alternative to bingo. Lots of prizes. Morning tea is provided only **\$5.00** for members & \$7.00 non-member 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 & \$12.00 non-member.

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 & \$12.00 non- members.

MUSICAL AFTERNOON - Come and spend Wednesday afternoon listening to live artists and sing along. Go in the chance to win a lucky door price. Once a month we have our Birthday Event Celebrations with a special guest artist. Afternoon tea is included, so come along and make new friend's members **\$10.00** & \$12.00 non-members.

INDOOR BOWLS with Diane 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 **\$6.00**

YOGA with Gabi Daunke – Calm your mind, develop flexibility & overall fitness **\$10.00** & \$12.00 non-members.

CARDS & BOARD GAMES with Carol Dalton – Enjoy playing cards? has it been forever since you played? well come along, meet some new friends, enjoy a game of Jonola (form of Canasta) 500, Frustration, Skipbow, or any other game you wish, plus afternoon tea is 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. Cost **\$5.00** for members & Non-members \$7.00

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

CHAIR WEIGHT FITNESS CLASS with Tanja Richter –Increase your bone density and muscle strength. Help manage your weight. Cost **\$10.00** for members & Non-Members \$12.00.

DIGITAL LITERACY & SMART PHONE SKILLS with Gayle Harris & **I. T CLASSES** with Mentors. These classes help you navigate your way around our digital society – IT'S FREE!

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 Facility, Easy Parking, Wheelchair Friendly, PA System, Projection Screen, Tables, Chairs, Crockery and Cutlery all available.

ALL DONATIONS ARE TAX DEDUCTABLE

Folder 2024 / Timetable