



2025 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
9:30am - 12.00pm HOY with Kayleen ADA LINK 1st Monday of the month 10.00am to 12.00pm In Library With Tenille Davis CDSCA: 0498 004 141	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	9.00am – 10.00am 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
2.00pm – 3.00pm CHAIR YOGA With Rike Kullack 0401 164 202 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 0419 532 807		10.30am - 11.30am WEIGHT FITNESS CLASS with Tanja Richter 0484 610 400 CDSCA: 0498 004 141
	1.00pm – 2.00pm DIGITAL SKILLS With Dave Watson CDSCA: 0498 004 141			
	1.00pm – 3.00pm DIGITAL LITERACY & SMART PHONE SKILLS ONE TO ONE With - Gayle Harris CDSCA: 0498 004 141	1:30pm – 4.00pm MUSICAL AFTERNOON 3 rd Wed of the Month With Live Music CDSCA: 0498 004 141	1.00pm – 4.00pm INDOOR BOWLS 2 groups Rosemary: 04030670 772 Bev: 0427966418 CDSCA: 0498 004 141	1.00pm - 4.30pm CARD & BOARD GAMES With Carol Dalton 0419 532 807 Afternoon Tea Served CDSCA: 0498 004 141

COMING EVENTS

2025

NEW ZUMBA CLASS

16 APRIL EASTER PARADE

23 APRIL CONSERVATION ENGAGEMENT

2025 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-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 & \$12.00 non- members.

MUSICAL AFTERNOON - Come and spend the 3rd Wednesday afternoon of the month listening to live music and sing along. Go in the chance to win a lucky door price. 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** for members & \$12.00 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 **\$6.00**

YOGA with Tanja Richter – Calm your mind, develop flexibility & overall fitness **\$10.00** for members & \$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

ZUMBA GOLD with Deidre—Come along move to music you love improving your fitness, at your own pace **\$10.00** for members & \$12.00 non-members

DIGITAL SKILLS with Dave Watson—Technical specific and generic classes weekly, 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 & \$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 & Non-Members \$12.00.

DIGITAL LITERACY & SMART PHONE SKILLS with Gayle Harris – IT'S FREE for 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 Facility, Easy Parking, Wheelchair Friendly, PA System, Projection Screen, Tables, Chairs, Crockery and Cutlery all available.

ALL DONATIONS ARE TAX DEDUCTABLE

Folder 2025 / Timetable

20TH FEB 2025