



RECREATION ACTIVITIES

Cup Cake Madness

Simple and fun cupcake ideas using traditional and funky techniques. Great for all occasions. Learn skills in icing and piping, as well as a range of different decorations, including creating flowers and bows. Please bring a container and apron to first class.

When: Thursday 29th July for 3 weeks

Time: 12.30 pm - 2.30 pm

Cost: \$40 + \$15 materials fee payable to tutor

Tutor: Helen Tzourtzouklis



How to Use a Mobile Phone for Seniors

Mobile phones make it easy to stay in touch with your loved ones and mastering the basics is easier than you think. In this course you will learn to add contacts to your phone, change the volume and learn how to send and retrieve messages.

When: Thursday 5th August for 6 weeks

Time: 10.00 am - 12.00 noon

Cost: Free

Tutor: Tony Collins

Telstra Connected Seniors[®]

Meditation

Meditation can help to create a more harmonious and peaceful life through relaxation, visualisation and sacred sounds. Spiritual discussion. Non denominational.

When: Tuesday 27th July for 8 weeks

Time: 7.00 pm - 8.30 pm

Cost: \$110.00

Tutor: Linda D'Sylva

Line Dancing

A popular and inexpensive recreational activity, it is a great way to keep fit.

When: Each Thursday during term starting 15th July

Time: 10.15 am - 11.45 am

Cost: \$6 per week

Casual Walking Group

Go for a leisurely walk with other friendly people in the community.

When: Each Wednesday during term starting 14th July

Time: 9.30 am - 11.00 am

Cost: \$1 per week