

Activities Information

Each Activity has a Convenor who represent Members at monthly meetings with the Team Leader. At the meetings Conveners are able to raise matters and put in requests for activity requirements. They are also given information to pass onto members.

Meals

A meal service is subsidised by Central Coast Council, to help keep prices at a minimum. Hot lunch is available from Tuesday to Friday. To provide an efficient service, lunch orders are required by 11:00am.

Our kitchen is run primarily by volunteers with the assistance of a staff member to ensure legislative conditions are met.

Referrals

The Team Leader is able to assist by referring you to MyAgedCare programs, provide information on accommodation, legal issues, day care programs and link you to agencies to maintain your independence of living.

Parking

Some parking is available at the back of the Centre. There is all day parking along Karingi Street and 3 hour parking across the road behind the dry cleaners.



50+ Leisure
and Learning
Centres

Activity Program and Fees

Ettalong

PHONE 4304 7222

Cnr Broken Bay Road and Karingi Street

**Thank you for joining our Centre,
we hope you will find friendship and a caring atmosphere.
Please feel free to discuss any ideas you may have or new
Activities you would like to see introduced.
We welcome your friends to join us as well.**

Fees

An Annual Membership of \$10.00 p/a (due in July each year) will be charged from 1 July each year.

Staff


Team Leader: Melissa Metcalfe — Gosford Centre 4304 7065

Centre Assistant: Bronwyn McKirdy, Vickie Howman, Mandy Herbert

Volunteers: Reception, Dining Room and Kitchen

Volunteers

Volunteering is a great way to give back to your community, make new friends and provides an opportunity to develop new skills. Volunteering promotes personal growth and self-esteem. If you are interested in becoming a Volunteer please speak to the Centre Officer.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-----------------------------------|---|--|---------------|----------------------------|---------------|----------------------------|---------------|-----------------------------------|--|
| Indoor Bowls | 9:00 to 12:00 | Indoor Bowls | 9:00 to 12:00 | Indoor Bowls | 9:00 to 12:00 | Indoor Bowls | 9:00 to 12:00 | Indoor Bowls | 9:00 to 12:00 |
| Old Time/New Vogue Dancing | 9:00 to 11:30 | Handicraft | 9:00 to 12:00 | Table Tennis | 9:00 to 12:00 | Old Time/New Vogue Dancing | 9:00 to 11:30 | Line Dancing | 9:00 to 11:00 |
| Chess | 9:00 to 11:00 | Latin American/ Ballroom Dancing | 9:30 to 11:30 | Leatherwork | 9:00 to 12:00 | Women's Shed | 9:00 to 11:30 | Painting | 9:00 to 12:00 |
| Rummiking | 9:30 to 12:00 | Darts | 12:00 to 2:30 | Bridge | 12:00 to 3:30 | Polynesian Dance | 12:00 to 1:00 | Computer 1 on 1 Tutoring (1hr pp) | 10:00 to 3:00 <i>Bookings Essential</i> |
| Smartphone/ Tablets/iPad Workshop | 10:00 to 12:00 <i>Bookings Essential</i> | Cards (500 & Canasta) | 12:00 to 3:30 | Scrabble | 12:30 to 3:30 | Indoor Bowls | 12:00 to 3:00 | Indoor Bowls Clinic | 12:00 to 1:00 |
| Move 'n' Groove | 11:30 to 12:30 | Ukulele | 1:00 to 3:00 | Active 50+ Exercise \$9.00 | 1:00 to 2:00 | Creative Folk Art | 12:30 to 2:30 | Choir | 12:00 to 2:00 |
| Indoor Bowls | 12:00 to 3:00 |  | | | | Mah Jong | 12:30 to 3:30 | Bridge | 12:00 to 3:30 |
| Mah Jong | 12:30 to 3:30 | | | | | Table Tennis | 1:15 to 3:30 | Scrabble | 12:30 to 3:30 |
| Fitness \$10.00 | 1:00 to 2:00 | | | | | | | | |

◆ Fitness \$10.00 ◆ 50+ Active Exercise \$9.00 ◆