

## 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

Parking is available along Henry Wheeler Place and behind the Centre. There is also some street parking in Albany Street North and the old Markettown. Please ensure you adhere to time restrictions.



50+ Leisure  
and Learning  
Centres

# Activity Program and Fees

## Gosford

**PHONE 4304 7065**

Cnr Albany Street North and Henry Wheeler Place

**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

**Centre Assistants:** Vickie Johnston, Cathy Bugden

**Volunteers:** Bus Drivers, Receptionist, and Kitchenhands

## 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	
Handicraft (INCL. CROCHET)	9:00 to 12:00	Sit 'n' Sew (INCL. PATCH-WORK)	9:00 to 12:00	Over 50's Fitness \$8.00	9:00 to 10:00	Pencil Drawing (BEGINNERS)(10 WEEK COURSE)(BOOKINGS ESSENTIAL)	9:00 to 12:00	Indoor Bowls	9:30 to 11:30
Knit & Knatter	9:00 to 12:00	Indoor Bowls	9:30 to 11:30	Mindful Art	9:00 to 12:00	Darts	9:30 to 12:00	Rumbalara Rebels	9:00 to 12:00
Painting	9:00 to 12:00	Scrabble	1:00 to 3:45	Chess	9:00 to 12:00	Variety Social (WITH ENTERTAINMENT AND MORNING TEA) \$6.00	9:30 to 1:00	Computers (SONY VEGAS)	10:00 to 12:00
Origami	9:00 to 12:00	Yoga \$10.00	2:00 to 3:30	Computers (WINDOWS 10 INTER-MEDIATE +)	10:00 to 12:00	Computers (PHOTO STORY HALL-MARK)	12:00 to 3:00	Computers (SONY VEGAS)	1:00 to 3:00
Pencil Drawing	9:00 to 12:00			Health Cultivating Tai Chi \$8.00	10:15 to 11:15	Cardmaking (INCL. 2 CARDS) \$10.00	1:00 to 3:00	Table Tennis	1:30 to 3:30
Tai Chi \$8.00	12:00 to 1:15			Men's Group (BOOKINGS ESSENTIAL) \$6.00	10:30 to 12:30 First of Month				
Kara-U-oKE (KARAOKE AND UKULELE MIX) Walambi Strummers	1:15 to 3:30			Social Scrapbooking	1:00 to 3:00				
Table Tennis	1:30 to 3:30			Line Dancing	1:00 to 3:00				

| S<sub>1</sub> | C<sub>2</sub> | R<sub>1</sub> | A<sub>1</sub> | B<sub>3</sub> | B<sub>3</sub> | L<sub>2</sub> | E<sub>1</sub>

◆ Tai Chi \$8-10 ◆ Yoga \$10 ◆ Chair Yoga \$7 ◆ Over 50's Fitness \$8 ◆ Men's Group \$6 ◆ Variety Social \$6 ◆ Card Marking \$10