

Activities Information

Each Activity has a Convenor who represent Members at 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.

Parking

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

Terms and Conditions

- Attire must be neat, tidy and appropriate at all times. Singlets, bare feet, thongs or soiled clothing are not permitted.
- Smoking is not permitted in Council's buildings or vehicles or within 10 meters of the Centre.
- Members who are found to be intoxicated or exhibit anti-social behaviour will be required to leave the premises immediately.
- No verbal or physical abuse of members, other users or staff will be tolerated. This includes comments regarding religion, race, sex, age or disability.
- The canvassing for petitions by members will not be allowed.
- Individuals have responsibility for their own health and safety.
- Council is not responsible for the loss or damage to any personal belongings left unattended.
- Issues regarding the care and maintenance of Council's building and equipment are to be taken up with the Positive Ageing Officer or Team Leader and are not to be dealt with directly by members or other users.
- No animals, except guide dogs or animals trained for people with disabilities, are to be brought into the Centre.
- Gosford 50+ is a COVID Safe venue



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 will be charged from 1 July each year. All activities are free unless stated otherwise.

Staff

Team Leader: Melissa Metcalfe

Positive Ageing Officers: Teena Fish (Mon-Tue), Cathy Bugden (Wed-Fri)

Volunteers: Bus Drivers, Receptionists, Community Gardeners 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's Positive Ageing Officer.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Handicraft (INCL. CROCHET)	9:00 to 11:30	Sit 'n' Sew (INCL. PATCHWORK)	9:00 to 11:30	Mindful Art	9:00 to 11:30	Darts	9:30 to 11:30	Rumbalara Rebels	9:30 to 11:45
Art	9:00 to 11:30	Indoor Bowls	9:00 to 11:30	Chess	9:30 to 12:30	Variety Social (WITH ENTERTAINMENT AND MORNING TEA) (PH) \$7.00 Contact: 4328 2747	9:30 to 12:30	Indoor Bowls	9:30 to 11:30
Pencil Drawing	9:00 to 11:30	Card & Board Games	1:00 to 3:30	Social Scrapbooking	1:00 to 3:00	Advance Tai Chi (PH) \$10 CONTACT: 0408 898 557	1:30 to 3:00	Table Tennis	1:30 to 3:30
Tai Chi (PH) \$8.00 Contact: 040898557	12:00 to 1:00	Kara-U-Oke (KARAOKE AND UKULELE MIX) Walambi Strummers	1:30 to 3:30	Line Dancing (PH) \$6 Contact: 0409 150 518	1:00 to 3:00	 			
Table Tennis	1:30 to 3:30	Dance with Jan (PH) \$14 Contact: 0438 828 446	7:00 to 10:00						



Computer Classes are available for financial members and are available each Term. Please see reception regarding availability.

SATURDAY		SUNDAY	
Central Coast Cake Decorators Guild of NSW (4 th Saturday) (PH) Contact: 0408 161 321	9:30-1:30	Shall We Dance (PH) \$15 Contact: 0414 242 6693	3:00 to 6:00



Disclaimer: Activity schedules are subject to change. Information may be changed or updated without notice.