

## Activities Information

Each Activity has a Convenor who represent Members at monthly meetings.

## 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 (MAC), provide information on accommodation, legal issues, day care programs and link you to agencies to maintain your independence of living.

## Parking

A Parking Pass is issued at the time of paying your Annual Membership Fee. Parking spaces are strictly for attending activities and are NOT to be used otherwise.

Rangers patrol regularly and are requested by the Team Leader should this privilege be abused.



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

From January 2018 to June 2018 membership will be FREE.  
An Annual Membership of \$10.00 p/a (due in July each year)  
will be charged from 1 July 2018.

## 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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sew Crafty	9:00 to 12:00	Sit 'n' Sew (incl . Patchwork)	9:00 to 12:00	Over 50's Fitness \$8:00	9:00 to 10:00	Darts	9:30 to 12:00	Indoor Bowls	9:30 to 12:30
Knit & Knatter	9:00 to 12:00	Indoor Bowls	9:00 to 12:00	Mindful Art	9:00 to 11:30	Variety Social (WITH ENTERTAINMENT AND MORNING TEA) \$5:00	10:00 to 1:30	Rumbalara Rebels	9:00 to 12:00
Painting	9:00 to 12:00	Chair Yoga \$7:00	12:00 to 1:30	Chess	9:00 to 12:00	Tai Chi \$10:00	1:30 to 3:00	Introduction to Ukulele (10 Week Course)	12:30 to 2:00
Origami	9:00 to 12:00	Scrabble	1:00 to 3:45	Light Aqua Aerobics (GOSFORD POOL)	10:00 to 10:45	<div>S   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></div> <div></div>		Table Tennis	1:30 to 3:30
Pencil Drawing	9:00 to 12:00	Yoga \$10:00	2:00 to 3:30	Men's Group (BOOKINGS ESSENTIAL) \$6:00	10:30 to 12:30 First of Month			 	
Tai Chi \$8:00	12:15 to 1:15			Social Scrapbooking	1:00 to 3:00				
Kara-U-Oke (KARAOKE AND UKULELE MIX)	1:15 to 3:30			Line Dancing	1:00 to 3:00				
Table Tennis	1:30 to 3:30								



◆ Tai Chi \$8-10 ◆ Yoga \$10 ◆ Chair Yoga \$7 ◆ Over 50's Fitness \$8 ◆ Men's Group \$6 ◆ Variety Social \$5