

MEMBERSHIP

\$5.50 PER ANNUM
January to December.

A small cost per session for activity attendance (usually 2 hours)

*This includes either morning or afternoon tea.

OPEN TO ANY PERSON 50 YEARS & OVER.

Club is wheelchair friendly & all activities on ground level.

GREAT FACILITIES

- ◆ Separate indoor Bowls Hall
- ◆ Longest mats on Central Coast
- ◆ WI-Fi facilities
- ◆ Dedicated Computer Room with 24 PC's.
- ◆ Canteen for light meals, tea & coffee.
- ◆ Large Auditorium & Excellent Dance Floor
- ◆ Free Members' Library.
- ◆ Air-Conditioned Premises
- ◆ Filtered & Cooled Water Dispensers.
- ◆ Ample Parking
- ◆ Easy Access—no steps.

OVER 50'S CLUB FOR LEISURE & LEARNING



*Formerly known as:
Long Jetty & District Senior Citizens' Club (inc)*

6 THOMPSON ST., LONG JETTY. 2261
(Between Traffic Lights & Lake)

Tele: 4332.5522 or E-mail
secretary@longjettyseniors.com.au
www.longjettyseniors.com.au

OPEN FOR YOUR ENJOYMENT

MONDAY to FRIDAY 9am-3pm

(Note: Some activities operate outside these hours)

CLUB ACTIVITIES

DAY	ACTIVITY	START & FINISH TIMES	DAY	ACTIVITY	START & FINISH TIMES
SUNDAY	Bowls	1pm-3.30pm	THURSDAY	Bowls	8.30am-11.30am
MONDAY	Canasta	9am-3pm		Painting (art)	8.30am-12noon
	Computers	9.30am-11.30am		Computers	9.30am-11.30am
	Table Tennis	12.30pm-3pm		Mah-jong	12noon-3pm
	Computers	1pm-3pm		Computers	1pm-3pm
	Table Tennis	6.30pm-9.30pm		Entertainment Group	12noon-3pm
				Table Tennis	6.30pm-9.30pm
TUESDAY	Easy Exercises	8am-9am	FRIDAY	Gentle Exercises	9.30am-10.30am
	Walking	8.30am-9.30am		Bowls	8.30am-12.15pm
	Unfinished Craft Objects	9.30am-11.30am		Computers	9.30am-11.30am
	Chair Yoga	9.30am-10.30am		Discussion Group	9.30am-11.30am
	Darts	9am-11am		Zumba Gold	11am-12noon
	Computers	9.30am-11.30am		Tai Chi Beginners	12.30pm-1.30pm
	Bowls Lessons	12noon-1pm		Tai Chi Seniors	12.30pm-1.30pm
	Tai-Chi Beginners	1pm-2.30pm		Computers—"Bytes on Friday"	12.00noon-2.30pm
	Computers	1pm-3pm		COMPUTER "1-ON-1" LESSONS	-1hour sessions between 9.30am-1230pm
	Line Dancing	2.30pm-4pm			
WEDNESDAY	Bowls	8.30am-11.30am	SATURDAY	Dancing	12.30pm-4pm
	Handicrafts	9am-12noon			
	Yoga	9.30am-10.30am			
	Computers	9.30am-11.30am			
	Zumba Gold	11am-12noon	Card- making Classes every 3rd Thursday		9.30am-11.30am