

## ELANORA

60 & Better Rooms  
The Pines Meeting Room  
33 Guineas Creek Rd

### MONDAY

8:00 am	Stretch n Relax Yoga
9:15am	Tai Chi
1:15pm	Line Dancing (Beg)
1:45pm	Line Dancing (Inter)

### TUESDAY

7:00am	Pines Walking Group Prior Registration Essential
9:00am	Exercises for people with an injury or chronic conditions – Accredited Exercise Physiologist
10:00am	Cards(500), Scrabble, Bridge

### WEDNESDAY

7:30am	Men's Fitness
8:30am	Strength, Core & Stretch Training
9:30am	Table Tennis
12:30pm - 3:30pm	Cards/Board Games Afternoon 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of Month
1:00pm	Photography Group "Talk n Tinker" 2 <sup>nd</sup> Wed of Month

### THURSDAY

8:40am	Low Impact Senior Exercises – Level 2
9:30am	Friendship Morning Tea & Chat - \$2
10:00am	Mahjong & Social Cards
12:15pm	IPad for Beginners Registration Essential
1:30pm	Craft & Chat Incl: Star Weaving

### FRIDAY

7:30am	Men's Fitness
8:45am	Low Impact Senior Exercises – Level 3
9:45am	Stronger Seniors – Falls Prevention Exercises – Level 1
10:30am	Seniors Morning Tea - \$2
12:00pm	Table Tennis

## OTHER ACTIVITIES @ Elanora

*By Appointment*  
Broadband for Seniors Training  
Help with your Tablet or  
Smartphone  
Computer Troubleshooting

Trips & Outings  
In-house events  
Presentations  
Couple's Lunches  
Dinner Nights  
Movies

## PALM BEACH

Parklands – 945 Pacific Highway  
Outside Dune Café

### FRIDAY

7:00am	Walking Group
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## MUDGEERABA

Memorial Hall, Railway Street

### WEDNESDAY

11:00am	Line Dancing
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## BURLEIGH HEADS

Masonic Hall – 1st Ave

### TUESDAY

8:45am	Low Impact Senior Exercises – Level 2
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## ROBINA

Robina Community Centre  
196 Robina Town Centre Dr.  
(Green building behind library)

### MONDAY

7:00am	Walking Group
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11.00am - 1.00pm	<b>Robina Social Group</b> Meeting & Activities
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Morning starts with Morning Tea  
& Social Meeting

Activities include;  
Craft, Art, Indoor Bowls, Movie  
Critique, Board Games, Cards  
(Rummy), Monthly Presentations

**New Members & Ideas  
Welcome!**

2:00pm	Senior Exercises with an Accredited Exercise Physiologist
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### TUESDAY

6:00am	Walking Group
7:00am	Men's Fitness

### THURSDAY

6:00am	Walking Group
7:00am	Men's Fitness
9:00am	Senior Exercises with an Accredited Exercise Physiologist

### SATURDAY

6:00am	Walking Group
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## TUGUN

Progress Hall, 433 Gold Four Dr

### TUESDAY

9:00am	Line Dancing – Easy As
10:00am	Line Dancing - Intermediate
12:00pm	Line Dancing - Intermediate

All instructors are fully qualified and insured.

**The Southern Gold Coast 60 & Better Program Inc offers a wide variety of activities for seniors to keep active and stay connected in our community. Join Us!**

**Administration Office** - The Pines Meeting Room, 33 Guineas Creek Rd (PO Box 4514), Elanora, 4221  
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