

## Portarlington Seniors Community Centre

Newcombe Street opposite the Grand Hotel. Plenty of parking available.

The Portarlington Senior's Community is a vibrant community of over 55's who enjoy each other's company while enjoying a variety of activities throughout the year.



See program below for more details.

**Drop in and pick up our monthly "What's On" bulletin or come and have a free trial of any of our weekly activities.**

Need more information?

Please give our President, Shirley, a call on 0438 720 076.

Membership is only \$10.00 per year.

We offer:

### Monthly dinners

Details provided in our monthly "What's On" bulletin.



### One off holidays and day trips

We have shopping trips, holidays away, bus trips and go to shows and places of interest.

### Special Events

- ♥ Footy Grand Final
- ♥ Cup Day
- ♥ International Seniors Day
- ♥ Christmas
- ♥ Guest Performers

### Weekly programs in the hall



## Monday

### Ladies Gentle Exercises

10:00-11:00am

Cost \$4:00 including morning tea

Very gently standing and sitting exercises ending with 10 minutes of easy Line Dancing before enjoying morning tea and a catch up.

Some skip the line dancing and go straight to the morning tea and that's fine too.

Members are encouraged to listen to their bodies, only do what they can and stop whenever they want to.



### Gentle Chair Exercises for ladies and gents

11:00 – 11:30am

Cost \$3.00 including morning tea

All exercises done seated to a DVD.



### Power Walking

1:15 - 2:00pm

Cost \$3.00

Don't worry about the weather, all walking is in the club room to a DVD.

Work up a sweat, get fitter all while having a few laughs.



## Tuesday

### Table Tennis

8:30 - 11:00am

Cost \$5.00 including morning tea

All levels welcome including those who have never played before.

Up to four tables including a training table with an automatic ball server for practice.

Good mix of men and women.



### Indoor Carpet Bowls

1:15 - 3:30pm

Cost \$3.00 including afternoon tea

Good group willing to teach and encourage new-comers.

Two mats

Four mixed teams

Bowls supplied.



## Wednesday

### Cards

1:30 - 4:00pm

Cost \$3.00 including afternoon tea

Do you enjoy a game of 500?  
Well, come and join us.  
We don't play for sheep stations – we  
just play for fun!



### Craft

1:30 - 4:00pm

Cost \$3.00 including afternoon tea

Into craft? Bring along your current project to  
work on or start a new one.  
You may even get some new ideas.  
Need help? Someone may be able to help you  
out with that too. Plenty of room to spread out.



## Thursday

### Table Tennis

8:30-11:00am

Cost \$5.00 including morning tea

Come and meet the "Keenagers" Table Tennis Group



### Power Walking

1:15 - 2:00pm

Cost \$3.00

Walking is in the club room to a DVD.

Walk a few miles without going anywhere.  
You will be fitter and feel great.



## Friday

### Ladies Exercise Class

10:00-11:00am

Cost \$4:00 including morning tea

Just like Monday but with a little bit more of a challenge.

Here we aim to get the heart rate up by doing a slightly more vigorous workout.

Be warned you are encouraged to sing along with the music - it's all about having fun to forget you are actually exercising.

Includes chair exercises.

Finishing with everyone's favourite - relaxation and meditation.



### Gentle Chair Exercises for ladies and gents

11:00 - 11:30am

Cost \$3.00 including morning tea

All exercises done seated to a DVD.



## Saturday

### **Bayside Line Dancers**

Portarlington Seniors Community  
Centre, Newcombe Street

#### **Beginners Class**

9:00-10:30am

A break for Morning Tea

Followed by the

#### **Improvers Class**

11:00am -12:00pm

Total Cost \$8:00

For more information

Contact Peta 0425 873 291



All levels of experience catered for with a great mix of music.  
Never tried line dancing before?  
Now could be a good time to give it a go.  
Men and women welcome.