

## CSC News Bulletin

21 April 2021

### \*\*\* CHANGE in time for New Vogue and Old Time Dance on FRIDAYS

To ease the parking situation on Fridays the New Vogue and Old Time Dance group have volunteered to delay the start of their activity. So as from **Friday 7 May their activity will start at 1.30pm** and go through to 4pm. The other class times will remain the same - Russian class 10am to 12noon, Flow Exercise Class 10.30am to 11.15am, Jazzercise Lite 11.30am to 12.30pm and Chair Yoga 12.30pm to 1.30pm

Just so you have an up to date list we have attached a full list of our activities to this bulletin – see over page.



### BOOKCIRCLE

#### Thursdays 1pm to 3pm *(with a break for afternoon tea)*

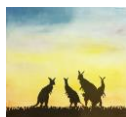
A new book club is commencing on **Thursday 6 May**. This is a Canberra Seniors Group and is not, in any way, associated with the U3A Bookclub.

Come along and share your favourite reads in a friendly environment while at the same time learning about new authors and titles from other members.

The group will meet each fortnight and the cost will be \$7 per session. Contact Sonia Easton ph. 0432 69 2853 or the Canberra Seniors Centre ph. 6248 9509 for more information.



### PORCELAIN CLASS



#### Tuesdays 10am to 12pm



Why not come and try producing a “Work of Art” in our Porcelain Class? We paint on porcelain, china and ceramic tiles. The Centre has a kiln in which we can fire all the pieces.

To start the only cost is the Centre’s Class cost of \$7 as we lend the brushes and paints for the first few weeks and there’s always pieces available on which you can paint. You’ll be amazed at how quickly you can learn to produce a piece of which you will be proud. It’s a friendly group who are all encouraging and supportive of each other’s work. Just come along any Tuesday and the group will welcome you.

## MAY BIRTHDAY LUNCH

### Thursday 13 May 12pm

\$5 for May birthday members

\$15 for others.

All welcome

Chicken Schnitzel and Roast  
Vegetables

followed by

Apple Strudel and Cream

# Canberra Seniors Activities

## as of April 21, 2021

<b>Monday</b>			
Painting Group	\$7	9.30am	11.30am
Latin Lines	\$7	10.00am	10.45am
Mahjong	\$7	10.00am	3.00pm
Latin Choir	\$7	11.00am	12.00pm
Table Tennis	\$7	12.30pm	2.30pm
<b>Tuesday</b>			
Let's Get Active	\$12	10.00am	11.00am
Porcelain Painting	\$7	10.00am	12.00pm
Jazzercise Lite	\$10	11.30am	12.30pm
Book Talk (U3A) 2nd Tues	\$7	1.00pm	3.00pm
<b>Wednesday</b>			
Computer Class	\$7	10am	11am
Social Cards 3 pack Canasta	\$7	9.30am	2.30pm
Jazzercise Strength 45	\$10	11.00am	12.15pm
<b>Thursday</b>			
Craft and Chatter	nil	9.30am	12.00pm
Line Dancing	\$10	10.00am	11.30am
Bookcircle (1st and 3rd Week)	\$7	1pm	3pm
<b>Friday</b>			
Russian (U3A)	\$7	10am	12pm
Let's Get Active Flow	\$10	10.30am	11.15am
Jazzercise Lite	\$10	11.30am	12.30pm
Yoga (Chair Stretches)	\$12	12.30pm	1.30pm
New Vogue and Old Time Dancing	\$7	1.30pm	4pm