

Waverley Community and Seniors Centre

Waverley Library, Level 1, 32-48 Denison St, Bondi Junction

Phone: 9083 8999

Email: wavseniorscentre@waverley.nsw.gov.au



WAVERLEY
COUNCIL

Mind and Body Fitness Program 50mnts

Day & Time	Fitness	Instructor	Venue	Intensity
Monday				
09:30	Vinyasa Yoga	Steve	Theatrette	Light
10:40	Strength and Balance	Elena	Theatrette	Moderate
11:45	Get Active	Joy	Theatrette	Gentle
Tuesday				
08:30	Iyengar Yoga	Mei	Theatrette	Light
10:00	Mat Pilates	Elena	Theatrette	Moderate
10:30	Qigong and Yang Tai Chi	Beverley	Bondi Pavilion	Light
11:00	Strength & Balance	Elena	Theatrette	Gentle
Wednesday				
09:30	Qigong and Yang Tai Chi	Beverley	Theatrette	Light
12:00	Dance Fitness – starts on 24 July	Taises	Theatrette	Light
13.00	Dance Fitness	Taises	Theatrette	Moderate
Thursday				
08:30	Iyengar Yoga	Mei	Theatrette	Light
09:45	Move It or Lose It	Julia	Theatrette	Moderate
11:00-13:00	Strength & Balance/Social	Julia	Theatrette	Gentle
Educational and Social Activities				
Monday	Activity	Leader	Library	Type
09:30-12:00	German conversation	Ruth	Training Rm 1	Educational
12:45-13:45	Discussion group	Betsy	Theatrette	Social
13:00-15:30	Italian language	Liliana	Training Rm 2	Educational
Tues* & Thu				
12:00-13:00	Trivia	Betsy	Training Rm 1	Social
13:15-16:00	Scrabble*	Devorah	Theatrette	Social
Wednesday				
10:30-12:00	Mahjong	Miranda	Training Rm 2	Social
Friday				
10:45-13:00	Greek Social Indoor 1 st , 2 nd , 4 th	Maria V	Training Rm 2	Social
10:00-16:00	Social outings 3 rd Friday	Maria B	Outdoors	Social
13:00-15:00	Painting and drawing	No Tutor		Social
Fees and charges		Essential requirements		
Pre-paid 10 Class Fitness Card		If you are over 65 years, please check your eligibility and register with My Aged Care on 1800 200 422		
\$ 75.00	Full aged pension			
\$120.00	All others			
Seniors Centre Staff		Book an interview to join the Centre		
Betsy Flores – Administration Officer (Mon-Thu)		Present your class card before class Please stay at home if you are unwell Please remember to carry a water bottle		
Antoniette De Souza – Coordinator				
Web: www.waverley.nsw.gov.au				
We are funded and supported by - Waverley Council and the Australian Government Department of Health and Aged Care for Commonwealth Home Support Program (CHSP) services.				

