

Waverley Community and Seniors Centre

Mill Hill Building, 31-33 Spring St, Bondi Junction 2022

Office hours: 08:30 to 16:30pm Monday to Friday

Tel: 9083 8999 or 9083 8970



2019 Mind Body Wellness and Social Support Program for 55+

Day/Time	Fitness Classes	Instructor Names	Venue Hall	Fitness Level
Monday				
08:40	Yoga – Hatha	Chris	North	1
09:00	Core Strength & Stretch	Harriet	South	2
10:00	Strength & Balance	Katharina	South	1/2
10:05	Stay Fit for Men	Harriet	North	2/3
11:15	Tai Chi	Bev	South	3
12:30	Get Active!	Joy	Hall	2
Tuesday				
08:40	Yoga - Iyengar	Mei	North	2/3
09:00	Beginners Balance Training	Sarah	South	1/2
09:45	Light aerobics	Dee	North	3
09:45	Get Moving!	Sarah	South	1/2
11:00	Strength & Balance/Social	Cate	South	1
Wednesday				
08:40	Yoga - Hatha/Dru	Moira	North	2
09:40	Yoga - Hatha/Dru	Moira	South	2
10:00	Strength & Balance	Katharina	North	2
11:00	Move it to Music	Genevieve	North	1
12:00	Tai Chi	Carolyn	South	½
13:15	Jazzercise	Yanti	North	3
Thursday				
09:00	Fitness/weights class	Dee	Hall	2
10:00	Move it or lose it for men	Ennio	South	2
10:15	Pilates mat class	Roula	North	3
11:15	Strength & Balance/Social	Cate	South	1
Friday				
08:40	Yoga – Iyengar	Mei	North	3
08:45	Tai Chi	Janet	South	1/2
10:00	Global Dancercise	Tamar	Hall	3

Level 1 Beginners Level 2 intermediate Level 3 High Intermediate *Registration essential

Fees and charges – (pre-paid 8 classes): Self-funded seniors \$64 others \$52

WCSC Association (joining) Annual Fee \$10

Wellness - Educational and Social Support Program

Access to Level 1 and level 2 via lift or stairs at the South end of the Mill Hill ground floor

Monday

	Educational/social activities	Volunteers	Room/Level
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10:00-12:00	German (intermediate)	Ruth	Rm 3/Level 2
13:00-15:00	Italian beginners/intermediate	Liliana	Rm 3/Level 2

Tuesday

09:15-13:15	Arts and crafts -needle work	Josie	Rm 3/Level 2
09:15-11:00	French conversation (1 st &3 rd)	Anne	Rm 4/Level 2
10:00-12:00	French conversation (2 nd &4 th)	Anne	Rm 4/Level 2
09:45-12:00	Early bereavement (2 nd &4 th)	Ingrid	Rm 1/Level 1
10:00-12:00	Moving on (1 st &3 rd)	Frances	Rm 4/Level 2
10:45-12.45	Indoor bowls	Michael	Hall North
13:00-15:00	Scrabble	Devorah	Hall North

Wednesday

13:00-15:00	French intermediate	Anne	Rm 3/Level 2
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Thursday

10:00-12:00	U3A Spanish (intermediate)	Christine	Rm 3/Level 2
13:00-15:30	Russian Club of Eternal Years (1 st)	Natasha	Middle Hall
13:00-15:30	Russian Optimists (3 rd)	JNC	Hall North
13:00-15:30	Russian War Veterans (4 th)	Efim	Hall North

Friday

09:30-13:30	Wrap with Love	Josie	Rm 3/Level 2
11:15-14:00	Italian Social support	Vito	Hall South
12:15-14:15	Painting and Drawing	Peter	Hall North

Wellness Clinic Health and beauty Delivered by

Monday	Bowen Therapy	Aislynn
Tuesday	Reflexology, massage	Cathy
Thursday	Podiatry (alternate 2 nd &4 th Thursday)	Isobel
Thursday	Hairstyle and cut only (3 rd Thursday)	Aislynn

For further Information and registration Tel. 9083 8970 or 9389 9999

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