

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

Day & Time	Fitness	Instructor	Venue	Intensity
Monday				
09:30	Vinyasa Yoga	Steve	Theatrette	Light
10:40	Strength and Balance	Elena	Theatrette	Moderate
12.00-14:00	Get Active!/Social	Joy	Theatrette	Light
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
11:00-13:00	Strength & Balance/Social	Elena	Theatrette	Gentle
Wednesday				
09:30	Qigong and Yang Tai Chi	Beverley	Theatrette	Light
10:40	Strength and Balance	Madonna	Theatrette	Moderate
11:50	Mat Pilates	Madonna	Theatrette	Moderate
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 Room	Educational
13:00-15:30	Italian language	Liliana	Training Room	Educational
Tuesday				
13:15-16:00	Scrabble	Devorah	Theatrette	Social
Friday				
10:45-13:00	Greek Social Indoor 1 st , 2 nd , 4 th	Maria V	Training Room	Social/Bingo
09:00-16:00	Greek Tour – 3 rd	Maria B	Outdoor	Social
13:00-15:00	Painting & Drawing Social	-	Training Room	Social

Fees and charges

Pre-paid 10 Class Fitness Card

\$70.00	Full aged pension card
\$100.00	All others

Essential requirements

If you are over 65 years, please check your eligibility and register with My Aged Care on 1800 200 422

Seniors Centre Staff

Betsy Flores – Administration Officer
Antoniette De Souza – Coordinator
Web: www.waverley.nsw.gov.au

Book an interview to join the Centre

Present your class card before class
 Please stay at home if you are unwell
 Please remember to carry a water bottle

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.