

AC-CENT MANDURAH - DAILY ACTIVITIES 2010

ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>CRAFT</u>	A M	<u>MALA</u> Mature Adult Learning Assoc.	<u>Crochet/Knitting Group</u> 9am-12noon	<u>China Painting</u> 9am-12noon	<u>Painting</u> 9am-12noon	<u>Sketching</u> 9am-12noon
	P M	<u>MALA</u> Mature Adult Learning Assoc. <u>National Seniors</u> 1.00pm-4.00pm Bi-Monthly	<u>U3A</u> 1.30-3.30pm Every 2 nd Tues of Month <u>Retiree's WA (Inc)</u> 1.00pm-3.00pm Every 4 th Tues of Month	<u>U3A</u> 1.30-3.30pm	<u>U3A</u> 1.30-3.30pm	<u>Craft</u> 1-3pm <u>Painting</u> 1-4pm

<u>GAMES</u>	A M	<u>Snooker</u> 8.30am-12noon <u>Cards-Canasta & Euchre</u> 9am-12noon	<u>Snooker</u> 8.30am-12noon <u>Cards</u> 9am-12noon	<u>Snooker</u> 8.30am-12noon <u>Strong on Your Feet</u> 9.45-10.45am & 11am-12noon	<u>Snooker</u> 8.30am-12noon	<u>Snooker</u> 8.30am-12noon <u>Mah-jong</u> 9am-12noon <i>(Beginners Welcome)</i>
	P M	<u>Snooker</u> 12.30pm-4.00pm <u>Darts</u> 12.30-4.00pm	<u>Snooker</u> 12.30pm-4.00pm	<u>Snooker</u> 12.30pm-4.00pm <u>Darts</u> 12.30-4.00pm	<u>Snooker</u> 12.30pm-4.00pm	<u>Snooker</u> 12.30pm-4.00pm

<u>MAIN HALL</u>	A M	<u>Funscootin'</u> 9.00am-11.00am <u>Musica Viva</u> 11.00am – 1.00pm	<u>Beat the Feet</u> 8.45am – 11.00am <u>Heart Moves</u> 11.15am-12.15pm	<u>Table Tennis</u> 8.30am -12noon	<u>Beat the Feet</u> 8.45am – 11.00am	<u>Prime Movers</u> 9.30am-10.30am <u>Tai Chi</u> 11.00am-12noon
	P M	<u>Carpet Bowls</u> 1.00pm-3.30pm <u>PSN</u> Every 4 th Mon	<u>Concert</u> 1 st Tues of Month <u>U3A</u> 4 th Tues of Month	<u>Carpet Bowls</u> 12.30pm –3.30pm	<u>Bingo</u> 12.30pm –3.30pm	<u>Carpet Bowls</u> 12.30-3.30pm <u>Belly Dance Class</u> 3.30pm – 4.30pm
		<u>Available to Hire</u>	<u>Available to Hire</u>	<u>Available to Hire</u>	<u>Available to Hire</u>	<u>Available to Hire</u>

<u>FOYER</u>	A M				<u>Pole Walking</u> 8.30am-9.30am	
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<u>COMPUTER ROOM</u>	A M	<u>First/Second Click Computer Course</u> (When Scheduled – Bookings Essential)	<u>First/Second Click Computer Course</u> (When Scheduled – Bookings Essential)	<u>Peel Senior Net</u> 1 st & 3 rd Wed	<u>General Access</u> Members Only	<u>Computer Course</u> (When Scheduled – Bookings Essential)
	P M	<u>First/Second Click Computer Course</u> (When Scheduled – Bookings Essential)	<u>First/Second Click Computer Course</u> (When Scheduled – Bookings Essential)	<u>Peel Senior Net</u> 1 st & 3 rd Wed	<u>General Access</u> Members Only	

<u>DINING ROOM</u>	A M	<u>Morning Tea</u> From 9.00am <u>Lunch</u> From 12.00noon Book by 10.30am	<u>Morning Tea</u> From 9.00am <u>Lunch</u> From 12.00noon Book by 10.30am	<u>Morning Tea</u> From 9.00am <u>Lunch</u> From 12.00noon Book by 10.30am	<u>Morning Tea</u> From 9.00am <u>Lunch</u> From 12.00noon Book by 10.30am	<u>Morning Tea</u> From 9.00am <u>Lunch</u> From 12.00noon Book by 10.30am
	A M	<u>Coffee/Friendship Group</u> 10.00am-11.00am		<u>Scrabble</u> 9.00am-12noon		

<u>OTHER SERVICES</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Library	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm
Hairdresser	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm	8.30am-4.30pm
Beautician	9.00am-3.00pm	-	-	-	-
Podiatrist	-	8.30am-4.00pm	-	8.30am-4.00pm (Alternate Thursdays)	-
Relaxation Massage	-	-	9.30am-3.00pm (Alternate Wed)	9.30am-3.00pm (Alternate Thursdays)	9.30am-3.00pm
Bowen Therapy	-	9.00am-4.00pm	-	-	-

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Prices & Contact List

ACTIVITY	Visitor Daily Amenity Fee	Other Costs	Details/Contact Person
Card Games	\$3.00	-	Just come along & join in
Mah-jong	\$3.00	-	Just come along & join in
Euchre	\$3.00	-	Just come along & join in
Coffee & Friendship Group	\$3.00	-	Just come along & join in
Scrabble	\$3.00	-	Just come along & join in
Snooker/Billiards	\$3.00	-	Just come along & join in (Add your name to the chalkboard in the Games Room)
Crochet & Knitting Group	\$3.00	-	Just come along & join in
Darts	\$3.00	-	Just come along & join in
Carpet Bowls	\$3.00	-	Just come along & join in Contact: Robert Wells Ph: 9583-5978
Table Tennis	\$3.00	-	Just come along and join in Contact: Irene Barrow Ph: 9581 4881
Funscootin'	-	\$5.00 (members) \$7.00 (Seniors) \$8.00 (Non-concession)	Just come along & join in Contact: Colleen Gould Ph: 9581-8008
China Painting	\$3.00	\$5.00 per class (Please pay Tutor)	Just come along & join in Contact: Margaret Barber Ph: 9535-3872
Learn to Sketch (Drawing)	\$3.00	\$3.00 per class (Please pay Tutor)	Just come along & join in Contact: Kathy Findlay Ph: 9582-2758
Painting 4 Pleasure	\$3.00	\$3.00 per class (Please pay Tutor)	Just come along & join in Contact: Christine Jackson Ph: 9581-5945
Belly Dance Class	-	\$7.00 per class (Please pay at reception)	Just come along & join in
Pole Walking	\$3.00	-	Just come along & join in (Poles available to borrow/hire/purchase) Contact: Lyn Frings Ph: 9535-5342
Computer General Access	Members Only	-	Thursdays Only – Please book on: 9550 3799
Bingo	-	\$1.50 per book	Raffle with Cash prizes to be won!
Tuesday Concerts	\$3.00	\$5.00 entry	Raffle with some great prizes to be won!
Bowen Therapy	Members Only	\$40.00 per hour	Please phone for an appointment Ph: 9550 3799
Relaxation Massage	Members Only	\$5.00 per visit	Please phone for an appointment: Ph:9550-3799
Podiatrist	Members Only	\$35.00 per visit	Please phone for an appointment: Ph:9535-9143
Hairdresser	Members Only	As per price list	Please phone for an appointment: Ph:9550-3788
Beautician	Members Only	As per price list	Please phone for an appointment: Ph: 9550-3799
GROUPS HIRING ROOMS	Fee	Details/Contact Person	
MALA	MALA \$10.00 Annual membership fee, plus modest course costs. Each course runs for 10 weeks.	Contact: Joe or Hazel Butorac Ph: 9535-5207	
U3A	U3A Annual Membership fee plus \$1.00 per visit contribution	Contact: Margo Hodgkins Ph: 9581 6202	
Peel SeniorNet	PSN Annual Membership fee	Contact: Christine Jackson Ph: 9581-5945	
Retiree's WA (Inc)	Annual Membership Fee	Contact: Joyce Gledhill Ph: 9586-2192	
National Seniors Australia	Please phone for more Info.	Contact: Trevor Shakespeare Ph: 9581 7933	
Tai Chi	\$8.00 per class (paid monthly)	Contact: Paul Fleetham Ph: 9534-9919	
Beat the Feet	\$5.00 per class	Contact : Heather Ogier Ph: 9582 9219	
Prime Movers	\$4.00 per class	Contact: Joy Downing Ph: 9244-8057	
Strong on Your Feet	Gold coin donation	Referral Needed by Doctor Contact: Maureen Bernado Ph: 9535-9666	
Weight Watchers	Wednesdays - Membership/Nightly Class Cost	Contact: State Office 131 997	

41 Ormsby Terrace, MANDURAH WA 6210 - Ph: 9550 3799