

CONCORD SENIOR CITIZENS CLUB

Current Activities for the over 50's of our Local Government Area

Concord Senior Citizens Club Inc
9-11 Wellbank Street, Concord NSW 2137

Telephone (Barry) 0401 887 192
All correspondence to the Secretary.

DAY	ACTIVITY	TIME	Cost \$
MONDAY	HANDICRAFT (Items made for Charities)	9am to 11.30am	\$2.00
	ART GROUP	9am to 12noon	\$3.00
	TONING AND CONDITIONING (Accredited Trainer Andrew)	1.30pm to 2.30pm	\$15.00
	GENTLE AEROBIC EXERCISE (Accredited Trainer Andrew)	2.30pm to 3.30pm	\$15.00
	YOGA (Beginners Class) (Accredited Teacher Katherine)	5.30pm to 6.30pm	\$15.00
TUESDAY	TABLE TENNIS (Bats Available, must be able to play to a reasonable standard)	6pm to 8.30pm	\$3.00
WEDNESDAY	GENTLE AEROBIC EXERCISE (Accredited Trainer Andrew)	9am to 10am	\$15.00
	YOGA (Slow Flow Vinyasa) (Accredited Teacher Katherine)	3pm to 4pm	\$15.00
THURSDAY 1 ST & 3 rd Thur	TONING AND CONDITIONING (Accredited Trainer Andrew)	10.30am to 11.30am	\$15.00
	STITCHING HEARTS – Quilting	11.30am to 4pm	\$2.00
FRIDAY	TABLE TENNIS (No vacancies at this time)	8.00am to 12.30pm	\$3.00
	LINE DANCING (Teacher Robert/Michelle)	1.30pm to 2.30pm	\$15.00
	YIN YOGA & MEDITATION (Accredited Teacher Katherine)	3pm to 4pm	\$15.00
CONTACTS: Yoga KATHERINE 0404 032 346 All Other BARRY 0401 887 192			
GENERAL ENQUIRIES CONTACT BARRY 0401 887 192		As at 1 January 2025	