

Mt Eliza Fifty Five Plus Club

Activities Program 2024/2025

We are open from Monday to Saturday every week and our activities range from Table Tennis, Yoga, Snooker and Billiards, a Theatre Group, New Vogue Dancing, Strength Classes, Line Dancing Classes, Card Games (Solo), Mat Pilates, Tai Chi, Indoor Bowls, Balance with Age classes, Zumba Gold, Friday Films and many get together and social activities.

MONDAYS

Table Tennis: 9 am to 12 pm

Snooker: 1 pm to 4 pm

Yoga \$5: 12:30 to 1:30 pm

Theatre group: 2 pm to 4 pm

TUESDAYS

Sequence New Vogue Dancing: 9:45 am to 11:45 am

Strength Class \$5: 12 pm to 1 pm

Card Games (Solo): 1 pm to 4 pm

Line Dancing Beginners Basic \$5: 2:00 pm to 3:00 pm

Line Dancing Intermediate \$5: 3:15 pm to 4:15 pm

WEDNESDAYS

Mat Pilates \$5: 9:30 am to 10:30 am

Thai Chi \$5: 10:45 am to 11:45 am

Indoor Carpet Bowls: 1 pm to 4 pm

Snooker: 1 pm to 4 pm

THURSDAYS

Table Tennis (in partnership with U3A Frankston): 1:30 pm to 3:30 pm

FRIDAYS

Billiards: 10 am to 12 pm

Balance with Age: 10 am to 11 am

Zumba Gold: 11:30 am to 12:30 pm

Friday Movie (fortnightly) \$5: 1:30 pm. Check upcoming films on our website or Facebook.

Every other Friday (fortnightly): 12:30 pm onward. Social get together for tea/coffee.

SATURDAYS

Snooker: 1 pm to 4 pm

Indoor Carpet Bowls: 1 pm to 4 pm

FIRST & FIFTH SATURDAY NIGHT of each month

New Vogue Dancing \$5: 5 pm to 9 pm

Call Jenny on (03) 5672 4810 for more information.

All activities are \$3 unless otherwise stated.

This covers morning and/or afternoon tea/coffee/biscuits.

Check out our website or Facebook page to keep up-to-date:

<https://mteliza55plusclub.org.au>

<https://www.facebook.com/mteliza55plus>

Leave a message on our mobile if you have a query:

mobile: 0435 108 608