

# Mt Eliza Fifty Five Plus Club

## Activities Program 2025

We are open from Monday to Saturday every week and our activities range from Table Tennis, Yoga, Snooker and Billiards, a Theatre Group, Strength classes, Line Dancing classes, Card Games (Solo), Mat Pilates, Tai Chi, Indoor Bowls, a Mobility Circuit, Stretch classes, Balance with Age classes, Zumba Gold, Friday Films and social activities including a Saturday night dance on the first and fifth Saturday of the month.

### **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**

*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**

*Mobility Circuit \$5:* 10 am to 11 am (commencing 20 February)

*Stretch class \$5:* 11:30 am to 12:30 pm (commencing 20 February)

*Table Tennis:* 1:30 pm to 3:30 pm

### **FRIDAYS**

*Billiards:* 10 am to 12 pm

*Balance with Age \$5:* 10 am to 11 am

*Zumba Gold \$5:* 11:30 am to 12:30 pm

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

### **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