

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: 11 am to 12 pm

Indoor Carpet Bowls: 1 pm to 4 pm

Snooker: 1 pm to 4 pm

THURSDAYS

Mobility Circuit \$5: 10 am to 11 am

Stretch class \$5: 11:30 am to 12:30 pm

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