

Mt Eliza Fifty Five Plus Club

Activities Program 2026

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

MONDAYS

Table Tennis: 9 am to 12 pm

Snooker: 12 to 4 pm

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

Theatre group: 2 pm to 4:30 pm

TUESDAYS

*Strength **Plus** Class \$5: 10:30 to 11:30 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 Improvers \$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

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 0494 **MONDAYS**

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>

Please TEXT on our mobile if you have a query:

TEXT: 0435 108 608