

Mt Eliza Fifty Five Plus Club Activities Program June 2026

We open from Monday to Saturday every week and our activities range from Table Tennis, 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.

MONDAY

Table Tennis:

9 am to 12 pm

Snooker:

12 to 4 pm

Theatre group:

2 pm to 4 pm

TUESDAY

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 pm to 3 pm

Line Dancing Improvers \$5:

3:15 pm to 4:15 pm

WEDNESDAY

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

THURSDAY

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

FRIDAY

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.

SATURDAY

Indoor Carpet Bowls:

1 pm to 4 pm

1st & 5th SATURDAY NIGHT each month

New Vogue Dancing \$5:

5 pm to 9 pm Call Jenny on

0494 104 472 for more information.

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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 our mobile if you have a query: 0435 108 608

Mt Eliza Fifty Five Plus Club

90B Canadian Bay Road, Mount Eliza (behind the Canadian Bay Hotel)

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