

TERM 3, 23rd July - 28th September 2018

Welcome to the Mitchell Park Neighbourhood Centre online newsletter. Our aim is to respond to the health, welfare and community needs of adult and children by offering a range of recreational and educational programs.

Read on to find out more.

[VISIT OUR WEBSITE](#)

Silver Liners Social Group

A vibrant social group for active over 50's. Silver liners gives you the opportunity to make new friends the group meet fortnightly. Enjoy walks, bowling, outings the ideas are endless.

Thursdays
1.00pm - 4.00pm
COST: \$5.00

T8375 6804
Bookings essential



Basic Beading for Beginners

Whilst relaxing discover the skills of creating a beautiful piece of jewellery designed and made by you. This beginners class which will give you all the tips on creating your own masterpieces.

Wednesdays
9.30am - 11.30am
COST: \$5.00

T8375 6804
Bookings essential

Non-basic beads are available at an additional cost.



Women's Wednesday Walkers

Do you enjoy walking?
Would you like to meet new people?
Want extra motivation to stay committed?

Wednesdays
9.00am - 10.00am
COST: \$1.00 with Morning Tea

T8375 6804
Bookings essential



Wacky Wednesday

Fun, laughter and friendship. Join our fun loving group of seniors who meet weekly for lunch. Enjoy a range of activities including guest speakers, entertainment, outings and more!

Wednesdays
11.00am - 2.30pm
COST: \$10.00 if registered with CHSP or \$14.00 for non-registered participants.

T8375 6804
Bookings essential



Flexi Fitness

An easy to follow, gentle chair based exercise, focusing on balance, a range of motions and co-ordination. Our friendly class makes fitness fun! Suitable for all fitness levels.

Mondays
12.30pm - 1.30pm OR 1.30pm - 2.30pm
COST: \$5.00 per session

T8375 6804
Bookings essential



FOR A FULL LIST OF OUR
PROGRAMS & EVENTS VISIT
OUR EVENT CALENDAR

[CLICK HERE >](#)



Mitchell Park Neighbourhood Centre | 1 Cumbria Court, Mitchell Park | 8375 6804

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