

Move & Groove

55+ EXERCISE GROUP

Ingrid Smith 0419 944 917

BOOT SCOOTING

Shirley Clark 0455 283 231

CARPET BOWLS

John Rose 0427 061 203

GENTLE GYM

Sue Melville 0428 170 336

TUESDAY EXERCISE GROUP

Rosemary Wanless 9071 4270

Arty Crafty Stuff

CREATIVE LINE (SKETCHING)

Kath Bowering 0447 363 257

HOBBY PAINTERS

Cheryl Allen 9071 1892

KNITTING GROUP

Midge Dansey 9071 3196

PAINT BY NUMBERS

Cheryl Green 0418 940 638

PATCHWORK GROUP

Ruth Coates 0436 477 392

PORCELAIN PAINTERS

Frances White 0477 060 570



Cards & Table Games

BRIDGE

Ruth Kirchner 0427 751 087

CRIBBAGE

Lesley Higson 9071 5764

MAHJONG

David Ovans 0427 720 834

RUMMEKIN

Barbara Murray 9071 4639

Wednesday Lunch

For information please contact
the office on (08) 9071 2268

Info & Other Sessions

DEATH CAFÉ (BI-MONTHLY)

Sue Starr 0439 524 111

PAPER OBJECTS BOOK CLUB

Sue Wilson 0407 869 311

QUIZ (MONTHLY)

Sally Ashbil 9071 2486

PARKINSONS SUPPORT (MONTHLY)

Faye Rolland 0409 385 688

Music & Singing

ESPERANCE COMMUNITY SINGERS

Erica Neilson 0429 113 201

SING-A-LONG

Sally Ashbil 9071 2486

UKULELE

Dianne Chapman 9072 0514

ESPERANCE SENIOR CITIZENS CENTRE

WEEKLY ACTIVITY PROGRAM 2025/2026



**Lot 12, Forrest Street
PO Box 1093**

Esperance 6450

Phone: (08) 9071 2268

Office Hours: 9am-1pm

Email: seniorcitz@outlook.com

Monday

- 9:00am-10:00am Fab Fit
1:00pm-3:00pm Knitting group
1:30pm-4:00pm Porcelain Painting
1:00pm-3:30pm Quiz afternoon
(3rd Monday)
1:30pm-2:30pm Management Committee
Meeting (4th Monday)



Tuesday

- 10:00am-11:00am 55+ exercise group
1:00pm-3:30pm Rummekin
1:00pm-3:45pm Mahjong
7:00pm-9:00pm Esp Community Singers



Wednesday

- 9:00am-11:00am Carpet Bowls
12.00pm Wednesday Lunches

WEDNESDAY LUNCH ORDERS MUST BE MADE BY FRIDAY PRIOR.

Please write your name on the list
pinned on the noticeboard.

CANCELLATIONS TO THE OFFICE PLEASE
BY 9:30am ON THE DAY - 90712268

- 1:00pm Bridge
1:30pm-3:00pm Sing-a-long
2:00pm-4:00pm The Creative Line
(Sketching class)
5:00pm-5:30pm Beginner Ukulele
5:30pm-7:00pm Ukulele

Thursday

- 9:00am Esp. Patchwork Club
(Fortnightly)
9:00am-10:00am Fab Fit
10:00am Hobby Painters
10:00am-11:00am Gentle Gym Exercises
1.00pm Cribbage
3.00pm-4.30pm Boot Scooting

Friday

- 8:45am-9:45am Fab Fit
9:30am Bridge (Beginners)
(Bi-monthly)
10:00am Death Café
(Bi-monthly)
10am-12:00pm Parkinsons Support
Group (2nd Friday)
10:00am-11:00am 55+ Exercise Group
1:00pm-3:00pm Paint by Numbers

Saturday

- 10:00am Death Café
(Bi-monthly)
1:00pm Bridge
1:00pm-3:00pm Paper Objects Book
Club (1st Saturday)

Sunday

- 1:00pm - 3:00pm Carpet Bowls
Annual membership - \$35
Tea & coffee - \$1.00 per cup

Find us on Facebook 

Our thanks to Horizon Power for the
Community Grant allowing us to upgrade
our office.