

COVIDSAFE



Working together
to stop the spread

MCC SENIORS

2022 SENIOR PROGRAMS



MONDAY

Tai Chi	9.15am-10.15am	\$9.50 per person
Mordi walkers	9.30am-11.30am	Free activity
Easy Exercise	10.30am-11.30am	\$8.50 per person
Star Weaving	10.30am	FREE ACTIVITY
The Chatty Cafe NEW	10.30am	FREE

(includes bottomless morning tea)



TUESDAY

Bike riders	9.30am-11.00am	\$40 annually
Western Mahjong	10.00am-12.00pm	\$3.50 per person

WEDNESDAY

Easy Exercise	9.15am-10.15am	\$8.50 per person
Table Tennis	9.30am-10.30am	\$3.50 per person
Eastern Mahjong	10.30am-12.30pm	\$3.50 per person
Indoor Seniors Bowls	10.45am-12.30pm	\$3.50 per person



THURSDAY

Jazzercise NEW	9.00am-9.45am	\$8.50 per person
Bike riders	9.30am-11.00am	\$40 annually
Zumba	10.00am-10.45am	\$9.50 per person
Pryme ball	11.00am-12.30pm	\$3.50 per person

FRIDAY

Easy Exercise	9.15am-10.15am	\$8.50 per person
Western Mahjong	10.00am-12.00pm	\$3.50 per person

\$10 annual family membership is payable at the start of term 1 All classes are subject to minimum participation numbers.

For further information please email: kathy@mordicc.org.au or contact the centre on 9580 3675