



MELBOURNE SOUTH YARRA RESIDENTS GROUP INC.

Established by the residents of South Yarra in 1969

BULLETIN about our South Yarra Senior Citizens Centre (SYSCC)

65 Toorak Road West – in Fawkner Park

TECHNOLOGY TRAINING SEMINARS

Learn about Smart Phones, iPads, tablets, computers (both Apple and Android)

Location: SYSCC, 65 Toorak Road West

-in Fawkner Park near corner of Toorak Road West and Millswyn Street

Start Date: Wednesday 5th June and then every 1st and 3rd Wednesdays thereafter

Time: 1.30 pm to 3.00 pm

Cost: \$15 and \$5 for pension and concession card holders

Ring & Book: Centre Manager, Mr Farhad Maleki, 9820 2760/0408 673 342 (between 10 am and 3.00 pm)

MORE ACTIVITIES

AT SOUTH YARRA SENIOR CITIZENS CENTRE

Lunch: This is subsidised by the City of Melbourne and a very enjoyable 3 course lunch can be purchased for \$7.90. Available 3 days per week on Monday, Wednesday & Friday. This is a great way to meet other members of your community.

Bookings must be made with Centre Manager, Mr Farhad Maleki on 9820 2760/0408 673 342 (between 10 am and 3.00 pm). Please book 3-5 business days in advance

Yoga: Simply Yoga with Yolanda every Tuesday at 10am to 11am. This class has fantastic feedback. Cost \$15 or \$5 for pension or concession card holders.

Mah-Jong: Every Wednesday morning at 10.30am. **Free.**

Tai Chi in the Park: Every Thursday from 9 am to 10 am followed by morning tea in the centre. Cost \$3

Italian Classes: By Skype every 1st & 3rd Friday from 11.am to 12pm. Free

Cultural Lunch: Different cuisines such as Greek, Italian, Mexican etc. Set Menu from 12pm to 1pm on the second and last Friday of each month followed by Music matters. Cost \$7.90

Music Matters: Second & last Friday of the month at 1pm. Free

Cards: Solo every Monday starting at 10.30am and recommences at 2.30pm.

SOUTH YARRA SENIOR CITIZENS CENTRE NEEDS OUR SUPPORT TO REMAIN A VIABLE CENTRE & KEEP ITS DOORS OPEN

The City of Melbourne *Neighbourhood Activity Program* aims to provide opportunities for older people, people with a disability and their carers, to increase social connection and improve physical and mental well-being. These activities are sponsored by the City of Melbourne and every senior citizen is eligible to participate in the activities offered. People of all nationalities, genders, sexual diversity and from all walks of life are welcome.

Contact: Centre Manager: Mr Farhad Maleki, 65 Toorak Road West, South Yarra

Monday to Friday 10am-3pm. **Phone 9820 2760 or 0408 673 342**

healthyageing@melbourne.vic.gov.au or phone 9658 9190