

SOUTH YARRA SENIOR CITIZENS CENTRE (SYSCC)

(HEALTHY AGEING ACTIVITIES)

The 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 wellbeing. These activities are sponsored by the City of Melbourne and we encourage you to participate. The SYSCC needs your support to remain a viable activity centre.

Centre Activities

The SYSCC offers many activities in its delightful centre in Fawkner Park which you can participate in. They are often free or a small fee may apply, these include;

Lunch: This is subsidised by the City of Melbourne and a very enjoyable 3 course lunch can be purchased for \$7.90 but bookings must be made with the Manager Farhad preferably 3-5 business days in advance. Available 3 days per week on Monday, Wednesday & Friday. This is a great way to meet other members of your community.

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 9am to 10am followed by morning tea in the centre. Cost \$3

Italian Classes: By Skype every 1st & 3rd Friday from 11.0am 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.

Technology Training: SmartPhones, Ipads, Tablets Computers both Apple and Android Commences Wednesday 5th June and every 1st & 3rd Wednesdays thereafter from 1.30pm to 3.0pm Cost \$15 and \$5 for pension or concession card holders.

Who can attend: If you are an older person who lives in the City of Melbourne you are very welcome to attend and participate in the activities this program has to offer. People of all ages, nationalities, genders, sexual diversity and from

all walks of life are most welcome. No prior experience is necessary and all equipment and material supplied

South Yarra Senior Citizens Centre

Centre Manager :Mr Farhad Maleki

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Monday to Friday 10am-3pm

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