

# Activity Groups Program – March 2020

- Expand your social network
- Meet people who speak your language and share your hobbies
  - Enrich your life and participate in the community

## 1. Ashfield Activity Group

### Dancing Group

Date: Every Monday – March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> (Group activity stopped on 13/4, 8/6, 24/8, 7/9, 14/9, 21/9 and 5/10)

Time: 9am to 12:00pm

Activities: 9am Social Dance/ 11:30am Line Dance

Venue: Ashfield Civic Centre Town Hall, 260 Liverpool Rd, Ashfield NSW 2131

Fee: \$1 for members  
\$2 for non-members

### General Activity Group

Date: Every Tuesday – March 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> (Please note that the venue will be closed on 10/3, 14/4, 12/5, 9/6, 14/7, 11/8, 1/9, 8/9, 13/10, 10/11, 8/12)

Time: 9:30am to 12:00pm

Venue: Underground Activity Room 3, Ashfield Civic Centre, 260 Liverpool Rd, Ashfield NSW 2131

Activities: 9:30am Fitness Dance/ 10am Conversational English class/ 11:30am Environmental care activity or joint exercise

Fee: \$1

## 2. Gordon Activity Group

Date: Every Tuesday – March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>.

Time: 9:30am to 12:00pm

Venue: **Meeting room 1 (left turn after entrance)**, Ku-ring-gai Gordon Library, 799 Pacific Hwy, Gordon

Activities: Chinese Square dancing class and Karaoke (Birthday celebration tea party will be held on the last Tuesday every month, instead of Karaoke.

Participants will be entertained with birthday cake and delicious Dim Sim share)

Fee: \$1 for members

\$1.5 for non-members

## 3. Campsie Activity Group

Date: Every Tuesday – March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>.

Time: 9:30am to 1:30pm

Venue: CASS Activity Centre. 44-50 Sixth Ave, Campsie 2194

Activities:

9:30am Tai Chi series: Eight-sectioned Exercise, Kung Fu Fan/

10:00am Line Dancing, Chinese Square Dancing

11:00am Morning tea and Karaoke/ 11:20am Singing class

12pm Social Dance/ 12:30-1:30pm Dancing revision

Fee: \$1.50

## 4. Burwood Activity Group

Date: Every Tuesday – March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>.

Time: 9:00am to 12:00pm

Venue: New Burwood Park Community Centre. 2B Comer Street, Burwood

Activity: 9am Morning exercise/ 9:30am Conversational English class

10:30am Morning tea/ 10:45am Conversational English class

Fee: \$1.50 for members

\$2 for non-members

## 5. Hua Xing Activity Group (Bankstown)

Venue: Bankstown Senior Citizens Centre

7 West Terrace Bankstown

Fee: (Wednesday) \$3.00 per person/ (Thursday) \$1.00 per person

**Every Wednesday – March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>.**

Activities: 9am Fitness exercises including Tai Chi, 18 Moves, 8 Sectioned, 32 Form Tai Chi swordplay, and Fitness exercise.

10am Teatime/ 10:30-11:40am Line Dancing and singing session

\*Snooker, Chinese Chess and free blood pressure measuring service also available

**\*\*Karaoke (\$1 additional fee) from 1pm to 4pm**

**Every Thursday – March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.**

Activities: 1pm Fitness exercises including Tai Chi 18 Moves, Eight-sectioned Exercise and 32 Form Tai Chi swordplay

2:00pm Tea break/ 2:20pm – 4:00pm Chinese Square dancing and dancing session

\*There are only 3 vacancies for haircut service every Thursday. Pre-registration (\$3) is necessary.

**\*\*Conversational English class is held on each Friday between 9am and 12pm at Navitas Bankstown, 2 Jacobs St, Bankstown 2200 (✂ starting from 13<sup>th</sup> March 2020)**

## 6. Wollongong Activity Group

Date: Every Wednesday – March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>

Time: 9:30am to 3:30pm

Venue: Coniston Community Centre (next to Coniston Station), 26 Bridge Street, Coniston 2500

Activities: Music appreciation, fitness exercise, news reading, Bingo, card games, lunch and other entertainment (chess, Mahjong, Karaoke etc.)

Fee: \$2

## 7. (NEW) Castle Hill Activity Group

Date: Every Thursday – March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> (During NSW school holiday period, activity will be held on Fridays)

Time: 9:30am to 11:30am

Venue: Wrights Road Community Centre. Activity Room 3. Wrights Road, Castle Hill NSW 2154

Activities: Square dance, singing class and cheongsam show exercise on the last week every month

Fee: NIL

## 8. St Georges Activity Group

Date: Every Friday – March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>.

Time: 9:30am to 1pm

Venue: Kogarah School of Arts, Bowns Road and Queen Ave intersection

Activities: Conversational English class, dancing, Chinese painting (the first week of the month), oil painting (the second week) and Chinese calligraphy(the third week).

Fee: \$1 for members

\$1.5 for non-members

## 9. Auburn Activity Group

Date: Every Friday – March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>.

Time: 2:30pm to 4:30pm

Venue: Auburn Centre for Community, 44A Macquarie Rd, Auburn NSW 2144

Activities: Square dance and folk dance as main activities, as well as fitness exercise

Fee: \$1 for members

\$1.5 for non-members

**\* Two free Mandarin information sessions about understanding coronavirus will be held by CASS at Gordon Library and West Ryde Community Centre respectively.**

**Gordon Library: 10am, 6<sup>th</sup> of March, at Meeting Room 1, Gordon Library. For booking, please call 9789 4587.**

**West Ryde: 10am, 9<sup>th</sup> of March, at CASS Ryde Community Services Centre, Suite 6, West Ryde Community Centre, 3 Anthony Rd, West Ryde, For booking, please call 0408 870 143.**

**\*\* Free form filling service is available at Rockdale Library (Level 1, Room 1.1, 444-446 Princes Highway, Rockdale) from 10am to 12pm every Friday.**

**Make an appointment at CASS Head Office (02) 9789 4587 (press “2” for reception).**

For further enquiries, please contact CASS at (02) 9789 4587 (press “2” for reception) during weekdays from 9am to 12:30pm, 1pm to 5pm, or visit our website [www.cass.org.au](http://www.cass.org.au)