

# SENIORS WEEK

10 - 17 NOVEMBER 2024



## MONDAY 11

### Denmark Rec Centre

10.00am Pilates Fundamentals  
10.00am-11.30am Table Tennis  
11.00am Chair Yoga



## TUESDAY 12

### Denmark Rec Centre

9am -10am Music & Moves  
10am - 10.45am Weight It Out  
11am Qi Gong -(FREE)  
9.30 -11.30am Badminton

## WEDNESDAY 13

### Denmark Rec Centre

9am -10am Balls and Bands  
10am - 11am Chair Yoga  
12.30pm-1.30pm Chair Volleyball  
(FREE)

## THURSDAY 14

### Denmark Rec Centre

9am – 10am Body Stretch



## FRIDAY 15

### Denmark Rec Centre

8am – 9am Fundamental Pilates  
8.30am - 10.00am Pickleball



### Denmark Library

2pm Poetry Reading - Come to read; come to listen; come to celebrate poetry with a group of fellow poetry lovers.



### Denmark Library

1.30 - 3pm Mah-jong  
Play Mah-jong and enjoy a chat with a cuppa.



### Seniors Lunch

11.30am-2.30pm Denmark Seniors Luncheon at Boston Brewery  
Bookings Essential  
<https://events.humanitix.com/2024-seniors-week-luncheon>

### Denmark Library

11.30am Bird Calls and Identification Session  
Learn all about our local bird life with Kirsty from the Denmark Bird Group.



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## Boston Brewery

South Coast Hwy, Denmark

### Denmark Seniors Luncheon | FREE

Thu 14 Nov, 11.30am - 2.30pm

A free celebration hosted by the Shire of Denmark with entertainment, food, fun, prizes and more!

**The theme this year is:  
"Explore. Engage. Evolve."**

The luncheon is open to Denmark residents aged 60+ and their carers. Bookings essential.

To book, scan QR code or follow link below.  
<https://events.humanitix.com/2024-seniors-week-luncheon>



For further information  
Ph: 9848 0336

## Denmark Library

16-20 Strickland St, Denmark

### Poetry Reading | FREE

Tue 12 Nov, 2pm

A great way to enjoy poetry being read out loud. Come to read; come to listen; come to celebrate poetry with a group of fellow poetry lovers.

### Mah-jong | FREE

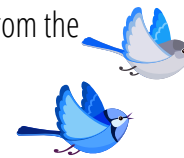
Wed 13 Nov, 1.30pm-3pm

Come and join in a social game of Mah-jong. Play and enjoy a chat with a cuppa.

### Bird Calls and Identification | FREE

Fri 15 Nov, 2pm

Learn all about our local bird life with Kirsty from the Denmark Bird Group.



For bookings or further information  
Ph: 9848 0306

## Denmark Recreation Centre

Brazier St, Denmark

### Chair Volleyball and Qi Gong | FREE

### Fitness Programs | Cost \$9.50 session

Chair yoga, Slow Flow Pilates, Zumba Gold, Body Core and Balance and Body Stretch are a series of low impact exercise programs suitable for seniors of all fitness levels and abilities.

Refer to schedule on front page for class dates and times.

### Table Tennis, Pickleball & Badminton

Cost \$5.00



For bookings or further information  
Ph: 9848 0344

## Denmark Community Resource Centre (CRC)

2 Strickland St, Denmark

To see what's on at the CRC for Seniors Week, visit  
<https://denmarkcrc.com.au/events/> or call 9848 2842



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