

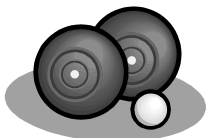
## Join Us Now!

*Membership is a modest \$12 a year*

*Meetings are held fortnightly*

*The club has activities every day of the week:*

- Computer/Internet Classes
- Whist
- Heart Moves (Gentle Aerobics)
- Walking Group
- Monthly Bus Trips
- Craft
- Concert Group
- Carpet Bowls
- Two Holidays a Year
- Hit Show Tickets



*Join in one of our many activities.*

## Meeting Dates 2010

(Part year only)

8th July	22nd July	
5th Aug	19th Aug	
2nd Sept	16th Sept	30th Sept
14th Oct	28th Oct	
11th Nov	25th Nov	
9th Dec		



**Dapto Seniors**

CPSA Dapto Seniors  
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Dapto NSW 2530

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*CPSA Dapto Seniors*

**The Local Club  
for all Pensioners  
and Superannuants**



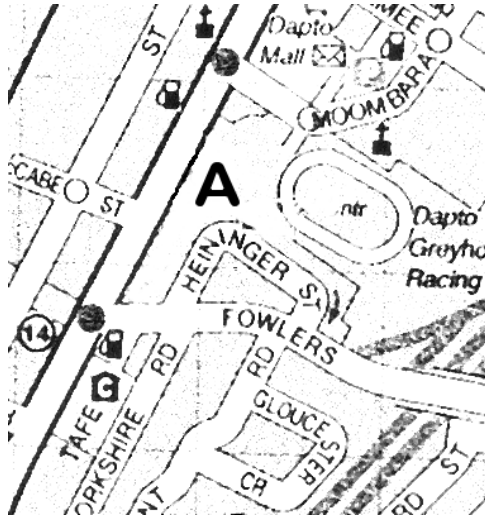
# Are you a Senior?



**Dapto Seniors**

*CPSA Dapto Seniors*

# CPSA Dapto Seniors



A = Heiningers House

## FORTNIGHTLY MEETING

The club meets every two weeks in the hall at Heiningers House adjacent to the Ribbonwood Centre on the highway near the centre of Dapto.

### For your SatNav:

Latitude -34.49744 Longitude 150.79317  
That will take you straight to the car park.

### Join us:

Meetings start at 10.30 am but come early to have a cup of tea, a chat, buy a raffle ticket and browse our trade table for bargains of household items, clothes, books, plants and much more.

## WEEKLY ACTIVITIES

### Craft - Monday 9 am and Tuesday 7 pm

A very social group. Knitting, sewing, crochet, quilting and many other activities. Exchange skills, techniques and ideas.

### Concert Group - Monday 1 pm

Any talents? Singer, actor, musician... whatever it is the concert party has a place for you. Three concerts a year and a good time.

### Computer Classes - Weekly

Free, personal instruction on using a computer and browsing the Internet. Course starts from the very basics such as using the mouse to more advanced techniques and moves at YOUR pace. Book an appointment at the next meeting.

### Carpet Bowls - Tuesday 8 am

Another social group having a lot of fun. 8am too early? Never mind, come a bit later; the important thing is to enjoy yourself.

### Whist - Wednesday 9.30 am to 2.15pm

All skill levels catered for. Good company, friendly competition. Bring lunch.

### Heart Moves - Thursday Noon

Gentle aerobic exercises for fitness and health.

### Walking Group - Fortnightly Fridays

Meet at Dapto railway station at 7.45 am to catch the 8 am Sydney train (occasionally we travel south but meet at the same time). If you are late - upstairs, second carriage.

### Bus Trips - Monthly

Fascinating visits to interesting places. Usually \$10 + any entry fee.

### Theatre Trips

Take advantage of our group bookings to see the finest hit shows in Sydney at the best possible prices.

### Holidays - Twice Yearly

Departing in Spring and Autumn usually for a 6 day tour.

### Picnics and Lunches (about five a year)

Lunches and picnics are held throughout the year interspersed with the occasional pie and peas nights. Great fun for all concerned.



If you have any skill or ideas for a new group we always welcome new members and new ideas. Why not come along to a group activity and see if it suits you? We encourage you to call us and participate before you join.

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