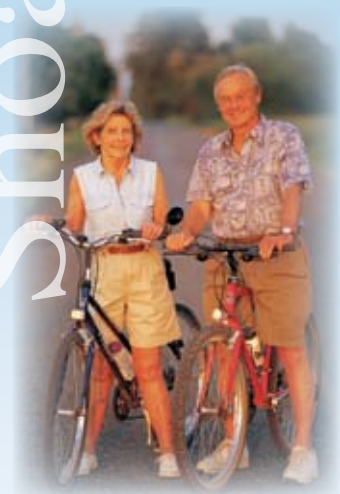


Shoalhaven



Activities for Seniors

Prepared by the
Community Development Team
2011

City Administrative Centre, Bridge Road, Nowra

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Activities for Seniors

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For Further information:

Community Development officer
Ageing and Disability
Shoalhaven City Council
Phone: 44293411
www.shoalhaven.nsw.gov.au

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This project is funded by Shoalhaven city Council



Activities for Seniors

20 May 2010

Mayor's foreword

Enjoy a laugh every day, work up a sweat on some days, play chess or bridge, floss, dance, and run around with your children or grandchildren. Maybe you could fly a kite with them in our city's wonderful parks and gardens. These simple pleasures will keep you active and mentally healthy for the best years of your life.

This small booklet is full of ideas to help you achieve this, except for the flossing, but you should be doing this every day.

We are a growing city, and Council is committed to seeing all our citizens have access to wonderful events and glorious parks. You should visit the magnificent Shoalhaven Entertainment Centre this year. You could also join a choir, or play guitar with friends. All these choices are on offer. Now it's up to you. I hope that each citizen is able to enjoy themselves in everything that they do. And one of the best things is that these choices are easily affordable.



Kind regards

A handwritten signature in blue ink, which appears to read 'Paul Green'.

Paul Green
Mayor
City of Shoalhaven

Whole Shoalhaven

Combined Pensioners and Superannuates
Association of NSW Inc..... 4422 9616

The Combined Pensioners and Superannuates Association of NSW Inc has branches at Culburra, Shoalhaven Heads, Callala Beach, Nowra, St. Georges Basin, Sussex Inlet, Manyana, Callala Bay and Milton/Ulladulla. A lobby group for pensioners and low income people. Outings and functions are arranged for members and invited friends. Meetings: Last Friday bi-monthly starting in January and held on a rotation basis at the Branches.

Camellias Shoalhaven..... 4421 4323

Meet: Monthly from March - October on 2nd Sat

Location: Meeting Room, Shoalhaven City Library, Berry St Nowra

Combined Country Women's Association (CWA) Choir..... 4423 2164

Meet: Rehearsals every Fri 9.00am to 10.30am (Feb-Nov)

Location: Berry CWA Hall, Victoria Street (opp Showground)

Fellowship of Australian Writers, Shoalhaven Branch..... 4421 0111

Meet: Second Saturday of the month at 10am

Location: Arts Centre, Nowra

Lioness Club of Shoalhaven..... 4441 5946

Meet: 1st Wednesday at 6.30pm

Location: Bomaderry RSL.

Just Walk It - National Heart Foundation..... 4464 1391

Lyrebird Guitar Circle..... 4465 1213

Meet: Thursday evening during school terms 7.30pm

Location: Havenlee School, Judith Drive, North Nowra

Activities for Seniors

Probus Club of Shoalhaven Inc	4421 8864
Meet: 1st Monday monthly 9.30am	
Location: Nowra Golf Club	
Raised Voices Inc	4443 5615
Meet: Tuesdays at 7.30	
Locations: Tomerong School of Arts (excluding school holidays)	
Shoalhaven Art Society Inc.....	4422 1794
Meet: 2nd Thursday of the month	
Location: Shoalhaven Arts Centre Berry St Nowra	
Shoalhaven Astronomers.....	4423 2255
Meet: 3rd Friday of the month at 7.30 for 8pm	
Location: Shoalhaven University Campus West Nowra	
The Shoalhaven Avicultural Society Inc.....	4447 3208
Meet: 2nd Tuesday monthly	
Location: P.C.Y.C. Park Road, South Nowra	
Shoalhaven Bicycle Users Group.....	4423 2943
Meet: 1st Wednesday monthly except January	
Shoalhaven and Kiama Districts Auto Club.....	4422 9468
Meet: 2nd Mon of the month	
Location: Archer Race Course, South Nowra	
Shoalhaven Bushwalkers Inc.....	4441 1172
Meet: Mid-week (Wednesday) one day walks,	
Location: Nowra Town Band Hall and private homes	
Shoalhaven Caravan Club.....	4443 2775
South Coast Caravan Club of NSW.....	0450 093 045
Meet: Rally Monthly	
Shoalhaven City Concert Band.....	4421 0749
Meet: Tuesday Seniors 7.30-9.30pm	
Location: School of Arts Annex, Nowra, school terms	

Shoalhaven City Pipes and Drums Band.....	4424 3059
Shoalhaven Country Line Dancers.....	4443 3193
Meet: Thursday evenings from 7 to 9 pm	
Location: Sanctuary Point Youth and Community Centre	
Meet: 12 to 4pm	
Location: St Georges Basin Country Club	
Shoalhaven District Senior Citizen's Association Inc.....	4423 0134
Location: Senior Citizen Centre Berry St Nowra	
Shoalhaven District Tennis Association.....	4423 2504
Location: Narrang Rd or West St Complex	
Shoalhaven District War Widows Guild Club.....	4441 7094
Location: Legacy House at 10.30am	
Shoalhaven Ex-Servicemen's Women's Bowling Club.....	4421 6422
Meet: Every Tuesday and Thursday 10 am	
Location: Sports Club Worrigee	
Shoalhaven Family History Society Inc.....	4423 1584
Location: Old Pyree Hall	
Shoalhaven Folk and Bush Dance Club.....	4421 0557
Meet: Friday nights 8.00-10.00pm during school term	
Location: Cambewarra School of Arts	
Shoalhaven Four Wheel Drive Club Inc.....	0434839751
Location: North Nowra Scout Hall, Rock Hill Road, North Nowra	
Shoalhaven Game Fishing Club Ltd.....	4405 5304
Shoalhaven Garden Club Inc.....	4421 4321
Meet: 3rd Monday of the month	
Location: Masonic Hall, Moss Street, Nowra 7.30pm	
Location: Uniting Church Hall, Bomaderry 1.30pm	

Activities for Seniors

Shoalhaven Heads Bushcare Group.....	4448 7680
Meet: Every Tuesday between 8-10am.	
Location: Ring for details of meeting place	
Shoalhaven Historical Society Inc.....	4421 7008
Meet: 4th Monday of each month, Feb to Nov at 7.30pm	
Location: Nowra Museum	
Shoalhaven Historic Vehicle Club Inc.....	4447 8340
Meet: Runs are held on Sundays and Wednesdays	
Location: Nowra Showground Committee Rooms	
Shoalhaven Indoor Soccer.....	4422 0732
Shoalhaven Ladies Probus Club Inc.....	4423 6582
Meet: 1st Thursday month at 10am	
Location: Nowra Golf Club	
Shoalhaven Lydian Singers Inc.....	4448 6076
Shoalhaven Model Flying Club Inc.....	4464 1587
Meet: Flying every Sunday, Tuesday and Friday from 9.00am to 12.00	
Location: Archer Racecourse	
Shoalhaven Movie & Multimedia Group.....	4423 2017
Meet: 2nd and 4th Tuesday monthly at 7pm	
Location: Shoalhaven City Arts Centre Meeting Room	
Shoalhaven Orchid Society Inc.....	4447 8280
Meet: 3rd Wednesday monthly 7.45pm	
Location: Pavilion, Nowra Showground	
Shoalhaven Model Railway Club.....	4441 2422
Meet: 1st and 3rd Saturday 9 - 9.30pm	
Shoalhaven Personal Computer Users Group Inc.....	4422 1057
Meet: 3rd Sunday of the month at 1-5pm, 3rd Friday night at 7-10pm	
Location: Bomaderry Bowling Club	

Shoalhaven Philatelic Society Inc.....	4447 2976
Meet: 2nd Monday monthly (except Jan)	
Location: Shoalhaven Arts Centre, Berry Street, Nowra	
Shoalhaven Photographic Club.....	4464 3486
Meet: 2nd and 4th Wednesdays (except Jan) 7.30pm	
Location: Shoalhaven Art Centre Annex	
Shoalhaven Potters Inc.....	4443 7312
Meet: 3rd Monday of the month 9-3	
Shoalhaven Rowing Club Inc.....	0428 277 728
Meet: 2nd Wed monthly at 7pm	
Location: Clubhouse in Paringa Park	
Shoalhaven Shufflers.....	0414 451 438
Meet: Tuesday mornings at 10.00am	
Location: Bomaderry Squash and Fitness Centre, Narang Road, Bomaderry	
Shoalhaven Vintage Machinery Club.....	4448 3424
Meet: last Wednesday of the month.	
Location: Ring to find venue	
Shoalhaven Wellness Centre.....	4423 6716
Location: Level 1 Bomaderry Bowling club	
Shoalhaven Woodcraft Society Inc.....	4447 8384
Take Heart Training.....	4447 8332
Location: Callala Bay, Huskisson, Nowra, Shoalhaven Heads, Vincentia.	
Ring for location and times	
VIEW Clubs of Australia.....	4448 8424
VIEW stands for Voice, Interests and Education for Women. The club supports The Smith Family. Luncheon/dinner meetings held monthly. Social outings and activities held - moneys raised assist needy families and Learning for Life students through The Smith Family.	

Activities for Seniors

Bay and Basin/ Sanctuary Point

Bay & Basin Leisure Centre..... 4441 7722

Aqua aerobics and gentle fitness and Pilates classes provide a fun,
low impact exercise program for all levels of fitness

Bay and Basin Anglican Bushwalking..... 4443 2250

Meet: 1st and 3rd Saturday

Bay and Basin Bush Potters Inc..... 4443 6013

Meet: Mondays

Location: Community Arts Cottage, 48 Edmund Street

Bay and Basin Community Radio..... 444 39244

Meet: Daily

Location: Sanctuary Pt Youth & Community Centre 5.30pm

Bay and Basin Men's Shed..... 4443 2393

Meet: Daily

Location: 18 Sanctuary Point Road SANCTUARY POINT

Bay and Basin Music Club..... 4443 2250

Bay and Basin Writers Group..... 4443 8926

Meet: every 1st and 3rd Wednesday 1.30 to 4pm at Uniting Church Building,

Meriton Street and 1.30 to 4pm on 2nd and 4th Wednesdays

Location: Lady Denman Heritage Complex, Huskisson.

Berry

Australian Decorative and Fine Arts Society (Shoalhaven) Inc..... 4236 0597

Meet: monthly from March to October

Location: Berry School of Arts

Berry Branch Country Women's Association of N.S.W..... 4464 3187

Meet: Craft mornings every Wed 9.30am to 2.00pm.

Choir practice Friday 9am to 11am.

Berry Bridge Club..... 4464 3009

Meet: Saturday 12.45

Location: Masonic Village

Berry and District Garden Club Incorporated..... 4464 3430

Meet: 3rd Tuesday monthly 7pm for 7.30pm

Location: Berry Masonic Village Hall

Berry Computers For Seniors..... 4448 6267

Meet: 1st and 3rd Wednesday 10 - 12pm

Berry and District Historical Society Inc..... 4464 3097

Meet: 3rd Monday of each month at 1pm

Location: Berry Museum

Berry Drawing Group..... 4464 3391

Meet: Friday 10 -12

Location: Berry School of Arts

Berry Evening VIEW Club..... 4464 3298

Meet: 3rd Wednesday.

Location: Berry Bowling Club

Berry's Men Shed..... 4464 3956

Meet: Tuesday and Thursday from 10am to 4pm

Location: Berry Gateway Uniting Church

Berry RSL Sub Branch..... 4423 1960

Meet: 1st Tuesday monthly at 10.00am

Berry Silver Band..... 4464 1250

Meet: Monday nights 7.30pm to 9.30pm,

Location: Agricultural Hall, Berry Showground

Berry Spinners and Weavers Inc..... 4448 6053

Meet: Every Thursday 10.00am - 2.00pm

Location: Rural (Youth) Hall, Berry Showground

Activities for Seniors

Take Heart Training.....	0417 223 403
Meet: Gentle exercise and Tai Chi Wednesday 9.30am	
Location: Agricultural Hall	
Berry Women's Bowling Club.....	4464 2995
Meet: 3rd Tuesday of month	
Location: Berry Bowling Club	
Probus Club of Berry Inc.....	4464 3525
Meet: Second Tuesday 9.30	
Location: Masonic Village Hall	
Rotary Club of Berry - Gerringong Inc.....	4464 3933
Meet: Thursday 6pm for 6.30 start	
Location: Berry Bowling Club	
Zonta Club of Berry.....	0412 676 578
Meet: 4th Tuesday 6.30pm	
Location: Berry Hotel	
Yoga with Kim Dove.....	4464 3391
Meet: Thursday 6.30 - 8.30pm and Tuesday 9.30 - 11am	
Location: CWA Hall Berry	
Meet: Monday 8 - 9pm	
Location: The Arbour Berry	

Bomaderry

Bomaderry Aquatic Centre.....	4422 7744
Aqua Aerobics, Pilates, Masters Swim Club, Adult Learn to Swim.	
Bomaderry Lions Club Inc.....	4421 8433
Meet: 1st and 3rd Tuesday 6.30pm	
Location: Bomaderry RSL Club	
Bomaderry RSL Sub Branch.....	4422 8420
Meet: 3rd Sunday month	
Location: Bomaderry RSL Club	

Bomaderry Women's Bowling Club Inc.....	4421 2733
Meet: 3rd Tuesday	
Location: Bomaderry Bowling Club	
Heart Foundation Walking.....	4423 0131
Inner Wheel Club of Bomaderry.....	4448 6170
Meet: 2nd Tuesday 1.30	
Location: Bomaderry RSL	
Rotary Club of Bomaderry Inc.....	4421 4456
Meet: every Monday 6:15pm	
Location: Bomaderry Bowling Club	
Satyachela Yoga Centre.....	4423 4222
Meet: Variety of times - Women Only	
Scrabble Bomaderry.....	4422 9793
Meet: Wednesday 11-5pm	
Location: Bomaderry Bowling Club	

Callala/Callala Bay

Callala Beach RSL Sub Branch.....	4446 5676
Meet: 3rd Saturday 10am	
Location: Callala Beach RSL	
Callala Bush Care.....	4446 4793
Callala Beach RSL Woman's Auxiliary.....	4446 5550
Callala Bay Sailing Club/Bushcare.....	4446 6588
Take Heart Training.....	4447 8332
Meet: Gentle exercise and Tai Chi Tuesday 8-9am	
Location: Callala Bay Community Centre	
The courage Within Line Dancers.....	0401 200 720
Meet: Wednesdays 10-12 noon Sunday 1 - 3pm	
Location: Callala Bay Progress Hall	

Activities for Seniors

Currarong

Currarong Arts and Craft Inc.....	4448 3135
Meet: Monday and Saturday	
Currarong Bowling and Recreation Club Fishing Club.....	4448 3388
Currarong Bowling and Recreation Club Ltd.....	4448 3388
Currarong Dune Care Group.....	4448 3013
Currarong Handicraft Fire Brigade Auxiliary.....	4448 3482

Culburra/Orient Point

Culburra Beach Branch Garden Club of Australia.....	4447 4508
Meet: 3rd Saturday	
Location: Community Centre	
Culburra Beach VIEW Club.....	4446 6304
Meet: 1st Wednesday	
Location: Culburra Bowling Club	
Culburra Bowling and Recreation Club Amateur Fishing.....	4447 5177
Meet: Once per month	
Location: Culburra Bowling Club	
Culburra & Districts Senior Citizens Association Inc.....	4447 4794
Meet: Monday 12pm	
Location: Senior Citizen Centre	
Mens Exercise Class.....	4447 2614
Weekly Exercise Class.....	4447 2614

Erowal Bay

Nowra Scottish Country Dance Group.....	4464 2573
Meet: Thursday afternoon at 1.30pm	
Location: Erowal Bay Community Hall	
Erowal Bay Tennis Group.....	4443 8111

Greenwell Point

Greenwell Point and District History Group Inc.....	4447 1641
Greenwell Point Senior Citizens.....	4447 1294
Meet: 2nd Monday 1pm	
Location: Memorial Hall	
Greenwell Point Women's Bowling Club.....	4447 1111
Location: Bowling Club	

Huskisson

Heartmoves.....	4441 6823
Huskisson and District Senior Citizens Club.....	4441 8818
Meet: Indoor Bowls (Monday 9.30), New Vogue dancing (Wednesday 7pm), art, craft (Thursday 10am) and yoga (Monday 9am)	
Location: Community Hall Huskisson	
Laurel Club Huskisson.....	4441 5267
Meet: 2nd Tuesday 1.30pm	
Location: Huskisson RSL	
Lady Denman Heritage Complex Huskisson Inc.....	4441 5675

Activities for Seniors

Wool Road Spinners and Weavers Inc.....4441 5965

Meet: 1st and 3rd Thursdays 9.30am

Location: Lady Denman Heritage Complex

Take Heart Training.....0417 223 403

Meet: Gentle exercise and Tai Chi Wednesday 3pm

Location: Huskisson Community Centre

Jervis Bay

Combined Probus Club of Jervis Bay and Districts..... 4443 0316

Meet: 4th Wednesday 10am

Location: St Georges Basin Country Club

Country Women's Association of Jervis Bay.....0414 631 822

Meet: Tuesday

Location: Huskisson Community Centre

Garden Club of Jervis Bay and Districts.....4443 7695

Meet: 4th Thursday (except December) 2pm

Jervis Bay Cruising Yacht Club Inc.....4423 6198

Meet: Sunday races approx fortnightly

Location: Jervis Bay

Lions Club Jervis Bay.....4443 2911

Meet: 1st and 3rd Thursday 6.30pm

Location: Huskisson RSL

Probus Club of Jervis Bay.....4441 5831

Meet: 3rd Monday

Vietnam Veterans Association of Australia Jervis Bay Branch.....4443 2463

Meet: 3rd Thursday 5.30pm

Location: Huskisson RSL Club

Kangaroo Valley

Heart Foundations Walking.....4465 1037

Kangaroo Valley Community Association Incorporated.....4465 2267

Kangaroo Valley Country Women's Association.....4465 1557

Meet: 1st Tuesday

Kangaroo Valley Historical Society Inc.....4446 0814

Meet: 3rd Monday 1pm

Lions Club of Kangaroo Valley.....4448 8582

Meet: 4th Tuesday

Location: Kangaroo Valley Hall

Kangaroo Valley Senior Citizens.....4465 1873

Meet: 2nd Monday

Location: Kangaroo Valley Bowling Club

Kangaroo Valley Tennis Club Inc.....4465 1034

Meet: 3rd Tuesday

Kangaroo Valley VIEW Club.....4465 1946

Meet: 2nd Friday

Kioloa/Bawley Point

Bawley Point Kioloa Progress Association Inc.....4457 2788

Waminda Club.....4457 2107

Meet: 2nd Monday

Location: Kioloa Community Hall

Heartmoves.....4457 3552

Location: Kiola Community Hall

Activities for Seniors

Lake Conjola

Lake Conjola Tennis Club.....4456 1548

Lake Tabourie

Tabourie Museum Foundation.....4429 8915

Lake Tabourie Bushcare.....4457 3406

Milton/Ulladulla

Alliance Francaise de Milton/Ulladulla.....0451 046 481

Meet: 1st Friday and 2nd Saturday 10am

Location: Gatts Café, The Plaza, Ulladulla

Country Women's Association Milton District Branch.....4455 5254

Meet: 3rd Wednesday monthly at 1.00pm

Location: CWA Hall Milton

Creative Writers of Milton/Ulladulla.....4454 1526

Meet: Mondays at 9.30am-12.00 School term

Location: Kendall Cottage, Ulladulla

Friends Social Support group.....4455 2861

Meet: 3rd Monday of the month at 9.30 am

Gentle Yoga / Pilates.....4455 6600

Heartmoves.....4456 1394

Location: Catholic Church Hall, St Vincents Street.

Heart Foundation Walking.....4454 2884

Lions Club of Ulladulla Milton Inc.....4454 4886

Meet: 1st & 3rd Wednesday monthly

Location: Ex-serviceman's Club Ulladulla

Millhouse Art Society of Milton-Ulladulla Inc.....4455 7211

Meet: Committee meeting 3rd Monday monthly

Milton Charity Motorcycle Club.....4455 1205

Milton District Band Inc.....4454 1102

Meet: Thursday evenings 7pm – 9.30pm

Location: Milton Public School Hall

Milton Follies.....0418 545 707

Milton Quilters.....4454 0308

Meet: 2nd and 4th Thurs

Location: Baptist Church Narrawallee

Milton Social Group Line Dancing.....4454 1183

Meet: Wednesday from 12 noon to 3pm

Location: Anglican Church Hall Milton

Milton Ulladulla District Tennis Association.....4455 4160

Milton Ulladulla Historical Society.....4455 1473

Milton Ulladulla Probus Club Inc.....4455 3547

Meet: 1st Tuesday

Location: Ulladulla Church Hall Milton

Milton Ulladulla and Districts Community4455 7027

Radio Association of Broadcasters (MUDCRAB)Inc.

Meet: Every Day

Milton Ulladulla RSL Sub-Branch.....4455 7677

Meet: 3rd Monday

Milton/Ulladulla & Districts Branch Combined Pensioners and
Superannuants Association of New South Wales Inc.....4455 5987

Meet: Tuesdays and Thursdays from 9.00am to 2.15 pm

Location: Ulladulla Civic Centre Lower Level

Milton Ulladulla VIEW Club.....4455 6748

Meet: 4th Thursday

Activities for Seniors

Murramarang Spinners and Weavers..... 4454 1883

Meet: 1st & 3rd Monday mornings

Nulladolla Pottery Group Inc..... 4454 1518

Meet: 2nd Friday

Location: Milton Courtyard Studios

Probus Club of Ulladulla and Districts Inc..... 4454 3505

Meet: 2nd Tuesday monthly

Location: Uniting Church Hall Milton

The Miltones..... 4455 6721

Meet: Monday 3.30 - 5.30pm

Location: Narawallee Baptist Church Hall

U3A Milton Ulladulla Campus Inc..... 4455 2805

Meet: Courses held Monday to Friday

Location: Harry Higgs Room, Cultural Centre, Milton

Ulladulla and District Lapidary Club..... 4455 1384

Meet: Tuesday 10.00am to 4.00pm

Ulladulla District Combined Pensioners and
Superannuants Association of New South Wales Inc..... 4455 5987

Meet: Tuesdays and Thursdays from 9.00am to 2.15 pm

Location: Ulladulla Civic Centre Lower Level

Ulladulla and District Senior Citizens Social and Welfare Club..... 4455 6025

Meet: Monday and Wednesday's at 9am - 12noon

Location: Lower Level Ulladulla Civic Centre

Ulladulla and Districts Garden Club Inc..... 4455 2406

Meet: last Monday of each month at 9.00am Location: Mollymook Surf Life Saving Club

Ulladulla and Districts Pensioners Social Club Inc..... 4455 4018

Meet: second Monday

Location: Milton Ulladulla Bowling Club

Ulladulla and Districts War Widow's Guild..... 4454 4262

Meet: 4th Thursday monthly 1.30pm

Location: Kendall Cottage

Community Technology Centre Ulladulla Inc..... 4455 1292

Meet: Daily

Ulladulla Evening VIEW Club..... 4455 2739

Meet: 2nd Wednesday monthly (except Jan)

Location: Milton/Ulladulla Ex-Servicemen's Club

Ulladulla Leisure Centre..... 4455 3132

Aqua Aerobics, Pilates, Heartmoves, Adult Learn to Swim.

Mid South Coast Amateur Radio Club Inc..... 4455 5020

Ulladulla Men's Shed..... 4455 6055

Ulladulla Sport and Game Fish Club Ltd..... 4455 2707

Ulladulla Scrabble Club..... 4456 5139

Meet: Monday Scrabble from 1pm to approx. 5pm

Location: Ulladulla Ex-serviceman's Club

Mollymook

Embroiderers Guild of NSW Inc Mollymook..... 4454 2624

Meet: 1st and 3rd Fridays

Location: Uniting Church Hall Milton

Mollymook Beach Women's Bowling Club..... 4455 5222

Mollymook Branch Country Women's Association of NSW..... 4455 3912

Meet: 3rd Wed of each month Handicraft get together at 9.30am

Location: Kendall Cottage

Mollymook Bridge Club Inc..... 4455 7195

Meet: Monday 1.30 and 7.00 pm, Wednesday 9.30 am,

Thursday 7.00pm, Friday 4 pm and Saturday 1.30 pm

Activities for Seniors

Mollymook Beach Combines Probus Club.....	4454 0091
Meet: 4th Friday	
Location: Mollymook Beach Surf Club Function Room	
Mollymook Golf Club Ltd.....	4455 1911
Mollymook VIEW Club.....	4455 6425
Meet: 2nd Mon monthly (except Jan)	
Mollymook Women Golfers.....	4455 1911
Yoga.....	4455 6600
Location: Mollymook Surf Club	

Nowra

Albatross Musical Theatre Company Inc.....	4423 2164
Association of Independent Retirees (A.I.R.) Ltd.....	4448 7788
Meet: 2nd Tuesday 10am	
Location: Bomaderry Bowling Club	
Australian Plants Society – Nowra Group.....	4443 3497
Meet: 2nd Thursday 7.30 pm	
Location: Nowra Town Band Hall	
Canasta Club.....	4421 2777
Meet: Wednesdays from 9.30am to 12.30pm	
Location: Wesley Centre	
Cara Yn Donsya Cornish Dance.....	4443 4958
Meet: Friday at 2pm	
Location: North Nowra Community Centre	
Haven Harmonicas.....	0415 162 509
Meet: Friday 7pm	
Location: East Nowra Neighbourhood Centre	

Country Women's Association of NSW Nowra Branch.....	4446 0737
Location CWA Rooms Nowra	
Heartmoves.....	4421 6855
Heart Foundation Walking.....	?????????
Lions Club of Nowra Inc.....	4421 8755
Meet: 2nd and 4th Wednesday 6.30	
Location: Nowra Golf Club	
Lyrebird Day Club.....	4421 3935
Meet: Tuesday 10am - 2.pm	
Location: Nowra Ex-servicemen's Club RSL Hall	
National Seniors Association Nowra Branch Inc./ COTA National Seniors.....	4421 6660
Meet: 3rd Tuesday 10.30	
Location: Bomaderry Bowling Club	
Nowra Adult Day Centre.....	4421 0975
Meet: Various days	
Locations: Various locations	
Nowra Bridge Club.....	4464 2400
Meet: Monday 9.30am. Tuesday 7.30pm and Thursday 7.30pm	
Location: CWA room Berry St	
Nowra Combined Pensioners and Superannuants Association.....	4422 1773
Meet: 3rd Tuesday	
Location: Library meeting room	
Nowra Croquet Club Inc.....	4422 9457
Location: West Street Complex	
Nowra Day VIEW Club.....	4421 2317
Meet: 4th Wednesday	

Activities for Seniors

Nowra District Tennis Association Ladies Committee..... 4446 0445

Meet: Social competition for ladies mid week (Tuesday) - 4 divisions.

Ladies night tennis (Wednesday) - 2 divisions

Nowra District's T.P.I Social and Welfare Club..... 4443 0840

Meet: 3rd Tuesday 10am

Location: Nowra ex serviceman's club

Nowra Evening book Group..... 4421 8080

Meet: 2nd Thursday 5.30pm

Location: Library Meeting Room Nowra

Nowra Evening VIEW Club..... 4421 4321

Meet: 4th Tuesday Evening

Nowra Family History Centre, 4422 4942

Meet: Tuesday and Wednesday 9.00am to 2.30pm

Nowra – Greenwell Point RSL Sub-Branch..... 4423 6335

Meet: 2nd Monday 10am

Location: Nowra RSL Sub Branch Hall

Nowra Hash House Harriers Inc..... 4422 4114

Nowra Italian Cultural Association 0417 432 726

Nowra Men's Shed..... 4422 5620

Nowra Players Inc..... 4421 0607

Nowra Pool..... 4421 2093

Nowra Quilters..... 4446 0642

Meet: Tuesday at 9.00-2.30

Location: North Nowra Community Centre

Nowra Sailing Club Inc..... 4421 7204

Nowra Scottish Country Dance Group..... 4464 2573

Meet: Tuesday at 7.30pm

Location: St. Andrews Presbyterian Church Hall

Nowra Spinners and Weavers..... 4446 0274

Meet: 1st and 3rd Saturday

Location: CWA Rooms

Nowra Sport Fishing Club Inc..... 4443 9748

Nowra Town Band Inc..... 4422 0807

Meet: Monday night from 7.00pm

Location: Nowra Town Band Hall

Nowra Walkie Talkies..... 4464 1391

Older Women's Network..... 4422 9819

Meet: 2nd and 4th Friday 10.30am to 1pm

Location: Nowra Neighbourhood Centre

Probus Club of Nowra..... 4448 5336

Meet: 3rd Monday 9.30am

Location: Nowra Golf Club

Probus Club of South Nowra..... 4421 5079

Meet: 3rd Thurs of month 10am

Location: Nowra Town Band

River Ramblers..... 4422 0436

Rotary Club of Nowra..... 4422 4458

Meet: Wednesday 6.00pm for 6.30pm

Location: Bomaderry Bowling Club

Take Heart Training..... 0417 223 403

Meet: Gentle exercise and Tai Chi Wednesday 1pm

Location: Marriot park Nowra Guide Hall

Traditional Balkan Village Dancing..... 4446 0569

Meet: 2nd Monday night

Location: Cambewarra Hall

Activities for Seniors

U3A Shoalhaven Third Age of Learning Inc.....	4423 2886
Werninck Craft Cottage Club Inc.....	4423 2419
The Gym - Seniors Program.....	4421 0587
Location: North Nowra Gym	

Sanctuary Point

Gentle Boxing.....	4443 7597
Gentle Fit Over 50's.....	4441 5612 or 0413 993 782
Meet: Tuesday and Thursday 8am to 9am	
Location: Sanctuary Point community Arts Cottage	
Heart Foundation Walking.....	4443 8572
Sanctuary Point Lions Club.....	4443 0665
Meet: 2nd Tuesday monthly	
Location: St. Georges Basin Country Club	
Meet: 4th Tues	
Location: Cooee Hotel, St Georges Basin	

Shoalhaven Heads

Combined Pensioners and Superannuants.....	4448 7460
Shoalhaven Heads Branch	
Meet: 3rd Mon in month 1.00 pm	
Location: Shoalhaven Heads Community Centre	
Heartmoves.....	0423 639 734
Heart Foundation Walking.....	4448 8382
Shoalhaven Heads Combined Probus Inc.....	4448 5913
Meet: 2nd Friday	
Location: Shoalhaven Heads Bowling and Recreation Club	

Shoalhaven Heads Evening VIEW Club.....	4448 5551
Shoalhaven Heads Men's Shed.....	4448 8159
Shoalhaven Heads RSL Sub-Branch.....	4448 7287
Meet: 1st Monday monthly (except holidays, then 1st Tuesday) at 4.00pm	
Location: Shoalhaven Heads Bowling Club	
Shoalhaven Heads Senior Citizens Club.....	4448 7476
Meet: Wednesday 1pm	
Location: Shoalhaven Heads Bowling and Recreational Club	
Shoalhaven Heads Tennis Club.....	4448 7231
Meet: Competitive tennis on Tuesday evenings	
Shoalhaven Heads Women's Bowling Club.....	4448 7855
Take Heart Training.....	0417 223 403
Meet: Gentle exercise and Tai Chi Thursday 9am	
Location: Shoalhaven Heads Community Centre	

St Georges Basin

St Georges Basin Country Club Ltd. Seniors' Computer Club.....	4443 6410
Meet: Meets 1st and 3rd Tuesday monthly 9.30am to 11.45am	
Location: St Georges Basin Country Club	
St Georges Basin Probus.....	4443 9899
Meet: 3rd Thursday 10.00 am	
Location: St Georges Basin Country Club	
St Georges Basin RSL Sub-Branch.....	4443 7361
Meet: 3rd Monday monthly 2.00pm	
Location: Scouts & Guides Hall, Tasman Road, St Georges Basin	
St Georges Basin Senior Citizens Club Inc.....	4443 9372
Meet: Social club for 50yrs of age and over. Mon - Painting.	
Tues - Bowls, darts & cards. Friday - Bushwalking	

Activities for Seniors

St Georges Basin VIEW Club..... 4443 4232

Meet: 3rd Friday monthly at 10.30am

Location: St. Georges Basin Country Club

Sussex Inlet

Community Technology Centre Sussex Inlet 4455 1292

Heart Foundation Walking..... 4455 5366

Lions Club of Sussex Inlet and District Inc..... 95447834

Meet: 2nd and 4th Monday of the month

Mirrabooka Discussion Group..... 44411010

Meet: 2nd and 4th Mondays at 12.30pm

Location: Hi-Tide Café

Rotary Club of Sussex Inlet Inc..... 4441 2317

Meet: Monday evenings at 6.30pm for 7pm

Location: Sussex Inlet Tavern

Sussex Inlet and Basin Yacht Club..... 4443 5436

Sussex Inlet and Districts Combined Pensioners and

Superannuants Association of NSW..... 4441 2506

Meet: 2nd Monday

Sussex Inlet and District Philatelic Society..... 4441 2556

Meet: 3rd Monday monthly at 2.30pm

Location: St. Patrick's Hall

Sussex Inlet Aquatic Centre..... 4441 3355

Sussex Inlet Combined Probus..... 4441 0793

Meet: 3rd Wed monthly at 10.15am

Location: Sussex Inlet RSL Club Function Room 2

Sussex Inlet Day VIEW Club..... 4441 1685

Sussex Inlet Foundation for Community Development Inc..... 4441 2003

Sussex Inlet Ladies Probus Club Inc..... 4441 1479

Meet: 2nd Monday at 9:30am

Sussex Inlet Men's Shed..... 4441 3610

Sussex Inlet RSL Sub-Branch..... 4441 2548

Meet: 1st Sunday

Location: Sussex Inlet RSL Club

Sussex Inlet Square Dance Club..... 4443 4436

Sussex South View Club..... 4441 2116

Meet: 1st Friday 11.30

Location: Sussex Inlet Bowling Club

Vincentia

Gentle Exercise..... 4447 1122

Location: Bay and Basin Leisure Centre

Take Heart Training..... 0417 223 403

Meet: Gentle exercise and Tai Chi Mondays 8.30am to 11.30am

Location: Vincentia Community Centre

Vincentia Sailing Club Ltd..... 4443 5657

Vincentia Choir of Sing Australia..... 4443 3272

Meet: Thursday at 7.30 to 9.30pm

Location: Jervis Bay Baptist Church

