

## Thank You

### To Our Supporters

#### Mascot Main Street:

Cincotta Chemist

Wilson's Cakes & Pies

Bakers Delight

AOZ Print and Graphics

Auto One – Mascot

#### Other Companies:

Commonwealth Bank - Mascot

Officeworks - Mascot

Spotlight Alexandria

Woolworths - Mascot Central

South Sydney Juniors

Rotary – Botany

#### Members

MOK Family

Andrew Crisifi

If you would like to be a supporter of the Mascot Seniors, please contact us, we appreciate your assistance.

## How to find us



### Transport:

Free local bus pick-up  
available for Bingo on Mondays  
Conditions Apply

All correspondence to:  
The President,  
Mascot Senior Citizens' Association  
Cnr Aloha and Coward Streets

MASCOT 2020

or email:

[mascot.seniorcitizens@gmail.com](mailto:mascot.seniorcitizens@gmail.com)

Brochures sponsored by



MASCOT

## Mascot Seniors

"For the young at heart"

Activity Centre for Seniors

Mobile: 0407 234 117



Since opening its doors in 1967 Mascot Seniors continues the tradition of providing a Centre for our seniors to enjoy fun activities and meet new friends.

We thank Bayside Council for recognizing the need for such a Centre and allowing us the opportunity to continue to provide this voluntary service to our community and beyond.

To all our members Thank You

Office Phone: 9693 2200

During activity times only

Website:

[www.mascot seniors.com.au](http://www.mascot seniors.com.au)

## Your Committee

### President/Treasurer

Annette Gardner

### Vice President/Secretary

Judith Bullivant

### Web Master

Sybil Cumming

### Committee Members

Lyle Underwood

Laurie Brown

Karen Kelly

Janet Beetles  
(& Librarian)

Elina Poon

Trish Bedkober  
& (Op Shop co-ordinator)

Jenny Eastwood

Julie Higgins

## Our Activities

### Weekly Timetable

Day	Activity	Time
Monday am Free local bus service	<b>Bingo</b>	10.00am-12pm New start time
	Free morning tea	
Monday pm	<b>Line Dancing</b>	"First Timers 12-1pm 1pm-2.30pm
Tuesday am	<b>Chair Yoga</b>	9.30am - 10.30am
	<b>CARDS</b> Canasta/Bridge Boardgames	10.45am
Wednesday am	<b>Line Dancing</b> Experienced	10am-11.30am
Wed pm	Mahjong/Cards	12pm-4pm
Thursday	<b>Table Tennis</b> 3 Tables	10.30am- 1pm
Friday am	<b>UKUELE</b> With Lindy	9.30am -10.30am
	<b>QUILT/KNIT</b> Craft	10.45am
Saturday	<b>LINE DANCING</b> <b>CANASTA</b>	Easy class 10am-11.30 12pm-3pm
	<b>BUS TRIPS</b> <i>Conditions</i>	<b>HEALTH TALKS</b> Special event luncheons

## Photo Gallery

