Light Aerobics (Pottsville)
Exercises to music for over 40s. Pottsville Beach Neighbourhood Centre, Elizabeth Street, Pottsville.
T Marie: (02) 6676 0789  T Vera: (02) 6676 2325

Line Dancing
Come and learn line dancing. Wednesday nights. Murwillumbah Autumn Club.
M Heather: 0410 614 445

Lungs in Action
Kirra Hill Tuesdays 9am (NSW time). Murwillumbah Community Health Wednesdays 9am, cnr Wollumbin and Nullum Streets, Murwillumbah. Safe exercise classes for people with stable lung and heart conditions. Suitable for people with supplemental oxygen or walking frames.
M Paul: 0406 665 856

Nia
M Taryn: 0410 964 806
W www.niaaustralia.com.au

PCYC (Police Citizens Youth Club)
T (07) 5599 1714

Pole Walking Association
A total-body version of walking for both active and inactive individuals. Free Come and Try sessions held weekly.
M Michael Gates: 0407 218 814

Sailability on Tweed
Sailing for the disabled, and volunteering opportunities for seniors. Dry Dock Road, Tweed Heads South.
M Kevin: 0419 674 451

Salvation Army Tweed Centre
Indoor bowls. Tuesdays 10am. Cnr Leisure and Woodlands Drives, Banora Point.
T (07) 5524 5081

Stepping On
Build knowledge, strength and confidence to help live at home independently  T Gavin Dart: (02) 6620 2553

Tweed Super Sports
Indoor soccer, cricket, netball and beach volleyball.
T (02) 6674 4733

Very gentle exercise class
Tweed Community Health, Tweed Hospital, Mondays 8.30am. M Deb: 0414 644 064

Internet resources
Tweed Shire Council
Walks in the Murwillumbah area and general information
W www.tweed.nsw.gov.au
Recreational groups and services
Public transport in Tweed Shire
Services for seniors

My Aged Care
Information on and access to in-home services
T 1800 200 422  W www.myagedcare.gov.au

Please forward all updated information to:
Tweed Shire Council Community and Cultural Services.
PO Box 816, Murwillumbah 2484
T (02) 6670 2276  E gabbya@tweed.nsw.gov.au

Other brochures in the Recreation for seniors series:
- Arts, education and hobbies
- Social and friendship groups
- Computing and technology

May 2017
Croquet Clubs
Tweed Heads
39 Recreation Street  T (07) 5536 7019
E www.tweedheads@croquetqld.org

Murwillumbah
Knox Park, Brisbane Street
T Clubhouse: (02) 6672 2064
T Secretary: (02) 6672 3087  M 0407 723 087
T President, Joy Hughes: (02) 6672 2975
T Captain, Kay Thomson: (02) 6677 9474

Swimming/water exercises
Phone centres for times and programs:
- Laurie Lawrence Swim School
  T (07) 5523 3177
- Casuarina Recreation Club & Billabong Swim School
  M 0456 674 963
- Billabong Swim School
  1/63 Ourimbah Road, Tweed Heads
  T (07) 5536 8865
- Club Banora – Oasis Pools – Aqua aerobics
  T (07) 5523 1781
- Twin Towns Masters Swimming – Club Banora
  T Freda Shaw: (07) 5524 1357
- Tweed Regional Aquatic Centres
  Kingscliff  Murwillumbah
  T (02) 6674 0195  T (02) 6670 2750
- South Tweed
  T (07) 5569 3120

Walking groups (Heart Foundation)
Banora Point
T Lee: (07) 5536 8726
T Lyn Porter: (07) 5523 2030

Kingscliff, Murwillumbah, Tweed Heads, Tumbulgum
(including Tumbulgum monthly moonlight walk)
T Lyn Porter: (07) 5523 2030

Murwillumbah Tai Chi
Wednesdays 9am and 6pm Sathya Sai School,
Fridays 9am, Chillingham  M Vic: 0418 495 094

Other
Coolangatta Senior Citizens Centre
Indoor bowls, light exercise, tai chi, qi gong, meditation,
rock ‘n’ roll, new vogue, line dancing. 2 Gerrard Street,
Coolangatta.
T Renae Barron: (07) 5536 4050
W www.coolangattaseniors.com.au

Other
Coolangatta/Tweed Ten Pin Bowling
55 Wharf Street, Tweed Heads  T (07) 5536 1606

Tai chi and qi gong
Banora Point Community Centre
Tai chi, Fridays 10am and 11.15am.
M Margaret: 0407 262 950
Qi gong, Tuesdays 1pm  T Lyn: (07) 5523 2030

Yoga and meditation
Banora Point Community Centre
Yoga, Wednesdays 12.15pm  T Lyn Porter: (07) 5523 2030

Bilambil & Coolangatta Studios
Yoga and free meditation classes
T Robyn Hansen: (07) 5590 7746

Kingscliff Yoga
M Louise: 0415 163 203

Kingscliff yoga and meditation (free)
T Narelle: (06) 6674 2556

Murwillumbah Community Centre
Wednesdays 10am $5  T (02) 6672 3003

Heartmoves
Heart Foundation-approved gentle exercise program.
Banora Point Community Centre, Wednesdays 2pm.
M Louise: 0432 182 909
W www.heartfoundation.org.au

Latin American/Argentine Tango/Social Dance
169 Griffith Street, Coolangatta
M Arnold: 0414 506 847

Lifeball
Team game incorporating the skills of netball, at a walking pace.
Chinderah, Tuesdays and Fridays 9.30am to 11am.
Tweed Super Sports, 14–18 Chinderah Bay Drive.
T Centre: (02) 6674 4733  T George: (07) 5524 2558