

# Exercise, sports and wellbeing

## Recreation for seniors



Other brochures in the *Recreation for seniors* series:

- Arts, education and hobbies
- Social and friendship groups
- Computing and technology

**To confirm details, please contact program organisers.**

August 2022

## Croquet clubs

### Tweed Heads

39 Recreation Street

07 5536 7019

[tweedheads@croquetqld.org](mailto:tweedheads@croquetqld.org)

[croquetqld.org/clubs/gold-coast-tweed/tweed-heads-croquet-club](http://croquetqld.org/clubs/gold-coast-tweed/tweed-heads-croquet-club)

### Murwillumbah

Knox Park, Brisbane Street | Clubhouse: 0468 442 064

Secretary, Jan Neely: 0407 723 087

President, Val Smith: 0410 187 984

Club Captain, Kay Thomson: 02 6677 9474

Treasurer, Paul Harper: 0406 961 164

[croquetqld.org](http://croquetqld.org)

[murwillumbah@croquetqld.org](mailto:murwillumbah@croquetqld.org)

## Swimming and water exercises

### Casuarina Movement Recreation Club & Billabong Swim School

0456 674 963

[billabongswimschool.com.au/casuarina](http://billabongswimschool.com.au/casuarina)

### Gentle Aqua Fitness – TRAC Murwillumbah

02 6670 2750 | [trac@tweed.nsw.gov.au](mailto:trac@tweed.nsw.gov.au)

### Laurie Lawrence Swim School, Banora Point

07 5523 3177

### Oasis Pools Club Banora – Aqua-aerobics

07 5523 1781

### Tweed Regional Aquatic Centres

Kingscliff: 02 6671 2945

Murwillumbah: 02 6670 2750

South Tweed: 07 5569 3120

## Gentle strength and balance exercise

### Banora Point Community Centre

Qigong – Tuesdays 12:30 pm to 2 pm.

Exercise with weights – Fridays 7:30 am to 9 am.

Project Support Officer: 07 5569 3110

### Banora Point BallyCara Wellness

Elise: 0439 613 765 (10:30 to 11:30 am)

### Council on the Ageing: Living Longer Living Stronger

A safe, effective and affordable exercise program to help people 50+ to improve their physical strength, balance, coordination and endurance. Participants receive an individual assessment and program and take part in a class designed for people of all levels of ability.

Check the COTA website for updates on classes and locations:

[cotansw.com.au/programs/living-longer-living-stronger/classes/class-locations/#NorthCoast](http://cotansw.com.au/programs/living-longer-living-stronger/classes/class-locations/#NorthCoast)

### Tweed Heads/Banora Point: Ballycara

Adrianna: 0436 944 482

[amarshall@ballycara.com](mailto:amarshall@ballycara.com)

### Stepping On Program

Community based falls prevention program to build knowledge, strength and confidence to help you live at home independently.

Cost: Free for adults over 65. Program is delivered in weekly 2 hour sessions for 7 weeks

Robyn Newson: 02 6620 2553

[robyn.newson@health.nsw.gov.au](mailto:robyn.newson@health.nsw.gov.au)

### Tweed Community Health

CWA Hall, Griffith Street, Coolangatta

Very gentle exercise: Mondays 8 am

Deb: 0414 644 064

## Walking groups (Heart Foundation)

### Banora Point, Murwillumbah, Tweed Heads

Project Support Officer: 07 5569 3110

[communityservices@tweed.nsw.gov.au](mailto:communityservices@tweed.nsw.gov.au)

### Kingscliff Wanderers Walking Group

Mondays 7 am.

Robyn: 0438 657 614

### Murwillumbah Walkers

Wednesdays and Saturdays.

Mollie Butler: 0439 722 332

### **Pole Walking Association**

A total-body version of walking for both active and inactive individuals. Free Come and Try sessions held weekly.

Michael Gates: 0407 218 814

### **Tumbulgum (including Tumbulgum monthly moonlight walk)**

Sue: 02 6676 6343

### **Tweed Walking Group**

Graham: 07 5523 2141

Julia: 0416 299 793

### **U3A Tweed Coast**

Walking group (Mondays at 8 am).

[tweedcoastu3a@gmail.com](mailto:tweedcoastu3a@gmail.com)

[tweedcoastu3A.com.au](http://tweedcoastu3A.com.au)

## **Yoga and meditation**

### **Banora Point Community Centre**

Yoga (Wednesdays 12:15 pm).

Lindsay: 0449 061 518

### **Bilambil & Coolangatta Studios**

Yoga and free meditation classes.

Robyn Hansen: 07 5590 7746

### **Chair Yoga Tweed Heads library**

Yoga posture modified to be accessible from a chair. Take home ideas that can be used in an office environment or for those with limited mobility. Comfortable, loose clothing recommended. Tuesdays at 11am. Bookings essential.

Tweed Heads library: 07 5536 3672

### **Kingscliff Yoga**

Louise: 0415 163 203

### **Kingscliff Nidra Yoga and meditation for stress and anxiety**

Free. Narelle: 02 6674 2556

### **Murwillumbah Community Centre**

Yoga (Fridays 9:30 to 11 am) \$5 per class.

02 6672 3003

### **Namaste Yoga Tweed Heads library**

Floor based gentle yoga sequences for all levels. Breathing techniques and relaxation for calming the mind and nervous system. BYO mat or towel. Comfortable loose clothing recommended. Tuesdays at 3:30 pm. Bookings essential.

Tweed Heads library: 07 5536 3672

### **U3A Tweed Coast**

Yoga (Mondays, Tuesdays and Fridays).

Pilates (Tuesdays and Thursdays).

[tweedcoastu3a@gmail.com](mailto:tweedcoastu3a@gmail.com)

[tweedcoastu3A.com.au](http://tweedcoastu3A.com.au)

## **Dance**

### **Cosmic Country Line Dancing**

Learn line dancing, have social time and enjoy themed events. Condong Bowls Club.

Wednesdays 1:30 pm – new beginners/improvers (no charge).

Wednesdays 2 to 4:45 pm – beginners/improvers.

Saturdays 9 am – new bew beginners and 10 am to 12 noon beginners/improvers.

Heather: 0410 614 445

### **Nia – the joy of movement**

A gentle mixture of dance, tai chi and martial arts to music, suitable for seniors. Kingscliff and Tugun.

Taryn: 0410 964 806 | [niaaustralia.com.au](http://niaaustralia.com.au)

## **Other**

### **Coolangatta Senior Citizens Centre**

Indoor bowls, light exercise, tai chi, meditation, qigong, rock 'n' roll, new vogue and line dancing.

2 Gerrard Street, Coolangatta, Qld.

Centre Coordinator: 07 5536 4050

[coolangattaseniors.com.au](http://coolangattaseniors.com.au)

### **Coolangatta/Tweed Ten Pin Bowling**

All abilities welcome.

55 Wharf Street, Tweed Heads

07 5536 1606

### Gold Coast & Tweed District Bowls Assoc.

Information on Gold Coast and Tweed Bowls Clubs.  
0490 913 738 | [gctbowls.org.au](http://gctbowls.org.au)

### Lifeball

A team game incorporating the skills of netball at a walking pace. Tuesdays and Fridays 9:30 to 11 am.  
Tweed Super Sports, 14 – 18 Chinderah Bay Drive, Chinderah. Centre: 02 6674 4722

### PCYC (Police Citizens Youth Club)

Ballroom and tap dancing, badminton, karate, tai chi and self defense for seniors. New gym.  
Cnr Florence and Adelaide streets, Tweed Heads  
07 5599 1714

### Pickle ball

A bat and ball game played on small courts. Fun, low impact and social. Easy to learn at any age. All abilities welcome.

**Kingscliff Tennis Club:** Wednesdays 9 to 11 am  
0404 344 346 | [kingsclifftennisclub@outlook.com](mailto:kingsclifftennisclub@outlook.com)

**Murwillumbah Tennis Club:** Monday to Friday, 9 and 10 am  
Brisbane St, Murwillumbah, opposite Coles  
Cost \$10 per session. All equipment is provided.  
0412 200 923 | [coastcommunitytennis@gmail.com](mailto:coastcommunitytennis@gmail.com)

### Sailability on the Tweed

Sailing for people with disability, and volunteering opportunities.  
Dry Dock Road, Tweed Heads South  
John: 0400 322 499

### Salvation Army Tweed Centre

Indoor bowls. Tuesdays 10 am.  
Cnr Leisure and Woodlands drives, Banora Point  
07 5524 5081

### Tweed Super Sports

Indoor soccer, cricket, netball and beach volleyball.  
02 6674 4733

### Tweed Shire Libraries

Regular events are held covering a variety of topics including talks by best-selling authors. These events are publicised via library website, e-Newsletter and within the library.  
[rtr1.nsw.gov.au](http://rtr1.nsw.gov.au)

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## Internet resources

For general information, please check Tweed Shire Council's website at [tweed.nsw.gov.au](http://tweed.nsw.gov.au)

### Help to navigate the service system

My Aged Care  
1800 200 422 | [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Please forward all updated information to:

Tweed Shire Council, Community Services  
PO Box 816, Murwillumbah 2484  
02 6670 2400 | [tsc@tweed.nsw.gov.au](mailto:tsc@tweed.nsw.gov.au)

*Information correct at the time of printing.*

