



## **SOCIAL GROUPS**

*Over 65 years old  
Gov. Subsidised Contribution Applies*

Every Tuesdays & Thursdays  
My Aged Care Eligibility



Amici House is a  
Community Hub part of



## **COMMUNITY CAFE**

*Delicious Homemade Food*

Monday to Friday  
7am-3pm  
Group bookings welcome

# **WHAT'S ON?**



## **ART**

*All Levels - \$60  
Block of 4 Classes*

Mondays  
10am-12pm



## **NOURISHING THE SOUL**

*Women's Group - \$10  
Morning tea included*

1st & 3rd Wednesday  
of every month  
10am-12pm

*Amici House  
294 Bracken Ridge Road,  
Bracken Ridge*



## LATIN DANCE

All levels, no partner needed - \$20  
Block of 4 Classes

Wednesdays  
8.45am-9.45am  
9.45am-10.45am

Bookings  
are  
Essential



Phone: 07 3624 6100  
[www.coasit.asn.au](http://www.coasit.asn.au)



## TECHNOLOGY

Learn how to use your smartphone - \$20  
Block of 4 Classes

Tuesdays  
10am-11am | Beginners  
11:15am-12:15pm | Advanced

# WHAT'S ON?



## STAY ACTIVE

Over 60 years old - \$25  
Get your fitness back

Limited times and days  
Contact us for more info



## YOGA

Multi-Level yoga - \$20  
Block of 4 Classes

Fridays  
9.30am-10.30am | Chair Yoga  
10.45am-11.45am | Mat Yoga  
BYO yoga mat

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