

HEALTH & FITNESS



DRUMMING FITNESS

With Linda Barnett
Wednesdays 1.30-2.30 pm
April 30 - July 2
10 classes \$160

FEEL THE BEAT - NEW!

With Lil Bosancic
Dance to fitness for Seniors
Fridays 9.30 - 10.30 am
May 2 - July 4
10 classes \$120

GENTLE EXERCISE

With Mary Kastes
Mondays 11.30 am-12.30 pm
April 28 - June 30
9 classes \$108

With Linda Barnett

Fridays 1.30-2.30 pm
May 2 - July 4
10 classes \$120

MINDFUL MOVEMENT & MEDITATION

With Anja Tanhane
Wednesdays 10.30 am-12 noon
May 14 - July 2 8 classes \$96

PILATES - CHAIR PILATES **NEW!**

For Seniors & Beginners
With Marg Scotti
Mondays 11.15 am - 12.15 pm
Fridays 11 am - 12 pm
May12-June 30 May16-June 27
7 classes \$105

PILATES - MAT PILATES

Mondays 5-6 pm
With Jenny Margeridis
April 28 - June 30
7 classes \$119/\$112

Wednesdays 10.45 - 11.45 am

With Astrid Setiawan
April 30 - July 2
10 classes \$170/\$160

PILATES

With Jenny Margeridis
Thursdays 11.30 am- 12.30 pm
May 1 - July 3
8 classes \$136/\$128

STRENGTH TRAINING

With Linda Barnett
Mondays 4 - 5 pm
April 28 - June 30
9 classes \$117

STRENGTH TRAINING

With Mary Kastes
Tuesdays 2 - 3 pm
April 29 - July 1
10 classes \$130

TAI CHI - BEGINNERS **NEW!**

With Le-Ann Green Thursdays
8.30 - 9.30 am
May 15 - July 3
8 classes \$112

TAI CHI - ADVANCED

With Angelina Chung
Thursdays 9.30 - 10.30 am
May 1 - July 3
10 classes \$140

YOGA & RELAXATION

With Margarita Ciuffardi
Wednesdays 9.15 - 10.15 am
April 30 - July 2
10 classes \$170/\$160

Wednesdays 7 - 8 pm **NEW!**

May 7 - July 2
9 classes \$162

WALKING GROUP

Tuesdays 9.00 - 11.00 am
April 29 - July 1
Casual \$1 per week



ART & CRAFT



CANDLES - Making & Painting

Thursdays 1 - 3 pm
June 5 - 26
4 classes \$100
Most materials provided!

DECOUPAGE

With Heather Morrell
Wednesdays 1 - 3 pm
April 30 - July 2
10 classes \$180/\$170

DRAWING & PAINTING

With Anita van Grootveld
Wednesdays
April 30 - July 2
10.30 am - 12.30 pm
10 classes \$180/\$170

Wednesdays 1 - 3.30 pm

10 classes \$230/\$210

With Karen Nield

Thursdays 1 - 3 pm
May 1 - July 3
10 classes \$180/\$170

FLORISTRY/FLORAL ART

Thursdays 10 am - 12 midday
15 - July 3
8 classes \$320
includes flowers & materials

KNITTING & CROCHET

With Helen Daboul
Tuesdays 10 am-12 midday
April 29 - July 1
10 classes \$180/\$170



MOSAIC

With Jacqui McCooke
Tuesdays 10.30 am - 1 pm
April 29 - July 1
10 classes \$230/\$210

PATCHWORK & QUILTING

With Helen Daboul
Handsewn & machine sewn
BYO sewing machine
Mondays 12.30 - 3 pm
April 28 - June 30
9 classes \$207/\$189

Tuesdays 12.30 - 3 pm

April 29 - July1
10 classes \$230/\$210

SKETCHING - NEW!

Mondays 10 am - 12 pm
May 12 - June 30
8 classes \$144/\$136

WATERCOLOUR PAINTING

Workshops with
Glenyce Schumer
Various dates check with office
All day \$60 | Half Day \$35

ROOM HIRE

Rooms with seating for 10 - 80 people from \$20 per hr.
Daily PLI \$20.
Available for most private functions
Includes tables & chairs, children's tables & chairs, use of kitchen facilities, outdoor area, Air purifiers, AV facilities.

SOCIAL GROUPS

All social groups \$7 per session

BOOK DISCUSSION GROUP

Second Thursday of month
April 10, May 8, June 12, July 10
1 - 3 pm

CRAFT GROUP

First Thursday of month
May 1, June 5, July 3
10 am - 12 noon

GARDENING GROUP

Third Monday of month
May 19, June 16
10 am-12 noon

GIGGLE & STITCH

Untutored Patchwork & Quilting
Third Wednesday of month
12.30 - 3 pm
April 16, May 21, June 18, July 16

MAHJONG - Western Mahjong

Fridays 12.30-3.30 pm in term
May 2 - July 4

NATTY NEEDLES - NEW!

All forms of needlecraft.
Guest tutors & speakers
Fourth Tuesday of the Month
10 am - midday
April 22, May 27, June 24

80 UP CLUB

For Seniors over 80 years of age
Thursdays 1 - 3 pm
May 1 - July 4

MT ST MOVIE BUFFS - NEW!

Watch movies with a group once a month at the House and then discuss the movie over afternoon tea?
Interested? Contact the Office.

PORTRAIT PAINTING

Untutored with live model
Monday 1.15-3.15pm
April 28 - June 30
\$22 per week -Includes model fee

TECHNOLOGY FOR SENIORS

MOBILE PHONE HELP

One on one for 1 hour
By Appointment \$10

BASIC COMPUTERS

Thursdays 9.30 - 11 am
May 1 - July 3
10 sessions \$75

BEYOND BASICS

Additional computer skills
Thursdays 1 - 2.30 pm
May 1 - July 3
10 sessions \$75

IPADS

Fridays 11.30 am - 1 pm
May 2 - July 4
10 sessions \$75

ADVANCED ANDROIDS

Fridays 9.30 - 11 am
May 2 - July 4
10 sessions \$75

LANGUAGES

ITALIAN FOR EVERYONE

With Luciano Pirrottina
Thursdays 2.30 - 4.30 pm
May 15 - July 3
8 classes \$160

EVENTS

REPAIR CAFE - Sunday 18 May
from 10 am - 2 pm
Register with Monash Council.

