

### BETTER BALANCE **NEW!**

Exercise for Seniors to improve balance and co-ordination  
Fridays 12 - 1 pm  
October 25 - December 13  
8 classes \$96

### DRUMMING FITNESS

With Linda Barnett  
Wednesdays 1.30-2.30 pm  
October 16- December 18  
10 classes \$120

### FEEL THE BEAT **NEW!**

With Lil Bosancic  
Dance to fitness for Seniors  
Fridays 9.30 - 10.30 am  
October 25 - December 13  
8 classes \$96

### GENTLE EXERCISE

Group sessions for Seniors  
With Mary Kastes  
Mondays 11.30 am-12.30 pm  
October 7 - December 16  
10 classes \$100

### With Linda Barnett

Fridays 1.30-2.30 pm  
October 11 - December 13  
10 classes \$100

### MINDFUL MOVEMENT & MEDITATION

Gentle Qigong, Breathing Exercises & Meditation  
With Anja Tanhane  
Wednesdays 10.30 am-12 noon  
October 16 - December 4  
8 classes \$80

### PILATES

Mondays 5-6 pm  
With Jenny Margeridis  
October 7 - December 16  
10 classes \$160/\$150

### With Astrid Setiawan

Wednesdays 10.45 - 11.45 am  
October 9 - December 11  
10 classes \$160/\$150

### With Jenny Margeridis

October 10 - December 12  
10 classes \$160/\$150

### STRENGTH TRAINING

With Mary Kastes  
Tuesdays 2-3pm  
October 8 - December 17  
10 classes \$120

### STRONGER SENIORS

Strength Training & Fitness  
With Linda Barnett  
Mondays 4-5 pm  
October 7 - December 16  
10 classes \$100

### TAI CHI - BEGINNERS **NEW!**

With Le- Ann Green  
Thursdays 8.30 - 9.30 am  
October 17 - December 5  
8 classes \$104

### TAI CHI - ADVANCED

With Angelina Chung  
Thursdays 9.30 - 10.30 am  
October 10 - December 12  
10 classes \$130

### YOGA

With Leone Blakeway  
Wednesdays 9.15 - 10.15 am  
October 9 - December 11  
10 classes \$160/\$150

### **New evening class!**

Wednesdays 7 - 8 pm  
October 24 - December 11  
8 classes \$120

### WALKING GROUP

Tuesdays 9.00 - 11.00 am  
October 8 - December 17  
Casual 50 cents per week

# HEALTH & FITNESS



# ART & CRAFT

### CANDLES - Making & Painting

The hottest new craft in 2024!  
Thursdays 1 - 3 pm  
November 7 - 28  
4 classes \$100  
Most materials provided!

### DECOUPAGE

With Heather Morrell  
Wednesdays 1 - 3 pm  
October 9 - December 11  
10 classes \$170/\$160

### DRAWING & PAINTING

With Anita van Grootveld  
October 9 - December 11  
Wednesdays 10.30 am - 12.30 pm  
10 classes \$170/\$160

### With Karen Nield

Wednesdays 1 - 3.30 pm  
10 classes \$220/\$200  
Thursdays 1 - 3 pm  
October 10 - December 12  
10 classes \$170/160

### FLORISTRY/FLORAL ART

Thursdays 10 am - 12 midday  
October 24 - December 12  
8 classes \$320  
includes flowers & materials

### FLUID PAINTING

4-week course for beginners  
Thursdays 10 am - 12 noon  
November 7 - 28  
4 classes \$140  
Includes paint & first canvas

### KNITTING & CROCHET

With Helen Daboul  
Tuesdays 10 am-12 midday  
October 8 - December 17  
10 classes \$170/\$160

### NEEDLEWORK **NEW!**

Tapestry, Cross Stitch & Basic Embroidery with Helen Daboul  
Tuesdays 10 am - 12 noon  
October 15 - December 10  
8 classes \$136/\$128

### MOSAIC

With Jacqui McCooke  
Tuesdays 10.30 am - 1 pm  
October 8 - December 17  
10 classes \$220/\$200

### PORTRAIT PAINTING

Untutored with live model  
Monday 1.15-3.15pm  
October 7 - December 16  
\$20 per week -Includes Afternoon Tea & shared model fee.  
BYO materials.

### PATCHWORK & QUILTING

With Helen Daboul  
Handsewn & machine sewn  
BYO sewing machine  
Mondays 12.30 - 3 pm  
October 7 - December 16  
10 classes \$220/\$200

### Tuesdays 12.30 - 3 pm

October 8 - September 17  
10 classes \$220/\$200

### SUSTAINABLE SEWING

Learn to darn, mend, hem, replace a zip and much more  
Wednesdays 7.30 - 9.30 pm  
November 6 - 27  
4 classes \$100

### WATERCOLOUR PAINTING

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



# SOCIAL GROUPS

All at \$5 per session  
**BOOK DISCUSSION GROUP**  
Second Thursday of month  
October 10, Nov 14, December 12  
1 - 3 pm

### CRAFT GROUP

First Thursday of month  
November 7, December 5  
10 am - 12 noon

### GARDENING GROUP

Third Monday of month  
October 21, Nov 18, December 16  
10 am-12 noon

### GIGGLE & STITCH

Untutored Patchwork & Quilting  
Fourth Monday of month  
October 28, November 25

### MAHJONG - Western Mahjong

Beginners welcome  
Fridays 12.30-3.30 pm in term

### 80 UP CLUB

For Seniors over 80 years of age  
Thursdays 1 - 3 pm  
October 10 - December 12

### MT ST MOVIE BUFFS **NEW!**

Would you like to go to the movies with a group of similarly interested people once a month?

# ROOM HIRE

Rooms with seating for 10 - 80 people from \$20 per hr. Daily PLI \$20. Available for most private functions and events.

Includes furniture, children's tables & chairs, use of kitchen facilities, outdoor area, Air purifiers, AV facilities.

# TECHNOLOGY FOR SENIORS

**MOBILE PHONE HELP**  
One on one for 1 hour  
By Appointment \$10

### BASIC COMPUTERS

Thursdays 9.30 - 11 am  
October 10 - December 12  
10 sessions \$50

### BEYOND BASICS

Additional computer skills  
Thursdays 1 - 2.30 pm  
October 10 - December 12  
10 sessions \$50

### ADVANCED IPADS

Fridays 11.30 am - 1 pm  
October 11 - December 13  
10 sessions \$50

### ADVANCED ANDROIDS

Fridays 9.30 - 11 am  
October 11 - December 13  
10 sessions \$50

# LANGUAGES

**ITALIAN FOR TRAVEL**  
With Luciano Pirrottina  
Thursdays 2.30 - 4.30 pm  
October 10 - November 28  
8 classes \$160

# EVENTS

TAX HELP July 22 - October 19  
EXHIBITION October 16 - 27  
REPAIR CAFE - October 20  
AGM - October 31 at 11.30 am

