

HEALTH & FITNESS



CIRCUIT TRAINING - NEW!

With Dee Carter
Thursdays 4- 5 pm
February 6 - March 31
9 classes \$135

DRUMMING FITNESS

With Linda Barnett
Wednesdays 1.30-2.30 pm
January 29 - April 2
10 classes \$160

FEEL THE BEAT - NEW!

With Lil Bosancic
Dance to fitness for Seniors
Fridays 9.30 - 10.30 am
February 14 - April 4
8 classes \$96

GENTLE EXERCISE

With Mary Kastes
Mondays 11.30 am-12.30 pm
February 3 - March 31
8 classes \$96

With Linda Barnett

Fridays 1.30-2.30 pm
January 31 - April 4
10 classes \$120

MINDFUL MOVEMENT & MEDITATION

Gentle Qigong, Breathing Exercises & Meditation
With Anja Tanhane
Wednesdays 10.30 am-12 noon
February 12 - April 2
8 classes \$96

PILATES

Mondays 5-6 pm
With Jenny Margeridis
February 3 - March 31
8 classes \$136/\$128

Wednesdays 10.45 - 11.45 am
With Astrid Setiawan
January 29 - April 2
10 classes \$170/\$160

PILATES

With Jenny Margeridis
Thursdays 11.30 am - 12.30 pm
January 30 - April 3
10 classes \$170/\$160

STRENGTH TRAINING

With Linda Barnett
Mondays 4- 5 pm
February 3 - March 31
8 classes \$104

STRENGTH TRAINING

With Mary Kastes
Tuesdays 2 - 3 pm
January 28 - April 1
10 classes \$130

TAI CHI - BEGINNERS - NEW!

With Le- Ann Green
Thursdays 8.30 - 9.30 am
February 13 - April 3
8 classes \$112

TAI CHI - ADVANCED

With Angelina Chung
Thursdays 9.30 - 10.30 am
January 30 - April 3
10 classes \$140

YOGA & RELAXATION

With Leone Blakeway
Wednesdays 9.15 - 10.15 am
January 29 - April 2
10 classes \$170/\$160
Wednesdays 7 - 8 pm - NEW!
February 5 - April 2
9 classes \$162

WALKING GROUP

Tuesdays 9.00 - 11.00 am
January 28 - April 1
Casual \$1 per week



ART & CRAFT



CANDLES - Making & Painting

Thursdays 1 - 3 pm
February 20 - March 13
4 classes \$100
Most materials provided!

DECOUPAGE

With Heather Morrell
Wednesdays 1 - 3 pm
January 29 - April 2
10 classes \$180/\$170

DRAWING & PAINTING

With Anita van Grootveld
Wednesdays
January 29 - April 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
February 13 - April 3
8 classes \$144/\$136

FLORISTRY/FLORAL ART

Thursdays 10 am - 12 midday
February 13 - April 3
8 classes \$320
includes flowers & materials

KNITTING & CROCHET

With Helen Daboul
Tuesdays 10 am-12 midday
January 28 - April 1
10 classes \$180/\$170



MOSAIC

With Jacqui McCooke
Tuesdays 10.30 am - 1 pm
January 28 - April 1
10 classes \$230/\$210

PATCHWORK & QUILTING

With Helen Daboul
Handsewn & machine sewn
BYO sewing machine
Mondays 12.30 - 3 pm
February 3 - March 31
8 classes \$184/\$168

Tuesdays 12.30 - 3 pm

January 28 - April 1
10 classes \$230/\$210

SKETCHING - NEW!

Mondays 10 am - 12 pm
February 10 - March 31
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 furniture, 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
February 13, March 13, April 10
1 - 3 pm

CRAFT GROUP

First Thursday of month
February 6, March 6, April 3
10 am - 12 noon

GARDENING GROUP

Third Monday of month
February 17, March 17,
10 am-12 noon

GIGGLE & STITCH

Untutored Patchwork & Quilting
Third Wednesday of month
12.30 - 3 pm
January 15, February 19, March 19

MAHJONG - Western Mahjong

Fridays 12.30-3.30 pm in term
January 31 - April 4

NATTY NEEDLES - NEW!

All forms of needlecraft.
Guest tutors & speakers
Fourth Tuesday of the Month
10 am - midday
February 25, March 25

80 UP CLUB

For Seniors over 80 years of age
Thursdays 1 - 3 pm
January 30 - April 3

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
February 3 - March 31
\$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
January 30 - April 3
10 sessions \$75

BEYOND BASICS

Additional computer skills
Thursdays 1 - 2.30 pm
January 30 - April 3
10 sessions \$75

IPADS

Fridays 11.30 am - 1 pm
January 31 - April 4
10 sessions \$75

ADVANCED ANDROIDS

Fridays 9.30 - 11 am
January 31 - April 4
10 sessions \$75

LANGUAGES

ITALIAN FOR EVERYONE

With Luciano Pirrottina
Thursdays 2.30 - 4.30 pm
February 13 - April 3
8 classes \$160

EVENTS

REPAIR CAFE - Sunday 16
February from 10 am - 2 pm

