

HEALTH & FITNESS



DRUMMING FITNESS

With Linda Barnett

Wednesdays 1.30-2.30 pm

July 23 - September 15

9 classes \$144

FEEL THE BEAT (Dance Fitness)

With Lil Bosancic

Fridays 9.30 - 10.30 am

July 25 - September 19

9 classes \$108

GENTLE EXERCISE

Mondays 11.30 am-12.30 pm

With Mary Kastes

July 21 - September 15

9 classes \$108

Fridays 1.30-2.30 pm

With Linda Barnett

July 25 - September 19

9 classes \$108

MINDFUL MOVEMENT & MEDITATION

With Anja Tanhane

Wednesdays 10.30 am-12

July 30 - September 17

8 classes \$96

PILATES

Mondays 5-6 pm

With Jenny Margeridis

July 21 - September 15

9 classes \$153/\$144

Tuesdays 12.45 - 1.45 pm

With Marg Scotti

July 22 - September 16

9 classes \$153/\$144

Wednesdays 10.45 - 11.45 am

With Astrid Setiawan

July 23 - September 17

9 classes \$153/\$144

Thursdays 11.30 am- 12.30 pm

With Jenny Margeridis

July 24 - September 18

9 classes \$153/\$144

STRENGTH TRAINING

Mondays 4 - 5 pm

With Linda Barnett

July 21 - September 15

9 classes \$117

Tuesdays 2 - 3 pm

With Marg Scotti

July 22 - September 16

9 classes \$117

TAI CHI - BEGINNERS NEW!

With Le-Ann Green

Thursdays 8.30 - 9.30 am

July 31 - September 18

8 classes \$112

TAI CHI - ADVANCED

With Angelina Chung

Thursdays 9.30 - 10.30 am

July 24 - September 18

9 classes \$126

YOGALATES NEW!

With Marg Scotti

Wednesdays 1 - 2 pm

July 23 - September 17

9 classes \$153/\$144

YOGA & RELAXATION

Wednesdays 9.15 - 10.15 am

With Lil Bosancic

July 23 - September 17

9 classes \$153/\$144

Wednesdays 7 - 8 pm NEW!

Expressions of Interest now open

July 30 - September 17

9 classes \$162

WALKING GROUP

Tuesdays 9.00 - 11.00 am

July 22 - September 16

Casual \$1 per week



ART & CRAFT



BIOPHILIC ART NEW!

Bringing nature and tranquillity to paintings for the home/office.

Thursdays 10.30 - 12.30 pm

August 7 - 28

4 classes \$100

DECOUPAGE

With Heather Morrell

Wednesdays 1 - 3 pm

July 23 - September 17

9 classes \$162/\$153

DRAWING & PAINTING

Wednesdays 10.30 am - 12.30

With Anita van Grootveld

July 23 - September 17

7 classes \$126/\$119

Wednesdays 1 - 3.30 pm

With Anita van Grootveld

7 classes \$161/\$147

NB: No classes September 3 & 10

Thursdays 1 - 3 pm

With Karen Nield

July 24 - September 18

9 classes \$162/\$153

GRANNY SQUARE CROCHET

Learn to crochet squares and then use them to make items.

Wednesdays 10 am - 12 midday

August 6 - September 10

6 classes \$120

KNITTING & CROCHET

With Helen Daboul

Tuesdays 10 am-12 midday

July 29 - September 16

8 classes \$144/\$136



MACRAME NEW!

Tuesdays 1 - 3 pm

August 12 - September 16

6 classes \$120

MOSAIC

With Jacqui McCooke

Tuesdays 10.30 am - 1 pm

July 22 - August 26

6 classes \$138/\$126

PATCHWORK & QUILTING

With Helen Daboul

Handsewn & machine sewn

BYO sewing machine

Mondays 12.30 - 3 pm

July 21 - September 15

9 classes \$207/\$189

Tuesdays 12.30 - 3 pm

July 22 - September 16

9 classes \$207/\$189

CLASSY TOTE BAG NEW!

Design and make fabric bags

Tuesdays 10 am - 12 noon

August 5 - 26 4 classes \$80

TINY PAINTINGS NEW!

Do one or do many - Make a Triptych or Wall Art Design

Mondays 1 - 3 pm

July 28 - September 15

8 classes \$144/\$136

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

BOOK DISCUSSION GROUP

Second Thursday of month

July 10, August 14, September 11

1 - 3 pm \$7 per session

CRAFT GROUP

First Thursday of month

August 7, September 4, October 2

10 am - 12 noon \$7 per session

GARDENING GROUP

Third Monday of month

July 15, August 18, September 15

10 am-12 noon \$7 per session

GIGGLE & STITCH

Untutored Patchwork & Quilting

Third Wednesday of month

July 16, August 20, September 17

12.30 - 3 pm \$7 per session

MAHJONG - Western Mahjong

Fridays 12.30-3.30 pm in term

July 25 - September 19

NATTY NEEDLES NEW!

All forms of needlecraft.

Guest tutors & speakers

Fourth Tuesday of the Month

10 am - midday \$7 per session

July 22, August 26, September 23

80 UP CLUB

For Seniors over 80 years of age

Thursdays 1 - 3 pm

July 24 - September 18 \$5 pw

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

July 21 - September 15

\$22 per week -Includes model fee

*Session fee includes Morning/Afternoon Tea

TECHNOLOGY FOR SENIORS

MOBILE PHONE HELP

One on one for 1 hour

By Appointment \$10

iPhone PHOTOGRAPHY NEW!

With Tamara Little

Thursdays 10.30 am - 12 midday

July 31 - September 18

8 sessions \$150

BASIC COMPUTERS

Thursdays 9.30 - 11 am

July 24 - September 18

9 sessions \$67.50

BEYOND BASICS

Additional computer skills

Thursdays 1 - 2.30 pm

July 24 - September 18

9 sessions \$67.50

iPADS FOR SENIORS

Fridays 11.30 am - 1 pm

July 25 - September 19

9 sessions \$67.50

ADVANCED ANDROIDS

Fridays 9.30 - 11 am

July 25 - September 19

9 sessions \$67.50

EVENTS

CHEESE MAKING WORKSHOP

With Barry Roberts

Friday August 8 10 - 11.30 am \$50

REPAIR CAFE - Sunday 27 July

from 10 am - 1 pm

Register with Monash Council.

