

# HEALTH & FITNESS



## DRUMMING FITNESS

With Linda Barnett

Wednesdays 1.30-2.30

January 28 - April 1

10 classes \$170

## FEEL THE BEAT

With Lil Bosancic

Fridays 9.30 - 10.30 am

January 30 - March 27

9 classes \$117

## GENTLE EXERCISE

**Mondays 11.30 - 12.30**

With Mary Kastes

February 2 - March 30

8 classes \$104

**Fridays 1.30-2.30 pm**

With Linda Barnett

January 30 - March 27

9 classes \$117

## PILATES

**Mondays 5-6 pm**

With Jenny Margeridis

February 2 - March 30

8 classes \$144/\$136

**Tuesdays 3- 4 pm**

With Marg Scotti

January 27 - March 31

10 classes \$180/\$170

**Wednesdays 10.45 - 11.45 am**

With Astrid Setiawan

January 28 - April 1

10 classes \$180/\$170

## Thursdays

**11.30 am- 12.30 pm**

With Jenny Margeridis

January 29 - April 2

10 classes \$180/\$170

**6 - 7 pm NEW!**

With Astrid Setiawan

February 5 - April 2

9 classes \$180

## STRENGTH TRAINING

**Mondays 4 - 5 pm**

With Linda Barnett

February 2 - March 30

8 classes \$120

**Tuesdays 2 - 3 pm**

With Marg Scotti

January 27 - March 31

10 classes \$140

## TAI CHI - BEGINNERS NEW!

With Le-Ann Green

Thursdays 8.30 - 9.30 am

February 5 - April 2

9 classes \$135

## TAI CHI - ADVANCED

With Angelina Chung

Thursdays 9.30 - 10.30 am

January 29 - April 2

10 classes \$150

## YOGALATES NEW!

With Marg Scotti

Combining Yoga & Pilates

Wednesdays 1 - 2 pm

February 4 - April 1

9 classes \$162/\$153

## CHAIR YOGA NEW!

With Lil Bosancic

Fridays 10.45 - 11.45 am

February 6 - March 27

8 classes \$144/\$136

## YOGA & RELAXATION

**Wednesdays 9.15 - 10.15 am**

With Margarita Cuiffardi

January 28 - April 1

10 classes \$180/\$170

**Wednesdays 6 - 7 pm NEW!**

With Ritamaya Mani

February 4 - April 1

9 classes \$180

## WALKING GROUP

Tuesdays 9.00 - 11.00 am

January 27 - March 31

Casual \$10 per term

# ART & CRAFT



## DECOUPAGE

With Heather Morrell

Wednesdays 1 - 3 pm

January 28 - April 1

10 classes \$190/\$180

## DRAWING & PAINTING

Wednesdays 10.30 am - 12.30

With Anita van Grootveld

January 28 - April 1

10 classes \$190/\$180



## DRAWING & PAINTING

**Wednesdays 1 - 3.30 pm**

With Anita van Grootveld

January 28 - April 1

10 classes \$240/\$220

**Thursdays 12.45 - 2.45 pm**

With Karen Nield

January 29 - March 26

9 classes \$171/\$162

## KNITTING & CROCHET

With Helen Daboul

Tuesdays 10 am-12 midday

February 10 - March 31

8 classes \$152/\$144



## MOSAIC

With Jacqui McCooke

Tuesdays 10.30 am - 1 pm

January 27 - March 31

10 classes \$240/\$220



## PATCHWORK & QUILTING

With Helen Daboul

Handsewn & machine sewn

BYO sewing machine

**Mondays 12.30 - 3 pm**

February 2 - March 30

8 classes \$192/\$184

**Tuesdays 12.30 - 3 pm**

January 27 - March 31

10 classes \$240/\$220

# 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

February 12, March 12,

1 - 3 pm \$7 per session

## CRAFT GROUP

First Thursday of month

February 5, March 5

10 am - 12 noon \$7 per session

## GARDENING GROUP

Third Monday of month

February 16, March 16,

10 am-12 noon \$7 per session

## GIGGLE & STITCH

Untutored Patchwork & Quilting

Third Wednesday of month

February 18, March 18

12.30 - 3 pm \$7 per session

## MAHJONG - Western Mahjong

Fridays 12.30-3.30 pm in term

January 30 - March 27 \$7 pw



## 80 UP CLUB

For Seniors over 80 years of age

Thursdays 1 - 3 pm

January 29 - April 2 \$5 pw

## MT ST MOVIE BUFFS

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 2 - March 30

\$25 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

With Tamara Little

Thursdays 10.30 am - 12 midday

February 19 - March 26

6 sessions \$90

## BEYOND BASICS COMPUTERS

Thursdays 10 - 11.30 am

February 5 - April 2

9 sessions \$67.50

## BASIC COMPUTER SKILLS

Thursdays 1 - 2.30 pm

February 5 - April 2

9 sessions \$67.50

## IPADS FOR SENIORS

Fridays 11.30 am - 1 pm

February 6 - March 27

8 sessions \$60

## ADVANCED ANDROIDS

Fridays 9.30 - 11 am

February 6 - March 27

8 sessions \$60

# EVENTS

## REPAIR CAFE

Sunday 22 February + March 28

10 am - 1 pm

Register with Monash Council.



## POWER SAVING BONUS

On a Centrelink Card? You are probably entitled to the \$100 Power Saving Bonus. Our friendly staff are happy to complete the online application for you. Just phone to make arrangements 9803 8706. Available until March.