

# HEALTH & FITNESS



## DRUMMING FITNESS

With Linda Barnett  
Wednesdays 1.30-2.30  
January 28 - April 1  
10 classes

\$170

## STRENGTH TRAINING

Mondays 4 - 5 pm  
With Linda Barnett  
February 2 - March 30  
8 classes

\$120

## FEEL THE BEAT

With Lil Bosancic  
Fridays 9.30 - 10.30 am  
January 30 - March 27  
9 classes

\$117

## 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

## 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

## 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

With Anita van Grootveld  
Wednesdays 10.30 am - 12.30  
January 28 - April 1  
10 classes

\$190/\$180



## DRAWING & PAINTING

With Anita van Grootveld  
Wednesdays 1 - 3.30 pm  
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

With Helen Daboul  
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



## 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.

# EVENTS

## REPAIR CAFE

Sunday 22 February + March 28  
10 am - 1 pm  
Register with Monash Council.