

HEALTH & FITNESS



DRUMMING FITNESS

With Linda Barnett
Wednesdays 1.30-2.30 pm
April 22 - June 24
10 classes

\$170

FEEL THE BEAT

With Lil Bosancic
Fridays 9.30 - 10.30 am
April 24 - June 26
10 classes

\$130

GENTLE EXERCISE

Mondays 11.30 - 12.30 pm
With Mary Kastes
April 20 - June 22
9 classes

\$117

Fridays 1.30-2.30 pm

With Linda Barnett
April 24 - June 26
10 classes

\$130

PILATES

Mondays 5-6 pm
With Jenny Margeridis
April 20 - June 22
9 classes

\$162/\$153

Tuesdays 3- 4 pm

With Marg Scotti
April 21 - June 23
10 classes

\$180/\$170

Wednesdays 10.45 - 11.45 am

With Astrid Setiawan
April 22 - June 24
10 classes

\$180/\$170

Thursdays

11.30 am- 12.30 pm
With Jenny Margeridis
April 23 - June 25
10 classes

\$180/\$170

6 - 7 pm NEW!

With Astrid Setiawan
April 23 - June 25
10 classes

\$200

STRENGTH TRAINING

Mondays 4 - 5 pm

With Linda Barnett
April 20 - June 22
9 classes

\$135

Tuesdays 1.45 - 2.45 pm

With Marg Scotti
April 21 - June 23
10 classes

\$140

TAI CHI - BEGINNERS NEW!

With Le-Ann Green
Thursdays 8.30 - 9.30 am
April 30 - June 25
9 classes

\$135

TAI CHI - ADVANCED

With Angelina Chung
Thursdays 9.30 - 10.30 am
April 23 - June 25
10 classes

\$150

TAI CHI - WALKING NEW!

Develop body and balance awareness & co-ordination
Wednesdays 9.30 - 10.30 am
May 6 - June 24
8 sessions

\$80

CHAIR YOGA

With Lil Bosancic
Fridays 10.45 - 11.45 am
April 24 - June 26
10 classes

\$180/\$170

YOGA & RELAXATION

Wednesdays 9.15 - 10.15 am
With Margarita Cuiffardi
April 22 - June 24
10 classes

\$180/\$170

Monday 6 - 7 pm

Wednesdays 5.45 - 6.45 pm
With Ritamaya Mane
April 22 - June 24
10 classes

\$180

WALKING GROUP

Tuesdays 9.00 - 11.00 am
April 21 - June 23
Casual

\$10 per term

ART & CRAFT



DECOUPAGE

With Heather Morrell
Wednesdays 1 - 3 pm
April 22 - June 24
10 classes

\$190/\$180

DRAWING & PAINTING

Wednesdays 10.30 am - 12.30
With Anita van Grootveld
May 13- June 24
7 classes

\$133/\$126



DRAWING & PAINTING

Wednesdays 1 - 3.30 pm
With Anita van Grootveld
May 13 - June 24
7 classes

\$168/\$154

Thursdays 12.45 - 2.45 pm

With Karen Nield
April 23 - June 25
10 classes

\$190/\$180

KNITTING & CROCHET

With Helen Daboul
Mondays 10 am-12 midday
May 4 - June 22
8 classes

\$152/\$144



MOSAIC

With Jacqui McCooke
Tuesdays 10.30 am - 1 pm
April 21- June 23
10 classes

\$240/\$220



PATCHWORK & QUILTING

With Helen Daboul
Handsewn & machine sewn
BYO sewing machine
Mondays 12.30 - 3 pm
April 20 - June 23
10 classes

\$240/\$220

Tuesdays 12.30 - 3 pm

April 21 - June 23
10 classes

\$240/\$220

ROOM HIRE

Rooms with seating for 10 - 80 people from \$22 per hr. Daily PLI \$22.

Available for meetings, community activities, events & 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
April 9, May 14, June 11,
1 - 3 pm \$7 per session

CRAFT GROUP

First Thursday of month
May 7, June 4, July 2
10 am - 12 noon \$7 per session

GARDENING GROUP

Third Monday of month
April 20, May 18, June 15
10 am-12 noon \$7 per session

GIGGLE & STITCH

Untutored Patchwork & Quilting
Third Wednesday of month
April 15, May 20, June 17
12.30 - 3 pm \$7 per session

MAHJONG - Western Mahjong

Fridays 12.30-3.30 pm in term
April 24 - June 26 \$7 pw



80 UP CLUB

For Seniors over 80 years of age
Thursdays 1 - 3 pm
April 23 - June 25 \$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
April 20 - June 22
\$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

INTRODUCTION TO AI NEW!

3 Hour Workshop
Date to be announced
Tuesday 9.30 am - 12.30 pm Free

BEYOND BASICS COMPUTERS

Thursdays 10 - 11.30 am
April 23 - June 25
10 sessions \$75

BASIC COMPUTER SKILLS

Thursdays 1 - 2.30 pm
May 7 - June 25
8 sessions \$60

iPADS FOR SENIORS

Fridays 11.30 am - 1 pm
April 24 - June 26
10 sessions \$75

ADVANCED ANDROIDS

Fridays 9.30 - 11 am
April 24 - June 26
10 sessions \$75

EVENTS

REPAIR CAFE

3 May 14 June 18 July
10 am - 1 pm
Register with Monash Council.



KNIFE & TOOL SHARPENING DAY

Tuesday April 28 9 am - 2 pm
Contact the House for more information and price list.

MONASH AGED & COMMUNITY SUPPORT INFORMATION SESSION

Meet & Greet the Age Well & Home Support Team and hear about how the Council can help you.
Wednesday July 15
10.30 - 11.30 am