HEALTH & FITNESS

DRUMMING FITNESS
With Linda Barnett
Wednesdays 1.30-2.30 pm
October 8 - December 10
10 classes $160

FEEL THE BEAT (Dance Fitness)
With Lil Bosancic
Fridays 9.30 - 10.30 am
October 10 - December 12
10 classes $120

GENTLE EXERCISE
Mondays 11.30 am-12.30 pm
With Mary Kastes
October 6 - December 15
10 classes $120

Fridays 1.30-2.30 pm
With Linda Barnett
October 10- December 12
10 classes $120

MINDFUL MOVEMENT & MEDITATION
With Anja Tanhane
Wednesdays 10.30 am-12
October 22 - December 10
8 classes $96

PILATES
Mondays 5-6 pm
With Jenny Margeridis
October 6 - December 15
10 classes $170/$160

Tuesdays 3- 4 pm
With Marg Scotti
October 7 - December 16
10 classes $170/$160

Wednesdays 10.45 - 11.45 am
With Astrid Setiawan
October 8 - December 10
10 classes $170/$160

Thursdays 11.30 am- 12.30 pm
With Jenny Margeridis
October 9 - December 11
10 classes $170/$160

STRENGTH TRAINING
Mondays 4 - 5 pm
With Linda Barnett
October 6 - December 15
10 classes $130

Tuesdays 2 - 3 pm
With Marg Scotti
October 7 - December16
10 classes $130

TAI CHI - BEGINNERS NEW!
With Le-Ann Green
Thursdays 8.30 - 9.30 am
October 23 - December 11
8 classes $112

TAI CHI - ADVANCED
With Angelina Chung
Thursdays   9.30 - 10.30 am
October 9 - December 11
10 classes $140

YOGALATES
With Marg Scotti
Wednesdays 1 - 2 pm
October 8 - December 10
10 classes $170/$160

YOGA & RELAXATION
Wednesdays   9.15 - 10.15 am
With Margarita Cuiffardi
October 8 - December 10
10 classes $170/$160

Wednesdays 5 - 6 pm
October 15 - December 10
9 classes $162

WALKING GROUP
Tuesdays 9.00 - 11.00 am
October 7 - December 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
November 6 - 27
4 classes $100

DECOUPAGE
With Heather Morrell
Wednesdays 1 – 3 pm
October 8 - December 10
10 classes $180/$170

DRAWING & PAINTING
Wednesdays 10.30 am - 12.30
With Anita van Grootveld
October 8 - December 10
10 classes $180/$170

Wednesdays 1 – 3.30 pm
With Anita van Grootveld
October 8 - December 10
10 classes $230/$210

Thursdays 1 – 3 pm
With Karen Nield
October 16 - December 11
9 classes $162/$153

KNITTING & CROCHET
With Helen Daboul
Tuesdays 10 am-12 midday
October 14 -December 9
8 classes $144/$136

MOSAIC
With Jacqui McCooke
Tuesdays 10.30 am - 1 pm
October 7- December 16
10 classes $230/$210

PATCHWORK & QUILTING
With Helen Daboul
Handsewn & machine sewn
BYO sewing machine
Mondays 12.30 – 3 pm
October 6 -December 15
10 classes $230/$210

Tuesdays 12.30 – 3 pm
October 7 - December 16
10 classes $230/$210

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
Oct 9, November 13, December 11
1 – 3 pm $7 per session

CRAFT GROUP
First Thursday of month
Oct 2, November 6, December 4
10 am – 12 noon $7 per session

GARDENING GROUP
Third Monday of month
Oct 20, November 17, December 15
10 am-12 noon $7 per session

GIGGLE & STITCH
Untutored Patchwork & Quilting
Third Wednesday of month
Oct 22, November 19, December 17
12.30 - 3 pm $7 per session

MAHJONG - Western Mahjong
Fridays 12.30-3.30 pm in term
October 10 - December 19 $7 pw

80 UP CLUB
For Seniors over 80 years of age
Thursdays 1 – 3 pm
October 9 - December 11 $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
October 6 - December 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
October 16 - November 20
6 sessions $90

BEYOND BASICS COMPUTERS
Thursdays 10 – 11.30 am
October 9 - December 11
10 sessions $75

 BASIC COMPUTER SKILLS
Thursdays 1 - 2.30 pm
October 16 - December 11
9 sessions $67.50

iPADS FOR SENIORS
Fridays 11.30 am – 1 pm
October 10 - December 12
10 sessions $75

ADVANCED ANDROIDS
Fridays 9.30 – 11 am
October 10 - December 12
10 sessions $75

EVENTS

ART & CRAFT EVENT
Exhibition, Stalls, Devonshire Tea
Saturday November 15
10 am - 3 pm

REPAIR CAFE - Sunday 26 October
from 10 am - 1 pm
Register with Monash Council.