

HEALTH & FITNESS

CARDIO FITNESS

With Marg Scotti
Circuit Training & individual based
Thursdays 4.45 – 5.45 pm
July 14 – Sept 15 10 classes \$130

DANCE TO FITNESS

With Marg Scotti
Fun dance routines to keep Seniors fit!
Tuesdays 4 – 5 pm 10 classes
July 12 – Sept 13 \$100

DRUMMING FITNESS

With Marg Scotti
Wednesdays 11 am – 12 noon
July 13 – Sept 14 10 classes \$100



GENTLE EXERCISE

Suitable for Seniors. Group sessions.
Mondays with Mary Kastes
11.30 am – 12.30 pm
July 11 – Sept 12 10 classes \$80

Mondays with Linda Barnett
3.45 – 4.45 pm
July 11 – Sept 12 10 classes \$80

Fridays with Linda Barnett
1.30 – 2.30 pm
July 15 – Sept 16 10 classes \$80

INTERVAL TRAINING

With Marg Scotti
Mondays 10.30 – 11.30 am
Tuesdays 6 – 7 pm
Fridays 9 – 10 am
July 11 – September 16 Casual

SUPER SEVENTIES

For Seniors over 70 – Light Exercise, Games and Morning Tea Chat Time
With Marg Scotti
** Conditions Apply – Phone Office
Fridays 10.30 am – 12 pm
July 15 – Sept 16 10 classes FREE

PILATES

With Marg Scotti
Mondays 6 – 7 pm
July 11 – September 12
10 classes \$140/\$130

Tuesdays 5 – 6 pm
July 12 – September 13
10 classes \$140/\$130

Wednesdays 9 – 10 am or
10 – 11 am in House or
7 – 8 pm on Zoom
July 13 – September 14
10 classes \$140/\$130

Thursdays 11.30 am – 12.30 pm
July 14 – September 15
10 classes \$140/\$130



STRENGTH TRAINING

Mondays with Marg Scotti
Group & Individual Training
5 – 6 pm July 11 – September 12
10 classes \$140/\$130

Tuesdays with Mary Kastes
Suitable for Seniors. Group class
2 – 3 pm July 12 – September 13
10 classes \$100



TAI CHI

Thursdays with Angelina Chung
INTERMEDIATE 8.30 – 9.30 am
ADVANCED 9.30 – 10.30 am
July 14 – Sept 15 10 classes \$110
Tuesdays with Lee-Ann Green
BEGINNERS 9.30 – 10.30 am
July 14 – Sept 15 10 classes \$110

WALKING GROUP

Tuesdays 9 – 11.30 am approx.
Casual \$5 per Term
July 12 – September 13
Carpool to local walks.

HATHA YOGA

Wednesdays with Leone Blakeway
9.15 – 10.15 am
July 13 – September 14
10 classes \$140/\$130

ART & CRAFT

DECOUPAGE

Untutored
Wednesdays 1 – 3 pm
July 13 – September 14 10 sessions
Casual \$3.50 per session

DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel
Mondays – With Karen Nield
1 – 3 pm
July 11 – September 12
10 classes \$150/\$140

DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel
Wednesdays – With Anita
10.30 am – 12.30 pm \$150/\$140
or 1 – 3.30 pm \$180/\$170
July 13 – September 14 10 classes

KNITTING & CROCHET

With Helen Daboul
Beginners - Advanced
Tuesdays 10 am – 12 noon
July 12 – September 13
10 classes \$150/\$140

MOSAIC

With Sally Brown
Tuesdays 11 am – 1.30 pm
July 12 – September 13
10 classes \$180/\$170
4 “Taster” classes during Term 3:
Create a Wall/Garden Plaque
Materials supplied in cost.
July 12 – August 2
4 classes \$85



OPEN STUDIO

Social Painting Group. No tutor.
Wednesdays 7 – 9 pm
July 13 – September 14
\$3.50 per session BYO materials

PAPER TOLE * Returning!

With Kaylee Doyle
Wednesdays 9.30 - 11.30 am
July 13 – September 14
10 classes \$150/\$140

PATCHWORK & QUILTING

Hand sewn & Machine Patchwork
BYO Sewing Machine

Mondays with Helen Daboul
12.30 – 3 pm
July 11 – September 12
10 classes \$180/\$170

Tuesdays - with Helen Daboul
Advanced Class
12.30 – 3 pm
July 12 – September 13
10 classes \$180/\$170



PORTRAIT PAINTING

Untutored. With model.
Mondays 1.15 – 3.15 pm
July 11 – September 12
\$15 per week - includes Afternoon Tea
and shared model fee. BYO materials

SOCIAL GROUPS

BOOK DISCUSSION GROUP

Second Thursday of the month
1 – 3 pm
\$3.50 includes Afternoon Tea.

CRAFT GROUP

First Thursday of the month Come
along and have fun making craft
10 am – 12 Midday Materials included.
\$5 per session includes Morning Tea.

MAHJONG

Western Mahjong. Beginners welcome
Fridays 12.30 – 3.30 pm Casual
July 15 – September 16
\$4 per week includes Afternoon Tea.

80 UP CLUB

**For Seniors over 80 – Fun Activities
& mild exercise plus Afternoon Tea
& Chat Time with Marg**
Transport can be arranged*.
Thursdays 1 – 3 pm 10 sessions
July 14 – September 15 FREE!!!

TECHNOLOGY

NB Classes are for Seniors only.

BASIC COMPUTERS

Windows, Word, Emailing & Internet
Only 4 students in a class.
Laptops available or BYO laptop.
Mondays
9.15 – 10.45 am
July 11 – September 12
10 classes \$40
Thursdays
9.15 – 10.45 am
July 14 – September 15
10 classes \$40

BEYOND BASICS

Additional computer skills for Seniors
– Facebook, Instagram, Zoom, Photos
Laptops available or BYO laptop.

Mondays with Frank

11 am – 12.30 pm
July 11 – September 12
10 classes \$40

Tuesdays with Roy

1 – 2.30 pm
July 12 – September 13
10 classes \$40

Thursdays with Barb

1 – 2.30 pm
July 14 – September 15
10 classes \$40



iPad FOR SENIORS

STARTING /LEARNING MORE
Thursdays with Barb
11 am - 12.30 pm July 14 – Sept 15
10 classes \$55 BYO iPad

ADVANCED:

Fridays with Barb 11.30 am – 1 pm
July 15 – September 16
10 classes BYO iPad \$55

ANDROID TABLETS

ADVANCED:
Fridays with Barb 9.30 - 11 am 9 –
July 15 – September 16
10 classes \$55 BYO Android Tablet

FOR CHILDREN

ART SMART KIDS

Drawing, Painting & Creative Art for
children aged 9 – 12 years
Mondays with Karen Nield
4 – 5.30 pm
July 18 – September 5
8 classes \$120
Materials included in cost.



HOLIDAY PROGRAM

See MSNH website each term for full
program offered in School Holidays:
www.msnh.org.au

SERVICES

Photocopying
Book Swap Library
Tax Help August – October

ROOM HIRE

***Not available for private functions.**
Rooms seating for 10 – 80 people
From \$15 per hour (NFP)
Daily Public Liability Insurance \$15
Includes use of AV equipment and use
of indoor kitchen facilities.



**MSNH'S ART & CRAFT
EXHIBITION**
“A New Beginning”
At The Track Gallery
September 7 – 18