

HEALTH & FITNESS

CARDIO FITNESS

With Marg Scotti

Increase balance, stamina & strength.

Thursdays 4.45 – 5.45 pm

Oct 13 – Dec 15 10 classes \$130

DANCE TO FITNESS

With Marg Scotti

Fun dance routines to keep Seniors fit!

Tuesdays 4 – 5 pm

October 4 – December 13 10 classes \$100

DRUMMING FITNESS

With Marg Scotti

Wednesdays 1.30 – 2.30 pm

Oct 5 – Dec 14 11 classes \$110

GENTLE EXERCISE

Suitable for Seniors. Group sessions.

Mondays with Mary Kastes

11.30 am – 12.30 pm

Oct 3 – Dec 12 10 classes \$80

Mondays with Linda Barnett

3.45 – 4.45 pm

Oct 3 – Dec 12 10 classes \$80

Fridays with Linda Barnett

1.30 – 2.30 pm

Oct 7 – Dec 16 11 classes \$88

INTERVAL TRAINING

With Marg Scotti

Mondays 10.30 – 11.30 am

Tuesdays 6 – 7 pm Fridays 9 – 10 am

October 3 – December 16 Casual



SUPER SEVENTIES

For Seniors in 70's – Light Exercise

With Marg Scotti

** Conditions Apply – Phone Office

Fridays 10.30 am – 12 pm

Oct 7 – Dec 16 11 classes FREE

PILATES

With Marg Scotti

Mondays 6 – 7 pm

October 3 - December 12

10 classes \$140/\$130

Tuesdays 5 – 6 pm

October 4 - December 13

10 classes \$140/\$130

Wednesdays 9 – 10 am or

10 – 11 am in House or

7 – 8 pm on Zoom

October 5 – December 14

11 classes \$154/\$143

Thursdays 11.30 am – 12.30 pm

October 6 – December 15

11 classes \$154/\$143



STRENGTH TRAINING

Mondays with Marg Scotti

Group & Individual Training

5 – 6 pm October 3 – December 12

10 classes \$140/\$130

Tuesdays with Mary Kastes

Suitable for Seniors. Group class

2 - 3 pm October 4 – December 13

10 classes \$100



TAI CHI

Thursdays with Angelina Chung

INTERMEDIATE 8.30 – 9.30 am

ADVANCED 9.30 - 10.30 am

Oct 6 – Dec 8 10 classes \$110

Tuesdays with Lee-Ann Green

BEGINNERS 9.30 – 10.30 am

October 11 – Dec 6 8 classes \$88

WALKING GROUP

Tuesdays 9 – 11.30 am approx.

Casual \$5 per Term

October 4 – December 13

Carpool to local walks.

HATHA YOGA

Wednesdays with Leone Blakeway

9.15 – 10.15 am

October 5 – December 14

11 classes \$154/\$143

ART & CRAFT

DÉCOUPAGE

With Heather Morrell

Wednesdays 1 – 3 pm

October 5 – December 14 10 classes

Casual \$14/\$15 per class

DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel

Mondays – With Karen Nield

1 – 3 pm

October 3 – December 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

October 5 – December 7 10 classes



KNITTING & CROCHET

With Helen Daboul

Beginners - Advanced

Tuesdays 10 am – 12 noon

October 4 – December 13

10 classes \$150/\$140

MOSAIC

With Sally Brown

Tuesdays 10.30 am – 1 pm

October 4 - December 13

10 classes \$180/\$170

4 "Taster" classes during Term 4:

Create a Wall/Garden Plaque

Materials supplied in cost.

4 classes \$85



OPEN STUDIO

Social Painting Group. No tutor.

Wednesdays 7 – 9 pm

October 5 – December 14

\$3.50 per session BYO materials

PORTRAIT PAINTING

Untutored. with model.

Mondays 1.15 – 3.15 pm

October 3 – December 12

\$18 per week - includes Afternoon Tea

and shared model fee. BYO materials

PATCHWORK & QUILTING

Hand sewn & Machine Patchwork

BYO Sewing Machine

Mondays with Helen Daboul

12.30 – 3 pm

October 3 – December 12

10 classes \$180/\$170

Tuesdays - with Helen Daboul

Advanced Class

12.30 – 3 pm

October 4 - December 13

10 classes \$180/\$170



SOCIAL GROUPS

BOOK DISCUSSION GROUP

Second Thursday of the month

Oct 13, Nov 10, December 8 1 – 3 pm

\$3.50 includes Afternoon Tea.

CRAFT GROUP

First Thursday of the month Come

along and have fun making craft

October 6, November 3, December 1

10 am – 12 Midday Materials included.

\$5 per session includes Morning Tea.

MAHJONG

Western Mahjong. Beginners welcome

Fridays 12.30 – 3.30 pm Casual

October 7 – December 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 11 sessions

October 6 – December 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

October 3 – December 12

10 classes \$40

Thursdays

9.15 – 10.45 am

October 13 – December 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

October 3 - December 12

10 classes \$40

Tuesdays with Roy

1 – 2.30 pm

October 4 - December 13

10 classes \$40

Thursdays with Barb

1 – 2.30 pm

October 6 – December 15

11 classes \$44



iPad FOR SENIORS

STARTING/LEARNING MORE

Thursdays with Barb

11 am - 12.30 pm Oct 6 – Dec 15

11 classes \$60.50 BYO iPad

ADVANCED:

Fridays with Barb 11.30 am – 1 pm

October 7 - December 16

11 classes BYO iPad \$60.50

ANDROID TABLETS

ADVANCED:

Fridays with Barb 9.30 - 11 am

October 7 - December 16 11 classes

\$60.50 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

October 10 – December 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.



ART & CRAFT EXTRAVAGANZA

Saturday January 28

9 am – 4 pm

Demonstrations

Free activities & Market