

HEALTH & FITNESS

CARDIO FITNESS

With Marg Scotti

Increase balance, stamina & strength.
Thursdays 4.45 – 5.45 pm
February 2 – April 6 10 classes \$130

DANCE TO FITNESS

With Marg Scotti

Fun dance routines to keep Seniors fit!
Tuesdays 4 – 5 pm 10 classes
January 31 – April 4 \$100

DRUMMING FITNESS

With Marg Scotti

Wednesdays 1.30 – 2.30 pm
February 1 – April 5 10 classes \$100

GENTLE EXERCISE

Suitable for Seniors. Group sessions.

Mondays with Mary Kastles

11.30 am – 12.30 pm
January 30 – April 3 9 classes \$72

Mondays with Linda Barnett

3.45 – 4.45 pm
January 30 – April 3 9 classes \$72

Fridays with Linda Barnett

1.30 – 2.30 pm
February 3 – March 31 9 classes \$72

INTERVAL TRAINING

With Marg Scotti

Mondays 10.30 – 11.30 am
Tuesdays 6 – 7 pm **Fridays** 9 – 10 am
January 30 – April 4 Casual



MEDITATION & MINDFUL MOVEMENT

Fridays With Diana Dubeelaar

10 – 11 am February 10 – March 31
8 sessions \$96

SUPER SEVENTIES

Light Exercise With Marg Scotti

** Conditions Apply – Phone Office
Fridays 10.30 am – 12 pm
February 3 – March 31 9 classes FREE

PILATES

With Marg Scotti

Mondays 6 – 7 pm
January 30 – April 3
9 classes \$126/\$117

Tuesdays 5 – 6 pm
January 31 – April 4
10 classes \$140/\$130

Wednesdays 9 – 10 am or
10 – 11 am in House or
7 – 8 pm on Zoom

February 1 – April 5
10 classes \$140/\$130

Thursdays 11.30 am – 12.30 pm

February 2 – April 6
10 classes \$140/\$130



STRENGTH TRAINING

Mondays with Marg Scotti

Group & Individual Training
5 – 6 pm January 30 – April 3
9 classes \$126/\$117

Tuesdays with Mary Kastles

Suitable for Seniors. Group class
2 - 3 pm January 31 – April 4
10 classes \$100

TAI CHI

BEGINNERS 8.30 – 9.30 am

Thursdays with Lee Ann Green
February 9 – April 6 9 classes \$99

ADVANCED 9.30 – 10.30 am

Thursdays with Angelina Chung
February 2 – April 6 10 classes \$110

WALKING GROUP

Tuesdays 9 – 11.30 am approx.
Casual \$5 per Term
January 31 – April 4

HATHA YOGA

Wednesdays with Leone Blakeway

9.15 – 10.15 am
February 1 – April 5
10 classes \$140/\$130

Wednesdays with Diana Dubeelaar

7 – 8 pm
February 8 – April 5
9 classes \$126/\$117

ART & CRAFT

ART & CRAFT EXTRAVAGANZA Saturday March 25 9 am – 4 pm Market & Activities Entertainment

EVENTS & WORKSHOPS

Ask about our one-day workshops,
4 weeks/4 crafts JFF packages and
catered event packages (Birthdays,
Hens, Reunions). From \$50 per person.
Weekdays, evenings and weekends.

DÉCOUPAGE

With Heather Morrell

Wednesdays 1 – 3 pm
February 1 – April 5
10 classes \$150/\$140

MIXED MEDIA ART

Combining materials & methods

Thursdays – With Karen Nield
1 – 3 pm February 16 – April 6
8 classes \$120/\$112

DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel
Wednesdays – With Anita

10.30 am – 12.30 pm \$150/\$140
or 1 – 3.30 pm \$180/\$170
February 1 – April 5 10 classes

IKEBANA

Japanese Flower Arrangement

With Gauri Pendse

Workshop Thursday February 16
Or Saturday February 11
10 am – 12 \$50 includes materials
Fridays 10.30 am – 12.30 pm
March 3 – 31 5 classes \$90
NB Materials additional cost.

KNITTING & CROCHET

With Helen Daboul

Beginners - Advanced
Tuesdays 10 am – 12 noon
January 31 – April 4
10 classes \$150/\$140

MOSAIC

With Jacqui McCooke

Tuesdays 10.30 am – 1 pm
January 31 – April 4
10 classes \$180/\$170

OPEN STUDIO

Social Painting Group. Untutored.
Wednesdays 7 – 9 pm
February 1 – April 5
\$3.50 per session BYO materials

PORTRAIT PAINTING

Untutored. with model.
Mondays 1.15 – 3.15 pm
January 30 – April 3
\$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 January 30 – April 3
9 classes \$162/\$153

Tuesdays with Helen Daboul

Advanced Class
12.30 – 3 pm
January 31 – April 4
10 classes \$180/\$170

WATERCOLOUR PAINTING

With Glenyce Schumer

Workshops - Check with the Office for
dates. All Day \$35 Half Day \$25

SOCIAL GROUPS

BOOK DISCUSSION GROUP

Second Thursday of the month
February 9, March 9, April 13
1 – 3 pm
\$3.50 includes Afternoon Tea.

CRAFT GROUP

First Thursday of the month
Come along and have fun making craft
February 2, March 2, April 6
10 am – 12 noon Materials included.
\$5 per session includes Morning Tea.

GIGGLE & STITCH

Patchwork & Quilting - Untutored
Fourth Monday of the month
7 – 9.30 pm \$5 per session
February 27, March 27, April 24

MAHJONG

Western Mahjong. Beginners welcome
Fridays 12.30 – 3.30 pm Casual
February 3 – April 31
\$4 per week includes Afternoon Tea.

80 UP CLUB

For Seniors over 80 - With Marg
Transport can be arranged*.
Thursdays 1 – 3 pm 10 sessions
February 2 – April 6 FREE!!!

COOKING

TURKISH WORKSHOP

With Arzu Yilmaz

Thursday March 16 10 - 12 midday
Or Thursday March 16 7 – 9 pm
\$65 includes all materials

WORKSHOPS AVAILABLE

Ask about our range of one-day
cooking workshops. From \$50 pp.

TECHNOLOGY

NB Classes are for Seniors only.

MOBILE PHONE HELP

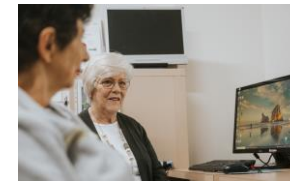
With Alan By Appointment
Android and iPhones
One on one for one hour \$10

BASIC COMPUTERS

Windows, Word, Emailing & Internet
Only 4 students in a class.
Laptops available or BYO laptop.

Thursdays with Jasmine

9.30 – 11 am
February 2 – April 6
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 January 30 – April 3
9 classes \$36

Tuesdays with Roy

1 – 2.30 pm January 31 – April 4
10 classes \$40

Thursdays with Barb

1 – 2.30 pm February 2 - April 6
10 classes \$40

iPad FOR SENIORS

STARTING /LEARNING MORE

Thursdays with Barb

11 am - 12.30 pm Feb 16 – April 6
8 classes \$44 BYO iPad

ADVANCED:

Fridays with Barb 11.30 am – 1 pm
February 3 – March 31
9 classes BYO iPad \$49.50

ANDROID TABLETS

ADVANCED:

Fridays with Barb 9.30 - 11 am
February 3 – March 31 9 classes
\$49.50 BYO Android Tablet

FOR CHILDREN

ART SMART KIDS

Drawing, Painting & Creative Art for
children aged 8 – 11 years
Mondays, Wednesdays & Thursdays
4 – 5.30 pm From February 13
8 classes \$160
Materials included in cost.



SERVICES

Photocopying
Book Swap Library
Tax Help August – October

ROOM HIRE

***Not available for private functions.**
Rooms with seating for 10 – 80 people
Carpeted & Vinyl Floored rooms.
From \$18 per hour (NFP)
Daily Public Liability Insurance \$18.50
Includes use of AV equipment, indoor
kitchen facilities & use of outdoor area.

