

## HEALTH & FITNESS

### CARDIO FITNESS

With Marg Scotti

Increase balance, stamina & strength.  
**Thursdays** 4.45 – 5.45 pm  
April 27 – June 22 9 classes \$126

### DANCE TO FITNESS

With Marg Scotti

Fun dance routines to keep Seniors fit!  
**Tuesdays** 4 – 5 pm 8 classes  
May 2 – June 20 \$80

### DRUMMING FITNESS

With Marg Scotti

**Wednesdays** 1.30 – 2.30 pm  
April 26 – June 21 9 classes \$99

### GENTLE EXERCISE

Suitable for Seniors. Group sessions.

**Mondays with Mary Kastes**

11.30 am – 12.30 pm  
May 1 – June 19 7 classes \$63

**Mondays with Linda Barnett**

3.45 – 4.45 pm  
May 1 – June 19 7 classes \$63

**Fridays with Linda Barnett**

1.30 – 2.30 pm  
April 28 – June 23 9 classes \$81

### INTERVAL TRAINING

With Marg Scotti

**Mondays** 10.30 – 11.30 am  
**Tuesdays** 6 – 7 pm **Fridays** 9 – 10 am  
May 1 – June 23 Casual



### MEDITATION & MINDFUL MOVEMENT

**Fridays With Diana Dubelaar**

10 – 11 am May 5 – June 23  
8 sessions \$104

### SUPER SEVENTIES

Light Exercise With Marg Scotti

\*\* Conditions Apply – Phone Office  
**Fridays** 10.30 am – 12 pm 9 sessions  
April 28 – June 23 FREE

## PILATES

With Marg Scotti

**Mondays** 6 – 7 pm  
May 1 – June 19  
7 classes \$105/\$98

**Tuesdays** 5 – 6 pm  
May 2 – June 20  
8 classes \$120/\$112

**Wednesdays** 9 – 10 am or  
10 – 11 am in House or  
**7 – 8 pm on Zoom**  
April 26 – June 21  
9 classes \$135/\$126

**Thursdays** 11.30 am – 12.30 pm  
April 27 – June 22  
9 classes \$135/\$126



## STRENGTH TRAINING

**Mondays with Marg Scotti**

Group & Individual Training  
5 – 6 pm May 1 – June 19  
7 classes \$105/\$98

**Tuesdays with Mary Kastes**

Suitable for Seniors. Group class  
2 - 3 pm May 2 – June 20  
8 classes \$88

## TAI CHI

**BEGINNERS** 8.30 – 9.30 am

**Thursdays with Lee Ann Green**  
May 4 – June 22 8 classes \$96

**ADVANCED** 9.30 – 10.30 am

**Thursdays with Angelina Chung**  
April 27 – June 22 9 classes \$108

## WALKING GROUP

**Tuesdays** 9 – 11.30 am approx.  
Casual \$5 per Term  
May 2 – June 204

## HATHA YOGA

**Wednesdays with Leone Blakeway**  
9.15 – 10.15 am  
April 26 – June 21  
9 classes \$135/\$126

**Wednesdays with Diana Dubelaar**  
7 – 8 pm  
May 3 – June 21  
8 classes \$120/\$112

## ART & CRAFT

### EVENTS & WORKSHOPS

Ask about our one-day workshops,  
4 weeks/4 crafts "Just For Fun"  
packages and catered event packages  
From \$55 per person.  
Weekdays, evenings and weekends.

### DÉCOUPAGE

With Heather Morrell

**Beginners - Advanced**  
**Wednesdays** 1 – 3 pm  
April 26 – June 21  
9 classes \$144/\$135

### MIXED MEDIA ART

Combining materials & methods

**Thursdays - With Karen Nield**  
12.30 – 2.30 pm April 27 – June 22  
9 classes \$144/\$135

### DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel

**Mondays - New Class!**  
1 – 3 pm 7 classes \$112/\$105  
May 1 – June 19  
**Wednesdays with Anita**

10.30 am – 12.30 pm \$64/\$60  
or 1 – 3.30 pm \$76/\$72  
May 31 – June 21 4 classes

### MACRAME

**NEW CLASS - With Gill**

**Workshop Thursday** May 4  
10 am – 12 \$55 includes materials  
**Fridays** 10.30 am – 12.30 pm  
May 12 - June 9 5 classes \$90  
NB Materials additional cost.

### KNITTING & CROCHET

With Helen Daboul

Beginners - Advanced  
**Tuesdays** 10 am – 12 noon  
May 2 – June 20  
8 classes \$128/\$120

### MOSAIC

With Jacqui McCooke

**Beginners to Advanced**  
**Tuesdays** 10.30 am – 1 pm  
May 2 – June 20  
8 classes \$152/\$144

### OPEN STUDIO

Social Painting Group. Untutored.  
**Wednesdays** 7 – 9 pm  
April 26 – June 21  
\$5 per session BYO materials

## PORTRAIT PAINTING

Untutored. with model.

**Mondays** 1.15 – 3.15 pm  
May 1 – June 19  
\$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 May 1 – June 19  
7 classes \$133/\$126

**Tuesdays with Helen Daboul**

**Advanced Class**  
12.30 – 3 pm  
May 2 – June 20  
8 classes \$152/\$144

## WATERCOLOUR PAINTING

With Glenyce Schumer

Workshops - Check with the Office for  
dates. All Day \$40 Half Day \$30

## SOCIAL GROUPS

### BOOK DISCUSSION GROUP

**Second Thursday of the month**  
April 13, May 11, June 8  
1 – 3 pm  
\$4 includes Afternoon Tea.

### CRAFT GROUP

**First Thursday of the month**

Come along and have fun making craft  
April 6, May 4, June 1, July 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  
April 24, May 22, June 26

### MAHJONG

Western Mahjong. Beginners welcome  
**Fridays** 12.30 – 3.30 pm Casual  
April 28 – June 23  
\$4 per week includes Afternoon Tea.

### 80 UP CLUB

**For Seniors over 80 - With Marg**  
Transport can be arranged\*.  
**Thursdays** 1 – 3 pm 9 sessions  
April 27 – June 22 FREE!!!

## COOKING

### TURKISH WORKSHOP

With Arzu Yilmaz

**Thursday May 18** 10 - 12 midday  
Or **Thursday May 18** 7 – 9 pm  
\$75 includes all materials

### WORKSHOPS AVAILABLE

Ask about our range of one-day  
cooking workshops. From \$55 pp.  
Chinese, French, Italian, Spanish  
Cuisine. Gourmet Special.

## 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  
April 27 – June 22  
9 classes \$45



### BEYOND BASICS

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

**Mondays with Frank**

11 am – 12.30 pm May 1 – June 19  
7 classes \$35

**Tuesdays with Roy**

1 – 2.30 pm May 2 – June 20  
8 classes \$40

**Thursdays with Barb**

1 – 2.30 pm April 27 – June 22  
10 classes \$40

## iPad FOR SENIORS

STARTING /LEARNING MORE

**Thursdays with Barb**  
11 am - 12.30 pm April 27 – June 22  
9 classes \$45 BYO iPad

**ADVANCED:**

**Fridays with Barb** 11.30 am – 1 pm  
April 28 – June 23  
9 classes BYO iPad \$45

## ANDROID TABLETS

**ADVANCED:**

**Fridays with Barb** 9.30 - 11 am  
April 28 – June 23 9 classes  
\$45 BYO Android Tablet

## FOR CHILDREN

### ART SMART KIDS

Drawing & Painting 8 – 11 year olds  
**Mondays with Christine**  
4 – 5.30 pm From May 1 – June 19  
7 classes \$126  
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.

