

HEALTH & FITNESS

DRUMMING FITNESS

With Marg Scotti  
Wednesdays 1.30 – 2.30 pm  
January 31 – March 27  
9 classes \$108

GENTLE EXERCISE

Suitable for Seniors. Group sessions.  
Mondays with Mary Kastes  
11.30 am – 12.30 pm  
January 29 – March 25  
8 classes \$80

Mondays with Linda Barnett  
3.45 – 4.45 pm  
January 29 – March 25  
8 classes \$80

Fridays with Linda Barnett  
1.30 – 2.30 pm  
February 2 – March 22  
8 classes \$80

INTERVAL TRAINING

With Marg Scotti  
Personal Training Sessions  
Mondays 10.15 – 11.15 am  
Tuesdays 6 - 7 pm  
Fridays 9 – 10 am  
January 29 – March 26  
Cost on application

MINDFUL MOVEMENT & MEDITATION

Wednesdays with Anja Tanhane  
Gentle Qigong & Meditation/Breathing  
10.30 am – 12 midday 8 sessions  
February 7 – March 27 \$80

SUPER SEVENTIES

Exercise for people in their 70's  
With Marg Scotti  
Fridays 10.30 am – 12 pm  
February 2 – March 22  
8 sessions \$80

PILATES

With Marg Scotti  
Mondays 6 – 7 pm  
January 29 – March 25  
8 classes \$128/\$120  
Tuesdays 5 – 6 pm  
January 30 – March 26  
9 classes \$144/\$135  
Wednesdays 9 – 10 am or  
10 – 11 am January 31 – March 27  
9 classes \$144/\$135

Thursdays 11.30 am – 12.30 pm  
February 1 – March 28  
9 classes \$144/\$135

STRENGTH TRAINING

Mondays with Marg Scotti  
Group & Individual Training  
5 – 6 pm January 29 – March 25  
8 classes \$128/\$120  
Tuesdays with Mary Kastes  
Suitable for Seniors. Group class  
2 - 3 pm January 30 – March 26  
9 classes \$108

TAI CHI

BEGINNERS 8.30 – 9.30 am  
Thursdays with Lee Ann Green  
February 8 – March 28  
8 classes \$104

ADVANCED 9.30 - 10.30 am  
Thursdays with Angelina Chung  
February 1 – March 28  
9 classes \$117

WALKING GROUP

Tuesdays 9 – 11.30 am approx.  
Casual \$5 per Term  
January 30 – March 26

HATHA YOGA

Wednesdays with Leone Blakeway  
9.15 – 10.15 am  
January 31 – March 27  
9 classes \$144/\$135

ART & CRAFT

SUSTAINABLE SEWING New!  
Learn how to darn, replace a zip, mend  
splits, attach fasteners and more!  
Wednesdays 7.30 – 9.30 pm  
4 classes March 6 – 27 \$100

DÉCOUPAGE

With Heather Morrell  
Beginners - Advanced  
Wednesdays 1 – 3 pm  
January 31 – March 27  
9 classes \$153/\$144

DRAWING & PAINTING

Acrylic, Oils, Watercolour, Pastel  
Wednesdays with Anita  
10.30 am– 12.30 pm \$119/\$112  
or 1 – 3.30 pm \$154 /\$140  
February 14 – March 27 7 classes

With Karen Nield  
Thursdays 10 am – 12 pm  
or 12.30 – 2.30 pm  
February 15 – March 28  
7 classes \$119/\$112

FLUID PAINTING – New!

For Beginners – 4 week course  
Thursdays March 7 – 28 10 am – 12  
\$140 Includes paint and first canvas

KNITTING & CROCHET

With Helen Daboul  
Tuesdays 10 am – 12 noon  
January 30 – March 26  
9 classes \$153/\$144

MACRAME – New!

With Gill  
Fridays 10 am – 12 pm  
Workshop: February 23 \$35  
Short Course: March 1 – 22 \$100  
NB Materials not included

MOSAIC

With Jacqui McCooke  
Tuesdays 10.30 am – 1 pm  
January 30 – March 26  
9 classes \$198/\$180

OPEN STUDIO

Social Painting Group. Untutored.  
Wednesdays 7 – 9 pm  
January 31 – March 27  
\$5 per session BYO materials

PATCHWORK & QUILTING

Hand sewn & Machine Patchwork  
BYO Sewing Machine

Mondays with Helen Daboul  
12.30 – 3 pm  
January 29 – March 25  
8 classes \$176/\$160

Tuesdays with Helen Daboul  
12.30 – 3 pm  
January 30 – March 26  
9 classes \$198/\$180

PORTRAIT PAINTING

Untutored. with model.  
Mondays 1.15 – 3.15 pm  
February 5 – March 25  
\$20 per week - includes Afternoon Tea  
and shared model fee. BYO materials

CLAY SCULPTING – New!

Mondays 10 am – 12 pm  
6 classes February 12 – March 25  
Materials not included \$150

WOOD CARVING – New!

Saturdays 10 am – 12 pm  
4 classes March 2 – March 23  
Materials not included \$100

WATERCOLOUR PAINTING

With Glenyce Schumer  
Workshops - Check with the Office for  
dates. All Day \$60 Half Day \$35

LANGUAGES

FRENCH FOR TRAVELLERS

With Niroshini Gunasekara  
Wednesdays 11.15 am – 1.15 pm  
February 7 – March 27  
8 classes \$200

FRENCH – BEGINNERS

With Niroshini Gunasekara  
Mondays 10 am – 12 midday  
February 5 – March 25  
7 classes \$175

FRENCH - ADVANCED

With Niroshini Gunasekara  
Mondays 12.30 – 2.30 pm  
February 5 – March 25  
7 classes \$175

SOCIAL GROUPS

BOOK DISCUSSION GROUP

Second Thursday of Month 1 – 3 pm  
February 8, March 14, April 11  
\$5 includes Afternoon Tea.

CRAFT GROUP

First Thursday of the Month  
February 1, March 7  
10 am – 12 noon Materials included.  
\$5 per session includes Morning Tea.

GARDENING GROUP -New!

Third Monday of the Month  
February 19, March 18,  
10 am – 12 pm  
\$5 per session includes Morning Tea

GIGGLE & STITCH

Patchwork & Quilting - Untutored  
Fourth Monday of the Month ,  
February 26, March 25  
7 – 9.30 pm \$5 per session

MAHJONG

Western Mahjong. Beginners welcome  
Fridays 12.30 – 3.30 pm Casual  
February 2 – March 22  
\$5 per week includes Afternoon Tea.

80 UP CLUB

For Seniors over 80 - With Marg  
Thursdays 1 – 3.pm 9 sessions  
February 1 – March 28 \$5 per week  
Includes Afternoon Tea

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 1 – March 28  
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 Jan 29 – March 25  
8 classes \$40

Tuesdays with Roy

1 – 2.30 pm January 30 – March 26  
9 classes \$45

Thursdays with Barb

1 – 2.30 pm February 1 – March 28  
9 classes \$45

iPad FOR SENIORS

STARTING /LEARNING MORE

Thursdays with Barb  
11 am - 12.30 pm Feb 8 – March 28  
8 classes BYO iPad \$40  
ADVANCED:  
Fridays with Barb 11.30 am – 1 pm  
February 2 – March 22  
8 classes BYO iPad \$40

ANDROID TABLETS

ADVANCED:  
Fridays with Barb 9.30 - 11 am  
February 2 – March 22 8 classes  
BYO Android Tablet \$40

ART & CRAFT EVENTS, PARTIES & WORKSHOPS

Ask about our one-day workshops,  
4 weeks/4 crafts “Just For Fun”  
workshops and catered event and party  
packages. From \$40 per person.  
Weekdays, evenings and weekends.

COOKING WORKSHOPS

Ask about our range of one-day  
cooking workshops. From \$60 pp.  
Chinese, French, Italian, Spanish  
Turkish Cuisine. Gourmet Special.  
Ask about booking the multi station  
kitchen for private functions or to hold  
your own private classes.

SERVICES

Photocopying, Scanning  
Book Swap Library, Tax Help

New! REPAIR CAFÉ  
Includes Bicycle Repair  
Sunday March 17 10 – 2  
Free service!  
Bookings Essential

ROOM HIRE

NOW AVAILABLE FOR PRIVATE  
FUNCTIONS/EVENTS  
Rooms with seating for 8 – 80 people  
Carpeted & Vinyl Floored rooms.  
From \$20 per hour (NFP)  
Daily Public Liability Insurance \$20  
Includes use of AV equipment, indoor  
kitchen facilities & use of outdoor area.  
Children’s chairs & tables provided.

