

# TERM 1 PROGRAM

## BOOK NOW

Monday 20 January - Friday 18 April 2025

### MONDAY

**9.30 - 11.30am**  
ESL Beginner  
Conversation  
\$20/class  
\$165/term

**10 - 11.30am**  
Art Therapy  
Classes  
\$4/class \$33/term

**11.45 - 12.30**  
Chair Exercise  
\$14/class  
\$100/term

**12.45 - 1.30**  
Body Blend  
\$14/class  
\$100/term

**1.45 - 2.45pm**  
Yoga  
\$14/class  
\$110/term

**1pm - 3pm**  
Welsh Class  
\$130 PA

### TUESDAY

**9.30 - 11.30am**  
Computer/IT  
Assistance  
\$5 - \$10

**10am - 11am**  
Walking FREE

**10 - 10.45am**  
Chair Exercise  
\$14/class \$120/term

**11am - 12pm**  
Mens Only  
Exercise &  
Strength Class  
\$14/class \$120/term

**11 - 12noon**  
Garden Chatty  
Cafe  
\$2

**7 - 8pm**  
Hatha Flow  
Yoga  
\$20/class \$210/term

### WEDNESDAY

**9.30 - 11.30am**  
ESL Intermediate  
Conversation  
\$20/class \$195/term

**11.30 - 1pm**  
Community  
Lunch  
(1st & 2nd Wed  
of the mth)  
\$5

**1.30 - 2.30pm**  
Circuit Strength  
Training Class  
Strength, Mobility  
& Balance  
\$14/class \$120/term

**2.30 - 3.30pm**  
Mindful Moving  
(Pilates)  
\$14/class \$120/term

**Garden Open Day**  
Last Sunday  
of the month  
10am - 12pm

### THURSDAY

**9.30 - 11.30am**  
Computer/IT  
Assistance  
\$5 - \$10

**10 - 10.45am**  
Chair Yoga and  
Mindfulness  
\$14/class \$130/term

**1pm - 4pm**  
Canasta/Bolivia  
& Rummikub  
\$25 term

**1pm - 3pm**  
Fun &  
Friendship  
afternoon  
Gold Coin  
Stitch, Singing,  
Watercolours.  
Trivia (11.30am)

**Floristry**  
Ad-Hoc dates  
ask Admin

### FRIDAY

**9 - 10.30am**  
French Classes  
- Intermediate  
\$150 per term

**10.30 - 12pm**  
French Classes  
- Advanced  
\$150 per term

**10am- 12pm**  
Acrylics with  
Cherie  
\$12/class \$27/term  
1st Fri of the mth

**12.45 - 4pm**  
Mah-jong  
\$25 term

**Book Clubs**  
Monthly, Free  
Monday & Wed evenings  
Tuesday daytime