

TERM 2 PROGRAM

BOOK NOW

Monday 15 April - Friday 5 July 2024

MONDAY

9.30 - 11.30am
ESL Beginner
Conversation
\$20/class
\$180/term

10 - 11.30am
Art Therapy
Classes
\$4/class \$36/term

11.45 - 12.30
Chair Exercise
\$12/class
\$108/term

12.45 - 1.30
Body Blend
\$12/class
\$108/term

1.45 - 2.45pm
Yoga
\$12/class
\$108/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
\$12/class \$117/term

11 - 12noon
Garden Chatty
Cafe
\$2

11am - 12pm
Mens Only
Exercise &
Strength Class
\$12/class \$117/term

7 - 8pm
Hatha Flow
Yoga
\$17/class \$182/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
\$12/class \$117/term

2.30 - 3.30pm
Pilates -
Traditional
\$12/class \$117/term

THURSDAY

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

10 - 10.45am
Chair Yoga and
Mindfulness
\$12/class \$108/term

1pm - 4pm
Canasta &
Rummikub
\$25 term

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

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

Floristry
Ad-Hoc dates
ask Admin

Book Clubs
Monthly, Free
Monday & Wed evenings
Tuesday daytime