

TERM 4 PROGRAM

BOOK NOW

Monday 2 October - 15 December 2023

MONDAY

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

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

11.45 - 12.30
Body Blend
\$99 term/\$12 class

12.45 - 1.30
Stretch & Flex
\$99 term/\$12 class

1pm - 3pm
Welsh Class
\$130 PA

TUESDAY

9am - 10am
Chair Exercise
\$99 term/\$12 class

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

10am - 11am
Walking FREE

10am - 11am
Chair Exercise
\$99 term/\$12 class

11 - 12noon
Garden Chatty
Cafe
Gold Coin

11am - 12 pm
Mens Only
Exercise &
Strength Class
\$99 term/\$12 class

7 - 8pm
Hatha Flow
Yoga
\$154 term/\$17 class

WEDNESDAY

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

11.30 - 1pm
Community
Lunch
(1st, 2nd & 3rd
Wed of the mth)
\$5

1.30 - 2.30pm
Circuit Strength
Training Class
Strength,
Mobility &
Balance
\$99 term/\$12 class

2.30 - 3.30pm
Pilates -
Traditional
\$99 term/\$12 class

2 - 3.30pm
French Class
Beginners
\$150 per term

THURSDAY

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

10 - 10.45am
Chair Yoga and
Mindfulness
\$99 term/\$12 class

1pm - 4pm
Canasta
Gold Coin

1pm - 3pm
Fun &
Friendship
afternoon
Gold Coin
Bocce, Singing
Watercolours,
Stitch & Trivia

Sustainable
& Gardening
Workshops

FRIDAY

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

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

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

12.45 - 4pm
Mah-jong
Gold Coin

2pm - 3pm
Yoga
\$99 term/\$12 class

Book Clubs
Monthly
Monday & Wed evenings
Tuesday daytime