

TERM 3 PROGRAM

BOOK NOW

Monday 10 July - 29 September 2023

MONDAY

9.30 - 11.30am
ESL Beginner
Conversation
\$20

10 - 11.30am
Art Therapy
Classes
\$36 Term

11.45 - 12.30
Body Blend
\$10

12.45 - 1.30
Stretch & Flex
\$10

1pm - 3pm
Welsh Class
\$130 PA

TUESDAY

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

10am - 11am
Walking FREE

10am - 11am
Chair Exercise
\$10

11 - 12noon
Garden Chatty
Cafe
Gold Coin

11am - 12 pm
Mens Only
Exercise &
Strength Class
\$10

7 - 8pm
Hatha Flow
Yoga - \$15

WEDNESDAY

9.30 - 11.30am
ESL Intermediate
Conversation
\$20

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

1.30 - 2.30pm
Circuit Strength
Training Class
Strength,
Mobility &
Balance
\$10

2.30 - 3.30pm
Pilates -
Traditional
\$10

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
\$10

1pm - 4pm
Canasta
Gold Coin

1pm - 3pm
Fun &
Friendship
afternoon
Gold Coin
Bocce, Painting,
Craft & Trivia

FRIDAY

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

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

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

12.45 - 4pm
Mah-jong
Gold Coin

2pm - 3pm
Yoga
\$10

Sustainable
& Gardening
Workshops

Book Clubs
Monthly
Monday & Wed evenings
Tuesday daytime