

# TERM 1 PROGRAM

## BOOK NOW

Monday 31 January - Friday 22 April 2022

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**10.30 - 12pm**  
Art Therapy  
Classes  
\$36 Term

**1 - 3pm**  
Welsh Class  
\$120 PA

**5.15 - 6pm**  
Barre Class -  
body strength  
session  
\$8

**7.30**  
Book Club  
(monthly)

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

**10 - 11am**  
Walking FREE

**11 - 12noon**  
Garden Chatty  
Cafe  
Gold Coin

**10 - 11am**  
Chair Pilates  
\$8

**11 - 12 pm**  
Mens Only  
Exercise &  
Strength Class  
\$8

**7 - 8pm**  
Hatha Flow  
Yoga -  
Breathing and  
mindfulness  
\$14

**9.15 - 11.15**  
Mini Early  
Learners \$15

**9.30 - 11.30am**  
ESL Beginner  
Conversation  
\$20

**11.30 - 1pm**  
Garden to Plate  
(1st & 3rd Wed  
of the mth) \$5

**10 - 12noon**  
Table Tennis  
\$30 annual  
St Johns

**11.30 - 12.30**  
Cooking Class  
\$5  
**12.30 - 2.30**  
Community  
Lunch \$5  
St Johns  
(2nd Wed of mth)

**1.30 - 2.30pm**  
Pilates -  
Traditional \$8

**2.30 - 3.30pm**  
Jazzercise  
\$8

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

**10 - 10.45am**  
Chair Yoga and  
Mindfulness  
\$10

**1 - 3pm**  
Fun &  
Friendship  
afternoon inc.  
Chatty Cafe  
Gold Coin

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

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

**3 - 5pm**  
Mini Wellbeing  
Mind Body &  
Soul Retreat  
(March)  
(once a term)  
\$40

**9 - 10am**  
Hatha Flow  
Yoga -  
Breathing and  
mindfulness  
\$14

**Blended  
Classes**  
(Online &  
In-House)

**In-House**  
only classes