

# TERM 1 PROGRAM

## BOOK NOW

Monday 23 January - Thursday 6 April 2023

### MONDAY

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

**10 - 11.30am**  
Art Therapy  
Classes  
\$36 Term

**11.45 - 12.30**  
Barre &  
Boxing- body  
strength  
session  
\$10

**12.45 - 1.30**  
Stretch & Flex  
\$10

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

### TUESDAY

**9 - 10am**  
Chair Exercise  
\$10

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

**10 - 11am**  
Walking FREE

**10 - 11am**  
Chair Exercise  
\$10

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

**11 - 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

**Sustainable &  
Gardening  
Workshops**  
Evenings

### THURSDAY

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

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

**1 - 3pm**  
Canasta  
Gold Coin

**1 - 3pm**  
Fun &  
Friendship  
afternoon  
Gold Coin

### FRIDAY

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

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

**1 - 3pm**  
Mah-jong  
Gold Coin

**1 - 3pm**  
Floristry  
Monthly  
\$40

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