



GROVEDALE
NEIGHBOURHOOD HOUSE

what's on term 4 2019

NEW

AUSLAN

Suitable for adults and their children.

Weekly on Wednesdays 10.00am.
Commencing: 9th October
Further information contact
Renee: 0408 686 419

DOLL HOUSE & MINIATURE FURNITURE CRAFT GROUP

A New Craft Group To Encourage
And Promote The Therapeutic Art of
Miniature Making.

Alternate Monday 9.30-12.30.
Comm. 7th October \$3.50 ps
Email Michelle:
michelle.thomas2666@gmail.com

PILATES

For Beginners, a 45-min workout
for people starting out in exercise.
Stretch, floorwork, etc.

Weekly on Wednesdays 4.15pm
Commencing: 16th October
Contact: Deb: 0438 838 295

SOUNDS RIGHT PHONICS CLASSES FOR KIDS

Provide fun, high energy classes
which open a world of literacy to
children and teach early phonics
skills. Classes are available for
children aged 3 months - 5 years.
A Sounds Right Phonics Class is fun,
varied and educational, and the
best part is that children don't even
realise that they are learning.
Tuesday 9.00am - 12.30pm
Comm 8th October
Saturday 9.00am - 12.30pm
Comm 12th October
Contact Shae: 0409 641 550
www.soundsrightphonicsclasses.
com.au

YOGA for CHILDREN

Young Yogis

Yoga for kids Grades 4-6.
6 Week Program starting Monday
14th October 4-5pm \$55

Contact

reception@thehealingweb.com.au

My Yogi & Me

Yoga Class for Kids 3-5 &
Their Parent
Join us for 30 minutes of yoga,
movement & games.
Mondays 1.45pm Starting 21st
October

Breathe - Balance - Belong

Contact

reception@thehealingweb.com.au

SPANISH LANGUAGE CLASS

Curious about the Spanish language
and culture? Do you plan on
travelling to Latin America or Spain?
This is the class for you.

Contact : Claudia 0458 224 428

ITALIAN/LATIN/ENGLISH

Languages Open Horizons
A number of new classes held during
the day and evening.

Further information contact
Lee: 0416 303 622

ZIMBABWEAN LANGUAGE CLASSES

Sunday 2.00-4.00pm.
Contact : Athanas : 0424 326 267
or Tino : 0432 413 364.

KOREAN LANGUAGE CLASSES

Commencing Saturday 12th October
11.30am - 12.30pm
Contact: Regina 0481850652 or
kregina9930@gmail.com

wellbeing

COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less.
Friendly, welcoming group; no prior
skills required.

Mondays 10am - 12.30pm - Taking
Expressions of Interest
Wed 10.00am - 12.30pm
Comm. 9th October
Phone: 5241 5717

FOOD SWAP

Third Saturday of the month 9.30
- 10.30am. Bring your excess
produce for swap or sale at
Grovedale Community Garden.
Contact Jess: 0409 536 752

FOOD IS FREE - SWAP TABLE

If you have excess produce from
your garden to share with the
Community, we have a trolley in
the foyer for others to take what
they need. Don't forget to check the
supply when in the building; feel
free to help yourself.

TOWN (Take Off Weight Naturally)

Weight Loss Support Group
Wed 6.00pm - 7.30pm
Contact Heather 5243 0622

WEIGHT WATCHERS

Wed 6.00pm - 8.00pm
Sat. 8.00 - 10.00am
Contact Kylie : 0437 289 633

U3A @ GNH

Yoga : Monday 10.30am
Tuesday 7.45am
Wednesday 10.20am
Friday 8.45am
Meditation : Monday 11.45am
Contact : U3A 5244 5114
Commencing : 7th October

arts & crafts

ART CLASSES

Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students
Saturday 10.30am – 1.00pm
comm: 12th October (Acrylic)
Mondays: 1.00pm – 3.30pm
comm: 7th October (Pastel)
(10 wks) \$180.00
Contact: Jen 0408 461 559
jones53@internode.on.net
<http://studioart6.com.au>

CRAFT CREATORS

Sewing & Patchwork group
Friday 9.30am – 12 noon
\$2.50 pw |
Commencing: 11th October
Ph: 5241 5717

MACHINE EMBROIDERY CLUB

If you have any brand of computerised embroidery machine, and would like to join, contact GNH office 5241 5717 for details
Sat 9.30am – 3pm 26th October & 23rd November \$5.00 p/s

SOCIAL YARNING

Join others for a chat while knitting, crocheting or creating macramé project.
\$5.00 p/session
Tuesdays wkly 6.00 – 8.00pm
Commencing: 8th October
Contact Jane: 0408 124 184

SOGETSU IKEBANA

Ikebana is the unique Japanese form of floral art. With understanding and practice, beautiful works may be created with even quite humble materials.
Thurs: 6.00 - 8.00pm (8 wks)
\$200.00. Comm: 10th October
Contact: Christopher
Phone: 5261 3983 or
roadsideikebana@bigpond.com

fitness

ACTIVE AGEING – Suitable for adults with competent mobility and coordination or some limitations in mobility and stamina.
Mon & Wed 9.00am
Commencing:
Mon. 7th Oct & Wed. 9th Oct
\$6 per session if paid monthly
or \$7 casual
BOOKINGS ESSENTIAL
ph: 5241 5717

BALLROOM DANCING

Suitable for beginners or as a refresher course. Bring a partner or come on your own.
Fridays 7.00 – 8.00pm
\$8.00 per session
Oct 25th, Nov 1st, 8th, 15th, 22nd & 29th, Dec 13th & 20th
Jose : 0401 673 221

WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm
Seniors 7.30pm
Tues: Sub jnrs 4.30pm, Inters 6.30pm
Thurs: Masters 7.30pm
Contact Kylie 5244 2448

NINJUTSU

Thurs 6.30pm – 9pm
Continuing: 10th October
Rob Baard 0410 414 488

MEDITATION in MOTION

Thursday 7.00 – 8.00pm
Contact: Sylvia: 0422 980 193
Continuing: 10th October

youth

YOUTH SPACE

Regular drop in activities of X-box, cooking, art activities, sports, Wii, free food!!
All welcome
Thursdays 3.30pm – 5.30pm
(During school terms)
Ages 12 -25
Contact Mardi: 5272 5272
Commencing: 10th October

men's shed

MEN'S SHED

The Grovedale Men's Shed meets every Tuesday. An active and productive group. **Contact Merv Poyner:** 0419 391 858

mind

GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm
Commencing: 9th October
\$2.50 p/wk
Contact GNH: 5241 5717

YOGIC PHILOSOPHY STUDY GROUP

Yoga is so much more than doing exercises to improve physical fitness!
Thursday 10.30am – 12.00pm
\$2.50 p/wk
Contact: Brian 0459 475 876
Commence: 10th October

children

KAREN FELDMANS DANCE CLASSES

Wednesday: 9.00am
Thursday: 4.00pm
Saturday: 10.00am
For details please contact:
Karen 0432 493 527

music

“UKES “N” MORE”

Community Ukulele Group
A fun and social group for all ages. Learn the basics of playing the ukulele. You do not need any prior experience. Bring along your sense of fun.
Beginners group will run at 6:45pm - 7.20pm on 9th, 16th, 23rd & 30th October
A ukulele may be borrowed by booking on 0430 871 045.
Main Group will run every Wednesday night during term at 7:30pm.
Commencing: 9th October
\$2.50 p/wk.
Contact Ross: 0430 871 045

Want to teach a class or hire our rooms, email info@grovedalenh.org.au or phone 5241 5717.

Visit grovedalenh.org.au for more info.