

# what's on term 1 2021

## EXERCISE

### AGEING WITH CONFIDENCE

Stay active and healthy.  
Commencing: Monday 25th  
Jan 9.00am  
Wednesday 27th Jan 9.00am  
\$6 per session if paid monthly  
or \$7 casual  
BOOKINGS ESSENTIAL  
Phone: 5241 5717

### BALLROOM DANCING

Suitable for beginners or as a  
refresher course.  
Friday 7.00 – 8.30pm  
\$10.00 per session  
Commences 29th January  
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  
Sat Class: 9.30  
Contact: Rachael  
0408 899 894

### LINE DANCING

Saturday 24th April  
1pm – 5.00pm  
Email [pauline@pgld.com.au](mailto:pauline@pgld.com.au)  
for more information

### INNER HEALTH YOGA

New to the Hub  
Slow Movement Yoga  
Commencing Friday  
5th Feb @ 10am  
Contact: Lesley 0478 581 319

## WELLBEING

**TOWN (Take Off Weight  
Naturally) Weight Loss  
Support Group**  
Wed 6.00pm – 7.00pm  
Commences 6th January  
Contact Heather 0417516020

**GITA DISCUSSION GROUP**  
Wednesday 7.00 – 9.30pm  
Commencing 27th January  
\$2.50 p/wk  
Contact Michael: 5264 7484

**UPANISHAD DISCUSSION  
GROUP**  
Wednesday 10.00 – 12.00pm  
Commencing 27th January  
\$2.50 p/wk  
Contact Michael: 5264 7484

### UKES 'N MORE

Community Ukulele Group  
Wednesday evening 7pm  
Beginners time TBC  
A fun and social group for all  
ages.  
Learn the basics of playing the  
ukulele. You do not need any  
prior experience.  
Contact Ross: 0430 871 045 for  
further information.

### MEDITATION

Introduction to Buddhist  
meditation course.  
Meets fortnightly  
Sunday from 9.30am  
Commencing 14th February  
Contact: 0407 018 498 or email  
[vic@shenpenaustralia.org](mailto:vic@shenpenaustralia.org)  
[www.shenpenaustralia.org](http://www.shenpenaustralia.org)

## NEW TO THE HUB!

**THE JUNGLE BODY  
WITH KAT B**  
Dance Fitness  
Commencing Thursday  
4th Mar @ 6pm  
Contact: Katrina  
0433 663 996

## U3A @GNH

**YOGA**  
Commencing Monday  
15th February  
& Friday 19th February

**VICTORIANS INTO  
MODERN**  
Commencing 15th February

**OUR SOLAR SYSTEM**  
Commencing 16th February

**AMERICAN CIVIL HISTORY  
1860-65**  
Commencing 17th February

**TRAGEDY & COMEDY IN  
LITERATURE**  
Commencing 18th February

**PHILOSOPHY**  
Commencing 18th February

For course and  
commencement updates,  
contact U3A on  
5244 5114

## ARTS & CRAFTS

**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  
Commencing 11th February  
Contact: Christopher  
Phone: 5261 3983 or  
[roadsideikebana@bigpond.com](mailto:roadsideikebana@bigpond.com)

### ART CLASSES

Teacher Jen Jones will be  
conducting lessons for  
beginners through to the  
more advanced students  
Monday: 1.00pm – 3.30pm  
Commencing 25th January  
Saturday 10.30am – 1.00pm  
Commencing 23rd January  
(10 wks.) \$180.00  
Contact: Jen 0408 461 559  
[Jjones53@internode.on.net](mailto:Jjones53@internode.on.net)

### CRAFT CREATORS

Sewing & Patchwork group  
Friday 9.30am – 12 noon  
\$2.50 pw  
Commencing 5th February  
Phone: 5241 5717

## BACK IN TERM 1

**GROVEDALE SENIOR  
CITIZENS**  
Various activities are held  
every week  
Contact: Terry 5241 4308  
Commencing From 8th  
February

### MEN'S SHED

An active and productive  
group.  
Call for more info.  
Contact Merv Poyner: 0417  
037 942

### FOOD SWAP

Third Saturday of the month  
9.30 – 10.30am. Bring your  
excess produce for swap  
at Grovedale Community  
Garden.  
Contact Vic: 0407 231 350

### GEELONG AREA FRIENDS (GAF)

Meets Monthly  
Thursday 9.00am – 12.00pm  
Phone: 5241 5717



## MISC

### JEREMY'S COMPUTER HELP

Need assistance with your  
technology?  
Come and see Jeremy.  
Commencing Tuesday 2nd  
February  
Bookings Only:  
5241 5717

### ZIMBABWEAN LANGUAGE CLASS

Commencing Sunday  
31st January  
Contact: Athanas  
0424 326 267

WE'RE BACK  
AND LOOKING  
FORWARD TO  
SEEING YOU  
ALL!

Do you have new  
ideas for classes,  
clubs, groups etc?

We encourage new enquiries from  
new tutors, coaches, groups, clubs  
etc. Anyone from all walks of life is  
welcome to use our spaces. Avail  
of reasonable community costs  
that Grovedale Neighbourhood  
House provides.

EMAIL:  
[info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)  
CALL 03 5241 5717

[www.grovedalenh.org.au](http://www.grovedalenh.org.au)  
[https://www.facebook.com/  
GrovedaleNeighbourhoodHouse/](https://www.facebook.com/GrovedaleNeighbourhoodHouse/)