



# what's on term 2 2021

## EXERCISE

### AGEING WITH CONFIDENCE

Stay active and healthy.  
Mondays 9.00am  
Wednesdays 9.00am  
\$6 per session if paid monthly  
or \$7 casual  
BOOKINGS ESSENTIAL  
Deb: 5241 5717

### BALLROOM DANCING

Suitable for beginners or as a  
refresher course.  
Friday 7.00 – 8.30pm  
\$10.00 per session  
Commences: 23rd April  
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: Tinies Class: 9.00am  
Contact: Cathy 0416 255 684

### LINE DANCING

Fridays 9:00am-12:00pm  
Saturday April 24th &  
May 22nd  
1:00pm-5:00pm  
Email pauline@pgld.com.au  
for more information

### KAREN FELDMAN'S DANCE STUDIO

Commences Thursday  
22nd April  
4.00pm  
Bookings Contact:  
Karen 0432 493 527

## WELLBEING

### TOWN (Take Off Weight Naturally) Weight Loss Support Group

Wed 6.00pm – 7.00pm  
Contact Heather 0417516020

### GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm  
Commencing 21st April  
\$2.50 p/wk  
Contact Michael: 5264 7484

### UPANISHAD DISCUSSION GROUP

Wednesday 10.00 – 12.00pm  
Commencing 21st April  
\$2.50 p/wk  
Contact Michael: 5264 7484

### “UKES “N” MORE”

Community Ukulele Group  
Wednesday evenings 7:30pm  
JHUI Level 2 @ 5:30pm  
Beginners 6:45pm  
A fun & social group for  
all ages.  
Learn the basics of playing  
the ukulele. You do not need  
any prior experience.  
Contact Ross on 0430 871  
045 for further information.

### MEDITATION

Introduction to Buddhist  
meditation course.  
Meets fortnightly  
Sunday from 9.30am  
Contact: Alex 0407 018 498

## U3A @GNH

### YOGA

Commencing Monday  
19th April  
& Friday 23rd April

### LET'S TALK ABOUT THAT

Commencing Monday  
19th April

### OUR SOLAR SYSTEM

Commencing Tuesday 20th  
April

### SPANISH INTERMEDIATE/ ADVANCED

Commencing Wed 21st  
April

### AMERICAN CIVIL HISTORY 1860-65

Commencing Thursday  
22nd April

### TRAGEDY & COMEDY IN LITERATURE

Commencing Thursday  
22nd April

### PHILOSOPHY

A study of the human  
subtle energy  
Commencing Thursday  
22nd April

### PHILOSOPHY FOR LIFE

Commencing Thursdays  
22nd April

Contact U3A for Bookings  
5244 5114

## NEW IN TERM 2

**INNER HEALTH YOGA**  
Slow Movement Yoga  
Commencing Friday 23rd April  
10am-11am  
Contact: Lesley 0478 581 319

**THE JUNGLE BODY with KAT.B**  
Dance Fitness  
Thursdays @ 6pm  
Contact: Katrina 0433 663 996

## MISC

### JEREMY'S COMPUTER HELP

Need assistance with your  
technology? Come and see  
Jeremy. Tuesdays  
Bookings Only: 5241 5717

### ZIMBABWEAN LANGUAGE CLASS

Sundays 2:00pm-4:30pm  
Athanas: 0424 326 267

## 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 6th of May  
Contact: Christopher  
Phone: 5261 3983 or  
roadsideikebana  
@bigpond.com

### ART CLASSES

Teacher Jen Jones will be  
conducting lessons for  
beginners through to the  
more advanced students  
Monday: 1.30pm – 4pm  
Commencing: 19th April  
Saturday 10.30am – 1.00pm  
Commencing 24th April  
(10 wks.) \$180.00  
Contact: Jen 0408 461 559  
Jjones53@internode.on.net

### CRAFT CREATORS

Sewing & Patchwork group  
Friday 9.30am – 12 noon  
\$4.00 pw  
Recommencing: 23rd April  
Phone: 5241 5717

## BACK IN TERM 2

**GROVEDALE SENIOR  
CITIZENS**  
Various activities are held  
every week  
Contact: Terry 5241 4308

### 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

### COMMUNITY KITCHEN

Learn to cook a meal for \$5  
or less. Friendly, welcoming  
group, no prior skills required.  
Term 2 expressions of interest  
Phone: 5241 5717

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

CALL 03 5241 5717