



# what's on term 3 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

Contact: 5241 5717

### BALLROOM DANCING

Suitable for beginners or as a  
refresher course.

Friday 7.00 – 8.30pm

\$10.00 per session

Contact: Jose 0401 673 221

### WINGROVE CALISTHENICS

Mon: Jnrs 5.00pm,

Seniors 7.00pm

Tues: Sub Jnrs 4.30pm,

Inters 6.30pm

Thurs: Masters 7.30pm

Sat: Tinies Class: 9.30am

Contact: Cathy 0416 255 684

### LINE DANCING

Fridays 9:00am-12:00pm

Saturday July 24th

& August 28th

1:00pm-5:00pm

Email [pauline@pgld.com.au](mailto:pauline@pgld.com.au)  
for more information

### KAREN FELDMAN'S DANCE STUDIO

Thursdays: 4.00- 7:15pm

Contact: Karen 0432 493 527

### FOLKWAVE - PUNJABI DANCE

Tuesdays: 4.00 – 6.00pm

Contact: Avtar 0423 193 998

### THE JUNGLE BODY with KAT.B

Dance Fitness

Thursdays @ 6pm

Contact:

Katrina 0433 663 996

## 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

\$2.50 p/wk

Contact Michael: 5264 7484

### UPANISHAD DISCUSSION GROUP

Wednesday 10.00 – 12.00pm

\$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

### INNER HEALTH YOGA

Slow Movement Yoga

Commencing Friday 16th July

10am-11am

Contact: Lesley 0478 581 319

### 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

## U3A @GNH

### YOGA

Commencing

Monday 12th July

& Friday 16th July

### LET'S TALK ABOUT THAT

Commencing

Monday 12th July

### OUR SOLAR SYSTEM

Commencing

Tuesday 20th July

### SPANISH INTERMEDIATE/ ADVANCED

Commencing

Wed 14th July

### AMERICAN CIVIL HISTORY 1860-65

Commencing

Wed 14th July

### TRAGEDY & COMEDY IN LITERATURE

Commencing

Thursday 15th July

### PHILOSOPHY

A study of the human subtle  
energy

Commencing

Thursday 15th July

### Philosophy for Life

Commencing

Thursdays 15th July

Contact U3A for Bookings  
5244 5114

EVERYONE'S  
WELCOME

**WELCOME  
BACK TO  
GNH**

### MISC



#### **JEZA'S COMPUTER TECH 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 29th July  
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: 12th July  
Saturday 10.30am – 1.00pm  
Commencing 17th July  
(10 wks.) \$180.00  
Contact: Jen 0408 461 559  
jenajones1253@gmail.com

#### **CRAFT CREATORS**

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

### GROUPS



#### **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

#### **GEELONG AREA FRIENDS (GAF)**

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



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

We encourage new enquiries from new tutors, coaches, groups, clubs. Anyone from all walks of life is welcome to use our spaces. Avail of reasonable community costs that Grovedale Neighbourhood House provides. Our venue hours are 6am to 12midnight.

**EMAIL** [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

**CALL** 03 5241 5717