



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@pugd.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 12 midnight.

EMAIL info@grovedalenh.org.au

CALL 03 5241 5717