



what's on term 4 2021

EXERCISE

AGEING WITH CONFIDENCE

Stay active and healthy.
Mondays 9.15am
Wednesdays 9.15am
\$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
4th Saturday of every month
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: 6.00 – 8.00pm
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 748 4

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

U3A @GNH

YOGA

Commencing Monday 4th Oct
& Friday 8th Oct

LET'S TALK ABOUT THAT
Commencing Monday 4th Oct

OUR SOLAR SYSTEM
Commencing Tuesday 5th Oct

**SPANISH INTERMEDIATE/
ADVANCED**
Commencing Wed 6th Oct

**AMERICAN CIVIL HISTORY
1860-65**
Commencing Wed 6th Oct

**TRAGEDY & COMEDY IN
LITERATURE**
Commencing Thursday 7th Oct

PHILOSOPHY
A study of the human subtle
energy. Commencing Thursday
7th Oct

PHILOSOPHY FOR LIFE
Commencing Thursday 7th Oct

Contact U3A for Bookings
5244 5114

NEW TO THE HUB

SEANELLE LARISSA FITNESS
Personal Training
Various days & times
Contact: Seanelle 0424 410 679

GET GOING PT GEELONG
Personal Training &
All Abilities Exercise Programs
Adults & Children
Various Days & Times
Contact: Emilie 0415 822 979

A MESSAGE FROM JOSE - Take The Lead Ballroom Dancing

"Looking for men wanting to learn ballroom dancing. We have had more ladies than men joining us recently. So, men, come along and learn to dance in a fun, no pressure environment."

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 21st October
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
Saturday 10.30am – 1.00pm
\$20 per session
Contact: Jen 0408 461 559
jenajones1253@gmail.com

CRAFT CREATORS

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

STAY CONNECTED

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

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



GROVEDALE TOY LIBRARY GROVEDALE COMMUNITY HUB

Saturdays 9:30-11:30 members by
appointment
Book & Browse or Click & Collect
Click & Collect available during lockdowns

Email: info@grovedaletoylibrary.org.au
www.grovedaletoylibrary.org.au

facebook: <https://www.facebook.com/grovedaletoylibrary>

instagram: https://www.instagram.com/grovedale_toy_library/



DO YOU HAVE NEW IDEAS FOR CLASSES, CLUBS, GROUPS ETC?

We encourage new enquiries from new tutors, coaches, groups or 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