



# WHAT'S ON TERM 1 2022

All activities are subject to COVID-19 Protocols

## GET ACTIVE

### AGEING WITH CONFIDENCE

Low impact exercise  
Mondays 9.15am  
Wednesdays 9.15am  
\$7 per session  
Registration Essential  
Contact: 5241 4717

### BALLROOM DANCING

Suitable for beginners  
Fridays 6.30pm-9pm  
Contact: Jose 0401 673 221

### WINGROVE CALISTHENICS

Mondays 5pm - Juniors  
Mondays 7pm - Seniors  
Tuesdays 4.30pm - Sub Juniors  
Tuesdays 6.30pm - Inters  
Thursdays 7.30pm - Masters  
Saturdays 9.30am - Tinies  
Contact: Cathy 0416 255 684

### LINE DANCING

Classes Fridays 9am-12.30pm  
Events 4<sup>th</sup> Saturday of the month 12noon-5pm  
Contact: Pauline  
0409 164 701

### FOLKWAVE PUNJABI DANCE

Tuesdays 6pm-8pm  
Contact: Avtar  
0423 193 998

### THE JUNGLE BODY WITH KAT B

Thursdays 6pm-6.50pm  
Contact Katrina  
0433 663 996

## WELLBEING

### TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm-7pm  
Contact:  
Heather 0417 516 020

### BUDDHIST MEDITATION

Sunday fortnightly from 9.30am  
(commencing 16 Feb)  
Contact: Alex 0407 018 498

### SLOWPHOTO

Life through the mindful lens of slow photography  
Fridays 10am-12noon  
(6 weeks commencing February 4)  
Bookings Essential  
Contact: 5241 5717

## FOOD

### COMMUNITY KITCHEN

Wednesdays 10am-12.30pm  
Contact: 5241 5717

### FOOD SWAP

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



## GET CREATIVE

### ACRYLIC & PASTEL ART CLASSES

Mondays 1.30pm-4pm  
Saturdays 10.30am-1pm  
Contact: Jen Jones  
0408 461 559

### CRAFT CREATORS SOCIAL GROUP

Fridays 9.30am-12noon  
\$4 per week  
Contact: 5241 5717

### SOGETSU IKEBANA

Thursdays 6pm-8pm  
(Commencing 3 February)  
Contact: Christopher  
5261 3983



## COMMUNITY

### GROVEDALE SENIOR CITIZENS

Contact: Terry 5241 4308

#### Carpet Bowls

Mondays 1pm-3pm

#### Gentle Exercise

Tuesdays 9am-10am

#### Cards 'Euchre'

Tuesdays 1pm-3pm

#### Bingo

Thursdays 1pm-3pm  
(Excluding 2<sup>nd</sup> Thursday of month)

### Afternoon Tea & Entertainment

2<sup>nd</sup> Thursday of month  
1.30pm-3pm

### GEELONG AREA FRIENDS (GAF)

1<sup>st</sup> Thursday of the month  
(Commencing 3 February)  
Contact: 5241 5717

### GROVEDALE TOY LIBRARY

Saturdays 9.30-11.30  
For more info go to:  
[grovedaletoylibrary.org.au](http://grovedaletoylibrary.org.au)

## MUSIC & SONG

### UKES 'N' MORE

Community Ukulele Group  
Wednesdays 7.30pm  
Contact: Ross 0430 871 045

### HARPING AROUND

Have you ever wanted to learn the Harp. Now you can! No previous experience required.  
Harps provided.  
Thursdays 1.30pm-3pm  
(Commencing 24 February for 4 weeks)  
Bookings Essential  
Contact: Christine  
0419 526 550

## TECHNOLOGY

### JEZA'S COMPUTER TECH HELP

Providing support with phone, tablet and laptop issues  
Tuesday mornings  
Bookings Essential  
Contact: 5241 5717

## U3A

For all bookings contact U3A  
5244 5114

### AMERICAN CIVIL HISTORY 1860-65

Wednesdays 10.30am-12.30pm  
(Commencing 9 February)

### SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2.15pm-4.15pm  
(Commencing 9 February)

### OUR SOLAR SYSTEM

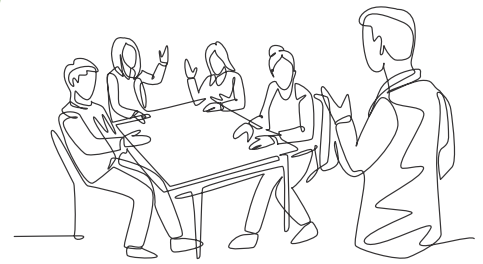
Tuesday Fortnightly 1.30pm-3.30pm  
(Commencing 15 February)

### TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am  
(Commencing 10 February)

### YOGA

Fridays 7.45am-9am  
(Commencing 18 February)



## LANGUAGE & PHILOSOPHY

### ZIMBABWEAN LANGUAGE CLASS

Sundays 2pm-4.30pm  
(Commencing 13 February)  
Contact: Athanas  
0424 326 267

### UPANISHAD DISCUSSION GROUP

Wednesdays 10am-12noon  
\$2.50 per week  
Contact: Michael  
5264 7484

### GITA DISCUSSION GROUP

Wednesdays 7pm-9.30pm  
\$2.50 per week  
Contact: Michael  
5264 7484



## DO YOU HAVE AN IDEA FOR A CLASS, ACTIVITY OR GROUP?

Grovedale Neighbourhood House would love to hear from you!

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

Call [03 5241 5717](tel:0352415717)

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