

WHAT'S ON TERM 2 2022

All activities are subject to COVID-19 Protocols



GET ACTIVE

AGEING WITH CONFIDENCE

Low impact exercise
Mondays 9.15am
Wednesdays 9.15am
\$8 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 from 9am
Events 4th 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
Contact Katrina
0433 663 996

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 13 April)
Contact: Christopher
5261 3983

WELLBEING

TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm
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 May 13)
Bookings Essential
Contact: 5241 5717

FOOD

FOOD SWAP

Bring your excess produce to swap at the Grovedale Community Garden
Third Saturday of the month
9.30am-10.30am



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 2nd Thursday of month)

Afternoon Tea & Entertainment

2nd Thursday of month
1.30pm-3pm

GEELONG AREA FRIENDS (GAF)

1st Thursday of the month
Contact: 5241 5717

GROVEDALE TOY LIBRARY

Saturdays 9.30-11.30
For more info go to:
grovedaletoylibrary.org.au

MUSIC & SONG

UKES 'N' MORE

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



TECHNOLOGY

JEZA'S COMPUTER TECH HELP

Providing support with phone, tablet and laptop issues
Contact: 5241 5717

Available Tuesday mornings by appointment

U3A

For all bookings contact U3A
5244 5114

DISCUSSION GROUP: 'Let's talk about that'

Tuesdays 12 noon - 2pm

SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2.15pm-4.15pm

OUR SOLAR SYSTEM

Tuesday Fortnightly 1.30pm-3.30pm

TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am

YOGA

Fridays 7.45am-9am

LANGUAGE & PHILOSOPHY

ZIMBABWEAN LANGUAGE CLASS

Sundays 2pm-4.30pm
Contact: Athanas
0424 326 267

KYBALION DISCUSSION GROUP

Wednesdays 9.30am - 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

Call 03 5241 5717

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