



WHAT'S ON at the hub TERM 3 2022



GET ACTIVE

STAYING ACTIVE

Low impact exercise
Mondays 9.15am
Wednesdays 9.15am
\$8 per session
Registration Essential
Contact GNH: 5241 5717

THE JUNGLE BODY WITH KAT B

Thursdays 6pm
Contact Katrina
0433 663 996

TECHNOLOGY

JEZA'S COMPUTER TECH HELP

Providing support with phone,
tablet and laptop issues
Contact: 5241 5717
Available Tuesday mornings
by appointment

DANCE

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

FOLKWAVE PUNJABI DANCE

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

LINE DANCING

Classes Fridays from 9am
Events 4th Saturday of the month
12noon-5pm
Contact: Pauline
0409 164 701

BALLROOM DANCING

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

MUSIC & SONG

UKES 'N' MORE

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

GET CREATIVE

ACRYLIC & PASTEL ART CLASSES

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

SOGETSU IKEBANA

Thursdays 6pm-8pm
(Commencing 28 July)
Contact: Christopher
5261 3983

CRAFT CREATORS SOCIAL GROUP

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



WELLBEING

TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm
Contact:
Heather 0417 516 020

BUDDHIST MEDITATION

Sunday fortnightly
from 10am-11.15am
Contact: Alex 0407 018 498



LANGUAGE & PHILOSOPHY

KYBALION DISCUSSION GROUP

Wednesdays 9.30am - 12noon
\$2.50 per week
Contact: Michael
5264 7484

GITA DISCUSSION GROUP

Wednesdays 12noon-3pm
\$2.50 per week
Contact: Michael
5264 7484

ZIMBABWEAN LANGUAGE CLASS

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

U3A

For all bookings contact U3A
5244 5114

DISCUSSION GROUP:

'Let's talk about that'

Tuesdays 12 noon - 2pm

OUR SOLAR SYSTEM

Tuesdays Fortnightly
1.30pm-3.30pm

HUMAN EVOLUTION

Wednesdays 9am-11.30am

HOW EARTH SCIENCE SHAPED AUSTRALIA AND ITS PEOPLE

Wednesdays 1.30-4pm

SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2pm-4.15pm

TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am

YOGA

Fridays 7.45am-9am

COMMUNITY GARDEN

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

TOY LIBRARY

GROVEDALE TOY LIBRARY

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



SENIOR CITIZENS

GROVEDALE SENIOR CITIZENS

Offering regular activities at the Grovedale Hub
Contact: Julie 0419 549 521

Carpet Bowls

Mondays 1pm-3pm

Gentle Exercise

Tuesdays 9am-10am

Cards 'Euchre'

Tuesdays 1pm-3pm

Bingo

Thursdays 1pm-3pm



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