



WHAT'S ON at the hub TERM 4 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: Avtar
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

BOLLYWOOD DANCE

Tuesdays Kids 5.30pm-6.30pm
Adults 6.30pm-7.30pm
Contact Archana: 0432 161 933

MUSIC & SONG

UKES 'N' MORE

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

MUSIC WITH ABBEY

Music class for children.
Thursdays 11.30am-12.15pm
Contact Abbey:
0490 704 668

GET CREATIVE

ACRYLIC & PASTEL ART CLASSES

Mondays 1.30pm-4pm
Saturdays 10.30am-1pm
Commencing 15th of October
Contact: Jen Jones
0408 461 559

SOGETSU IKEBANA

Thursdays 6pm-8pm
(Commencing 13th of October)
Contact: Christopher
5261 3983

CRAFT CREATORS SOCIAL GROUP

Fridays 9.30am-12noon



WELLBEING

TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm
Contact:
Heather 0417 516 020

BUDDHIST MEDITATION

Sunday fortnightly
from 10am-11.00am
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

SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2pm-4.15pm

TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am

YOGA

Fridays 7.45am-9am

COMMUNITY GARDEN

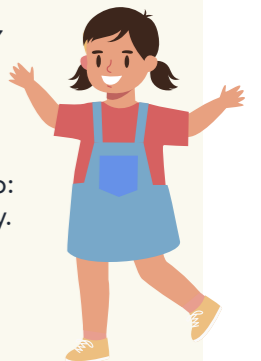
FOOD SWAP

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

REGISTER YOUR INTEREST

Are you interested in
joining a book group? Is a
weekly hit of table tennis
something you would like
to do? We would love to
hear from you! Please call
5241 5717 to register your
interest today.