



WHAT'S ON at the hub TERM 2 2023



NEW IN TERM 2!

CREATIVE OPEN STUDIO

Commencing Monday 8 May
9.30am-12.30pm

Are you looking for time and space to work on your art practice? We have the space if you have the time!

Creatives across all mediums are invited to use our creative space in these self-directed sessions.

Tea and coffee provided.
\$3 per session
Call 5241 5717

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

COMING SOON!

TAI CHI

Coming Soon! Call 5241 5717 to register your interest today.

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

MUSIC



UKES 'N' MORE

Community Ukulele Group
Wednesdays 7.30pm
\$2.50 per session
Contact: Ross 0430 871 045

MUSIC WITH ABBEY

Music class for children
Thursdays 2pm-3pm
Contact: Abbey 0490 704 668

TECHNOLOGY

JEZA'S COMPUTER TECH HELP

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



GET CREATIVE

ACRYLIC & PASTEL ART CLASSES

Mondays 1.30pm-4pm
Contact: Jen Jones 0408 461 559

SOGETSU IKEBANA

Thursdays 6pm-8pm
Contact: Christopher 5261 3983

CRAFT CREATORS SOCIAL GROUP

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

LANGUAGE & PHILOSOPHY

KYBALION DISCUSSION GROUP

Wednesdays 9.30am-12noon
\$2.50 per session
Contact: GNH 5241 5717

GITA DISCUSSION GROUP

Wednesdays 12noon-3pm
\$2.50 per session
Contact: GNH 5241 5717

SPIRITUAL DISCUSSION GROUP

Wednesdays 7pm-9pm
\$2.50 per week
Contact: GNH 5241 5717

ZIMBABWEAN LANGUAGE CLASS

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

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

WELLBEING

TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm
Contact: Heather 0417 516 020

BUDDHIST MEDITATION

Sunday fortnightly from 10.30am
Contact: Alex 0407 018 498



U3A

**FOR ALL BOOKINGS
CONTACT U3A 5244 5114**

**SPANISH INTERMEDIATE /
ADVANCED**
Wednesdays 2pm-4.15pm

**TRAGEDY AND COMEDY IN
LITERATURE**
Thursdays 1.30pm-3.30pm

YOGA
Wednesdays 1.45pm-3pm
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

Tuesdays 9am-10.30am
Saturdays 9.30am-11.30am
Appointments may be necessary.
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