

**GROVEDALE**  
NEIGHBOURHOOD HOUSE

# What's On

## Term 2 2024

### GET ACTIVE

#### TAI CHI

Tuesdays 10.30am-11.30am

\$8 per session

Contact: GNH 5241 5717

#### STAYING ACTIVE

Low impact exercise

Mondays 9.15am

Wednesdays 9.15am

\$8 per session

Registration Essential

Contact: GNH 5241 5717

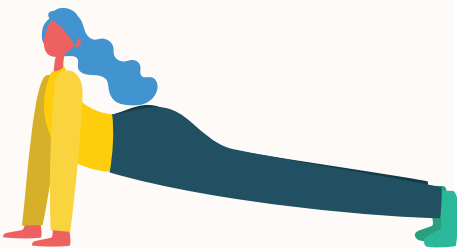


#### FELDENKRAIS AWARENESS THROUGH MOVEMENT®

Starts Monday 22 April

10.30am

Contact Kim 0408 344 752



### 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

### TASTER SERIES

All materials supplied

Bookings Essential

Contact: GNH 5241 5717

#### TERRARIUM-MAKING

Tuesday 21 May

9.30-12noon

\$5

#### KOKEDAMA

Friday 14 June 6pm-9pm

\$15



#### MACRAME POT HANGER

Thursday 13 June

10am-1pm

\$10

#### SPECIAL EVENT

Community Film Night

"Fashion Reimagined"

Saturday 15 June

6.30-9pm

Free event. Bookings essential.

For more info Scan QR code



## MUSIC

### UKES 'N' MORE

Community Ukulele Group  
Wednesdays 7.30pm  
\$3.00 per session  
Contact: Ross  
0430 871 045

## GET CREATIVE

### KIDS ART CLASSES

Mondays, Tuesdays and  
Wednesdays  
5.30pm-6.30pm  
Contact: Jessica 0490 028 113

### 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

### SECOND COMING OF CHRIST DISCUSSION GROUP

**East meets West:** A Philosophical  
study of the great work of  
Paramahansa Yogananda  
Wednesdays 9.30am-12noon  
\$3 per session  
Contact: GNH 5241 5717

### ZIMBABWEAN LANGUAGE CLASS

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

## 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

### CONSCIOUS BREATHWORK SESSIONS

1st Saturday of each  
month   
10am-12.30pm  
Contact: Elyse 0402 675 157

## U3A

**For all U3A bookings  
contact U3A 5244 5114**

### OUR SOLAR SYSTEM (AND MORE)

Tuesday Fortnightly  
1.30pm-3.30pm

### MAH JONG

Fridays  
1pm-3pm

### ADVANCED PAINTING ACRYLIC

Wednesdays 2pm-4pm

### YOGA

Wednesdays & Fridays  
8.45-10am

### TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am



## 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  
Thursdays 9.30am-11am  
Saturdays 9.30am-11.30am  
Appointments may be necessary.  
For more info go to:  
[grovedaletoylibrary.org.au](http://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