



What's On Term 1 2025

GET ACTIVE

TAI CHI

Tuesdays 10.30am-11.30am
\$10 per session
Contact: GNH 5241 5717

STAYING ACTIVE

Low impact exercise
Mondays 9.15am
Wednesdays 9.15am
\$10 per session
Registration Essential
Contact: GNH 5241 5717

FELDENKRAIS AWARENESS THROUGH MOVEMENT®

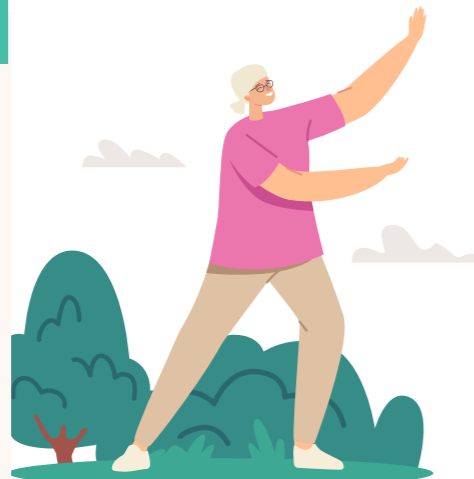
Mondays 10.30am
Contact Kim 0408 344 752

MUSIC



UKES 'N' MORE

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



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

LINE DANCING

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

NEW! CHAKRADANCE KIDS (Social and Emotional Learning Program)

Wednesdays 4pm - 5pm
Contact Lemon Drops Kids Therapy:
0481 304 975

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: Lea 0467 080 490



CRAFT WORKSHOPS

Tuesdays 10am-1pm (Moonah room)

- Fabric yoyos
- Paper pieced hexagons
- Cross stitch
- Basic clothes making
- Quilting for beginners
- Knitting

Complimentary tea, coffee and biscuits provided.
\$10 for the initial workshop inclusive of project materials.

\$3 for all other social sessions - Bring your own project along.
For more information or to book contact Lea: 0467 080 490

U3A

For all U3A bookings
contact U3A 5244 5114



OUR SOLAR SYSTEM (AND MORE)

Tuesday Fortnightly
1.30pm-3.30pm

HISTORY: MEET RENAISSANCE ITALIANS

Wednesdays 10.30am-12.30pm

YOGA

Wednesdays & Fridays
8.45-10am

MAH JONG

Fridays
1pm-4pm

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

GROVEDALE NEIGHBOURHOOD HOUSE

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



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

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

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



DO YOU HAVE AN IDEA FOR A CLASS, ACTIVITY OR GROUP?

Do you have special skills and want to become a volunteer tutor?
Grovedale Neighbourhood House would love to hear from you!
Email info@grovedalenh.org.au
Call 03 5241 5717