

GROVEDALE
NEIGHBOURHOOD HOUSE

WHAT'S ON

TERM 4 2026

GET ACTIVE

WALK WITH ME FRIDAYS

FREE weekly social walking group departing from the Grovedale Neighbourhood House every Friday.

Fridays start at 9.30am followed by an optional social coffee catch up back at the Neighbourhood House. Remember to bring a drink bottle and wear appropriate footwear.

TAI CHI

Mondays 10.30am-11.30am
Tuesdays 10.15am- 11.15am
\$10 per session
Contact: GNH 5241 5717

MOVE YOUR WAY

A gentle chair-based exercise class to build strength, mobility, and confidence. Perfect for: People using walking aids, Wheelchair users, those recovering from injury or surgery, or anyone new to exercise wanting a supportive, low-impact exercise environment.

Wednesdays 10.15am
\$10 per session. Registration Essential. Contact: GNH 5241 5717

STAYING ACTIVE

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

FELDENKRAIS AWARENESS THROUGH MOVEMENT®

Mondays 9.30am
Contact Kim 0408 344 752

SOCIAL CONNECTIONS

MUGS AND MINGLES

Pop in for a cuppa on us, enjoy a chat, and take some time out of your day to unwind. No pressure, just friendly faces and a chance to feel part of your community. Fridays 11am (during school terms only)

DRAMA, DANCE & MUSIC

WINGROVE CALISTHENICS

Mondays 5pm - Juniors
Mondays 7pm - Seniors
Tuesdays 5pm - Sub Juniors
Tuesdays 6.30pm - Inters
Thursdays 7.30pm - Masters
Saturdays 9.30am - Tinies
Contact: Cathy 0416 255 684

UKES 'N' MORE

Community Ukulele Group
Wednesdays 7.00pm
Beginner's Classes on 14th, 21st and 28th of October from 6pm.
\$3.00 per session
Contact: Ross, 0430 871 045

FOLKWAVE BHANGRA

Traditional Punjabi dance for children
Thursdays 6pm-7pm
Contact: Avtar 0423193998

LINE DANCING

Expression of Interest
Thursday mornings, Please register your interest at the GNH Office

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

TUESDAY CRAFTERS

Tuesdays 10am-1pm
(Moonah room)
Social craft group
A weekly gathering for all
Bring your own project along
Tea, coffee and biscuits provided
Please contact Lea, our group coordinator before attending
Lea Novak -,0467080490
Cost \$3.00

Julie Hall - Teacher

Individual appointments available
1. Knitting consultations
2. Basic clothes making from patterns
3. Basic tote bag making
Bookings essential
Julie on 0417152180
Cost: Price on application

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

U3A

For all U3A bookings
contact U3A 5244 5114

YOGA

Tuesdays & Fridays
8.45am-10am

MANTRIC SINGING

Tuesdays 11am-11.30am

OUR SOLAR SYSTEM (and more)

Tuesday Fortnightly 1.30pm-3.30pm

MAH JONG

Fridays 1pm-4pm

AUSTRALIAN HISTORY

Wednesdays 9.30am-11.30am

CRYPTIC CROSSWORDS

Tuesdays 1.30pm - 2.30pm

LANGUAGE & PHILOSOPHY

TAO TE CHING

A journey in learning through the
ancient wisdom of Tao Te Ching
Every 3rd Sunday of the month
(unless otherwise advised)

10.30am-12.00pm

\$3 per session

Please bring a notebook and pen
Complimentary tea, coffee and
snacks provided

Prior booking and registration
essential

Contact email:
ttcsage2025@gmail.com

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

Registrations essential prior to
attending

Contact: GNH 5241 5717

ZIMBABWEAN LANGUAGE CLASS

Sundays 2pm-4.30pm

Contact: Athanas 0424 326 267



COMMUNITY PANTRY

COMMUNITY PANTRY

"Take what you need - Give what
you can"

Our FREE Community Pantry is
here to assist those experiencing
financial hardship.

The pantry is open and donations
are accepted between 9am-2pm
Monday to Friday

For more information on
donations please contact GNH on
5241 5717

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

BOOK SWAP

Swap or borrow a book for free.
Just come to the Book Swap
area and enjoy the collection
shared by your community.
Children's Book Included



WELLBEING

TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm

Contact: Heather 0417 516 020

TOY LIBRARY

GROVEDALE TOY LIBRARY

Mondays 9.30am-11.30am

Fridays 2.30pm-5.00pm
(fortnightly)

Saturdays 9.30am-12.30pm

Appointments may be necessary.

For more info go to:
grovedaletoylibrary.org.au

Supported Borrowing Sessions at Grovedale Toy Library

Grovedale Toy Library now offers
supported borrowing sessions
every Monday from 9.30 to 11.30
am. These sessions are especially
for families who may need a little
extra help, including families with
a disability. Our friendly team
can assist with choosing toys,
understanding how the library
works, and making your visit
easier and more enjoyable.

Volunteers welcome.

To find out more, please contact
info@grovedaletoylibrary.org.au.