



# What's On Term 3 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  
Contact: GNH 5241 5717

### FELDENKRAIS AWARENESS THROUGH MOVEMENT®

Starts Monday 22 July  
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,  
every 2nd month, 12noon-5pm  
Contact: Pauline 0409 164 701

### BALLROOM DANCING

Suitable for beginners  
Fridays 6.30pm-9pm  
Contact: Jose 0401 673 221

## CRAFT WORKSHOPS

\$5 - \$10 per session

Bookings Essential. **NEW!**

Tea and Coffee provided.

For more information, or to book  
contact: Lea 0467 080 490

### CROSS STITCH

Tuesday 16 July 10am-12noon

### FABRIC YO YO MAKING

Tuesday 23 July 10am-12noon

### CROCHET FOR BEGINNERS

Tuesday 30 July 10am-1pm

### HEXAGON PAPER PIECING

Tuesday 6 August 10am-12noon

### CROCHET SOCIAL MORNING TEA

Tuesday 13 August 10am-12noon

### KNITTING FOR BEGINNERS

Tuesday 27 August 10am-1pm

### KNITTING SOCIAL MORNING TEA

Tuesday 3 September 10am-12noon

### KANZASHI FABRIC FLOWERS - SESSION 1

Tuesday 10 September  
10am-12noon

### KANZASHI FABRIC FLOWERS - SESSION 2

Tuesday 17 September  
10am-12noon

## 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

## 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

