



What's On Term 4 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 14 October
10.30am
Contact Kim 0408 344 752

EXPRESSION OF INTEREST

Let us know what activities you would like to participate in 2025. A short survey can be found on our website. Survey closes on October 31
www.grovedalenh.org.au/survey



Paper surveys can be found in the Grapevine newsletter and are available at the Grovedale Neighbourhood House office



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

FOLK WAVE PUNJABI DANCE

Tuesdays 6pm-7pm
Contact: Avtar 0423 193 998

LINE DANCING

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

CRAFT WORKSHOPS

\$10 per session
Bookings Essential. **NEW!**
Complimentary tea coffee and biscuits provided.
For more information or to book
Contact: Lea 0467 080 490

MIXED ART EMBROIDERY

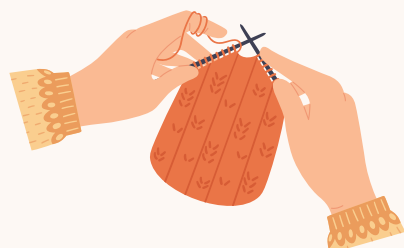
Tuesday 1st October 11am - 2pm
(Moonah room)
All class equipment provided.
Cost \$10 (cash payable on the day)

SASHIKO EMBROIDERY

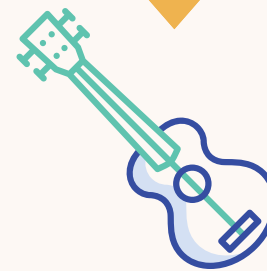
Tuesday 8th October 10am - 1pm
(Correa room)
Beautiful hand sewing on preprinted fabric with Asian designs.
Cost \$25 (cash payable on the day)

CRAFT DAY AND WORKSHOPS

Thursday 17th October 10am - 3pm
(Moonah Room)
A day of joining fellow crafters to finish off your unfinished projects or start new ones! Come along, invite your friends, and enjoy a lovely day out.
Cost: \$20 (cash payable on the day)



MUSIC



UKES 'N' MORE

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

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

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-4pm

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

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

