



# what's on term 1 2020

## NEW

### DO YOU HAVE A STORY TO TELL WORKSHOP

This facilitated workshop will work with interested community members to tell their Grovedale stories via any medium: written stories, culture, photography, art, craft etc. Come along and bring your ideas. Commences: Tuesday 4th February 10:00am-12:00pm  
Ph: 5241 5717

### JEREMY'S COMPUTER HELP

Need assistance with your technology? Come and see Jeremy. Commencing Thursday 6th February  
Bookings Only: 5241 5717

### FOLKWAVE PUNJABI DANCE

Childrens dance  
Monday 6:00pm -8:30pm  
Commence: 13th January  
Contact: Avtar 0423 193 998

### QI GONG

An ancient form of posture, breathing & meditation.  
Thursday 7:00pm – 8:00pm  
Commences: 6th February  
Contact: Silvana 0411 520 334

### PILATES

For Beginners, a 45 min workout for people starting out in exercise. Stretch, floor work, etc.  
Weekly on Wednesdays 10:00am  
Commencing: 4th February  
Further information contact Deb: 0438 838 295

### ZIMBABWEAN LANGUAGE CLASSES

Sunday 2:00pm- 4:00pm  
Commences: 2nd February  
Contact: Athanas 0424 326 267

## WELLBEING

### COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less. Friendly, welcoming group; no prior skills required.  
Wednesdays 10.00am – 12.30pm  
Comm. 5th February  
Phone : 5241 5717

### FOOD SWAP

Third Saturday of the month 9.30 – 10.30am. Bring your excess produce for swap or sale at Grovedale Community Garden.  
Contact Jess: 0409 536 752

### FOOD IS FREE

If you have excess produce from your garden to share with the Community, we have a trolley in the foyer for others to take what they need. Don't forget to check the supply when in the building; feel free to help yourself.

### TOWN (Take Off Weight Naturally)

Weight Loss Support Group  
Wed 6.00pm – 7.30pm  
Commence. 8th January  
Contact Heather 5243 0622

### WW (WEIGHT WATCHERS)

Wed 6.00pm – 8.00pm from 8th January  
Sat. 8.00 – 10.00am from 4th January  
Contact Kylie : 0437 289 633

## U3A @GNH

Yoga : Monday 10.30am  
Tuesday 7.45am  
Wednesday 7:45am  
Wednesday 10.15am  
Friday 8.45am  
Meditation : Monday 11.45am  
Contact : U3A 5244 5114  
Week Commencing : 3rd February

## ARTS & CRAFTS

### DOLL HOUSE & MINATURE FURNITURE CRAFT GROUP

A New Craft Group To Encourage And Promote The Therapeutic Art of Miniature Making.  
Alternate Monday 9.30-12.30.  
Commencing 3rd February  
\$3.50 per session  
Email Michelle: michelle.thomas2666@gmail.com

### CRAFT CREATORS

Sewing & Patchwork group  
Friday 9.30am – 12 noon \$2.50 pw  
Commencing: 7th February  
Ph: 5241 5717

### PASTEL ART CLASSES

Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students  
Saturday 10.30am – 1.00pm  
comm: 1st February (Acrylic)  
Mondays: 1.00pm – 3.30pm  
comm: 3rd February (Pastel)  
(10 wks) \$180.00  
Contact: Jen 0408 461 559  
Jjones53@internode.on.net

### SOGETSU IKEBANA

Ikebana is the unique Japanese form of floral art. With understanding and practice, beautiful works may be created with even quite humble materials.  
Thurs: 6.00 - 8.00pm (8 wks)  
\$200.00. Comm: 13th February  
Contact: Christopher  
Phone: 5261 3983 or  
roadsideikebana@bigpond.com

### MEN'S SHED

The Grovedale Men's Shed meets every Tuesday. An active and productive group. Call for more info.  
Contact Merv Poyner:  
0417 037 942

## FITNESS

### EXERCISE CLASSES

Active Ageing – Suitable for adults with competent mobility and coordination or some limitations in mobility and stamina.

Mon 9.00am & Wed 9.00am  
Commencing: Mon. 3rd Feb & Wed. 5th Feb

\$6 per session if paid monthly or \$7 casual

BOOKINGS ESSENTIAL  
ph: 5241 5717

### BALLROOM DANCING –

Suitable for beginners or as a refresher course. Bring a partner or come on your own.

Fridays 7.00 – 8.00pm

\$8.00 per session

Commences 7th February

Jose : 0401 673 221

### WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm

Seniors 7.30pm

Tues: Sub jnrs 4.30pm,

Inters 6.30pm

Thurs: Masters 7.30pm

Contact Kylie 5244 2448

### NINJUTSU

Thurs 6.30pm – 9pm

Rob Baard 0410 414 488

Continuing: 6th February

### MEDITATION in MOTION

Monday 7.00 – 8.00pm

Contact: Sylvia: 0422 980 193

Commences: 13th January

### GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm

Commencing: 29th January

\$2.50 p/wk

Contact Michael: 5264 7484

### YOGIC PHILOSOPHY STUDY GROUP

Yoga is so much more than doing exercises to improve physical fitness!

Thursday 10.30am – 12.00pm

\$2.50 p/wk

Contact: Brian 0459 475 876

Commence: 6th February

## CHILDREN

### KAREN FELDMANS DANCE CLASSES

Age specific dance classes

Wednesday: 9.00am

Thursday: 4.00pm

Saturday: 10.00am

For details please contact:

Karen 0432 493 527

### YOGA for CHILDREN

Young Yogis

Yoga for kids Grades 4-6.

Each class includes a mix of

Gentle stretches & yoga poses

A wonder circle: chat & share about the topic of the week

Games & activities to get you moving & connecting with others

5 Week Program starting Saturday

15th February

### My Yogi & Me

Yoga classes for kids 3-5 and their parents. Join us for 30 minutes of yoga, movement & games. A weekly chance to get moving, play together & practice different strategies for when your little one is struggling with big emotions.

5 Week Program starting Saturday

15th February

Facilitated by Joh Donkers: Kids Yoga Teacher, Social Worker & Group Facilitator

Contact us at reception@  
thehealingweb.com.au for more information

### SOUNDS RIGHT PHONICS CLASSES FOR KIDS

Provide fun, high energy classes which open a world of Literacy to children and teach early phonics skills. Classes are available for children aged 3 months - 5 years. A Sounds Right Phonics Class is fun, varied and educational, and the best part is that children don't even realise that they are learning.

Tuesday 9.00am – 12.30pm Comm  
4th February

Saturday 9.00am – 12.30pm

Comm 8th February

Contact Shae : 0409 641 550

www.soundsrightphonicsclasses.com.au

## MUSIC

### “UKES “N” MORE”

Community Ukulele Group  
NEW DAY

A fun and social group for all ages. Learn the basics of playing the ukulele. You do not need any prior experience. Bring along your sense of fun.

Beginners group will run at 6:15pm - 7.00pm

No prior knowledge is assumed.

A ukulele may be borrowed by booking on 0430 871 045.

Main Group will run every Wednesday night during term at 7:00pm.

Commencing: 5th February  
\$2.50 p/wk.

Contact Ross: 0430 871 045

## YOUTH

### YOUTH SPACE

Regular drop in activities of X-box, cooking, art activities, sports, Wii, free food!!

All welcome

Thursdays 3.00pm – 6pm

(During school terms)

Ages 12 -25

Contact Mardi: 5272 5272

Commencing: 6th February

## MISC

### GROVEDALE PRAYER GROUP

Meets monthly – all welcome

Saturday 10am – 11.30am

Commencing 8th February

Contact: Maureen 0414 259 665

### Do you have new ideas for classes, clubs, groups etc?

We encourage new enquiries from new tutors, coaches, groups, clubs etc. Anyone from all walks of life is welcome to use our spaces. Avail of reasonable community costs that Grovedale Neighbourhood House provides. Our venue hours are from 6am to 12midnight.

EMAIL:

info@grovedalenh.org.au

CALL 03 5241 5717