

Quick Guide Calendar Term 1, 2024

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www.sandybeach.org.au



	CLASS	TIME	DATE	COST
MONDAY	Classical Mat Pilates	9.15am - 10.15am	29 Jan - 25 Mar	\$120 term or \$15 per class
	Numeracy and Literacy Skills	10am - 12.30pm	22 Jan - 25 Mar	\$280
	Painting Landscapes in Acrylics	11am - 1pm	29 Jan - 19 Feb	\$120, (C) \$98
	Gelli Printmaking for Beginners	11am - 1pm	26 Feb - 25 Mar	\$120, (C) \$98
	Carers Support Group	12pm - 2pm	4 Mar	\$5
	Gardening for Everyone	1.15pm - 3.45pm	22 Jan - 25 Mar	\$295
	Artbeat	1.30pm - 4pm	15 Jan - 25 Mar	\$240, (C) \$170
TUESDAY	Fit and Fabulous	9.15am - 10.25am	16 Jan - 26 Mar	\$205, (C) \$145
	Kitchen Club	9.30am - 12.30pm	23 Jan - 26 Mar	\$370
	Young At Heart	10.30am - 12.30pm	20 Feb - 26 Mar	\$80, (C) \$60
	Smart Tech Made Simple	10.30am - 12.30pm	13 Feb - 26 Mar	\$110
	Music Alive	12.30pm - 3pm	16 Jan - 26 Mar	\$240, (C) \$170
	Sandybeach Singers	3.15pm - 4.30pm	16 Apr - 25 Jun	\$110, (C) \$72
WEDNESDAY	Kitchen Club (am)	9.30am- 12.30pm	24 Jan - 27 Mar	\$370
	Computer Skills for Jobseekers	9.30am - 2.30pm	14 Feb - 27 Mar	\$160
	Walks for Carers	9.45am - 12pm	14 Feb & 13 Mar	FREE
	Dancing for People with Dementia & Carers (first week is a free introductory session for Carers only)	10.30am - 12pm	14 Feb - 24 Apr	\$40, (C) \$20
	Kitchen Club (pm)	1.15pm - 3.45pm	24 Jan - 27 Mar	\$370
	Art In Action	1.15pm - 3.45pm	24 Jan - 27 Mar	\$460

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	CLASS	TIME	DATE	COST
THURSDAY	Writing Skills - Onsite	9.15am - 2.15pm	1 Feb - 28 Mar	\$285
	Zumba Gold	9.15am - 10am	1 Feb - 7 Mar	\$90 term or \$15 per class
	Community Connections	9.30am - 1.30pm	25 Jan - 28 Mar	\$420
	Strength Training	11am - 1pm	18 Jan - 28 Mar	\$205, (C) \$145
	Introduction to Mahjong	2pm - 4pm	8 Feb - 29 Feb	\$66
	Mahjong Playing Group	2pm - 4pm	18 Jan - 28 Mar	\$25
	Digital Discussions	2pm - 3.30pm	25 Jan, 7 Mar & 28 Mar	FREE
Men's Cooking Group	3pm - 6pm	22 Feb - 14 Mar	\$240	
FRIDAY	Garden Lunch Club - All Abilities	10am - 12.30pm	2 Feb - 22 Mar	\$120
	Writing Skills - Online	12.30pm - 4pm	2 Feb - 22 Mar	\$205
	Sandybeach Social Club (including excursions)	12.30pm - 3pm	12 Jan - 22 Mar Offsite 9 Feb & 8 Mar	\$240, (C) \$170
	Special Event: Bingo	12.30pm - 3pm	15 Mar	\$10 if not enrolled in Social Club
	Expressive Arts	12.45pm - 3.15pm	19 Jan - 22 Mar	\$280

*Additional fees may apply to some programs in the future.

GREEN REACH activities offer support and interest based stimulating activities for seniors, and their carers. Transport may be available and refreshments provided. Concessions apply for clients referred by My Aged Care. These programs are subsidised by the Australian Government and State Government of Victoria.

PURPLE STEP programs are designed for people with an intellectual disability. We offer friendly classes with low numbers aimed at giving participants a safe place to explore their interests and expand their potential. We accept NDIS package payments, conditions apply.



Costs and programs are subject to change so please check website for any updates.



Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health. Member of the Learn Local sector.