

Quick Guide Calendar Term 4, 2023

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MONDAY	CLASS	TIME	DATE	COST
	Classical Mat Pilates	9.15am - 10.15am	2 Oct - 11 Dec	\$165 term or \$15 per class
	Numeracy and Literacy Skills	10am - 12.30pm	25 Sept - 11 Dec	\$255
	Plein Air Sketching and Watercolours by the Bay	10.30am - 1pm	2 Oct - 6 Nov	\$144, (C) \$120
	Festive Greeting Card Making	11am - 1pm	13 Nov - 4 Dec	\$96, (C) \$80
	Carers Support Group	12pm - 2pm	18 Oct (Wed), and 4 Dec	FREE
	Gardening for Everyone	1.15pm - 3.45pm	25 Sept - 11 Dec	\$275
	Artbeat	1.30pm - 4pm	25 Sept - 11 Dec	\$209, (C) \$154

TUESDAY	CLASS	TIME	DATE	COST
	Fit and Fabulous	9.15am - 10.25am	26 Sept - 12 Dec	\$190, (C) \$131
	Kitchen Club	9.30am - 12.30pm	26 Sept - 12 Dec	\$340
	Smart Tech Made Simple	10.30am - 12.30pm	17 Oct - 28 Nov	\$75
	Music Alive	12.30pm - 3pm	26 Sept - 12 Dec	\$190, (C) \$112
	Sandybeach Singers	3.15pm - 4.30pm	14 Nov - 5 Dec	FREE

WEDNESDAY	CLASS	TIME	DATE	COST
	Kitchen Club (am)	9.30am - 12.30pm	27 Sept - 13 Dec	\$340
	Computer Skills for Jobseekers	9.30am - 2.30pm	18 Oct - 22 Nov	\$95
	Walks for Carers	9.45am - 12pm	11 Oct, 8 Nov and 13 Dec	FREE
	Kitchen Club (pm)	1.15pm - 3.45pm	27 Sept - 13 Dec	\$340
	Art In Action	1.30pm - 4pm	27 Sept - 13 Dec	\$430

THURSDAY	CLASS	TIME	DATE	COST
	Writing Skills - Onsite	9.15am - 2.15pm	5 Oct - 14 Dec	\$250
	Community Connections	9.30am - 1.30pm	28 Sept - 14 Dec	\$385
	Strength Training	11am - 12.30pm	28 Sept - 14 Dec	\$194, (C) \$134
	Introduction to Mahjong	2pm - 4pm	16 Nov - 7 Dec	\$66
	Mahjong Playing Group	2pm - 4pm	5 Oct - 14 Dec	\$25
	Digital Discussions	2pm - 3.30pm	12 Oct, 2 Nov and 23 Nov	FREE
	Men's Cooking Group	3pm - 6pm	TBC	\$176

FRIDAY	CLASS	TIME	DATE	COST
	'Live it up' - Self-care made easy	9.30am - 12.30pm	6 Oct - 15 Dec	\$255
	Young at Heart Intergenerational Program	11am - 12.45pm	13 Oct - 17 Nov	FREE
	Writing Skills - Online	12.30pm - 4pm	6 Oct - 15 Dec	\$185
	Sandybeach Social Club	1pm - 3pm	6 Oct - 15 Dec	\$198, (C) \$125
	Sandybeach Excursions	1pm - 3pm (subject to change)	3 Nov and 1 Dec	\$30 per excursion
	Expressive Arts	1.15pm - 3.45pm	6 Oct - 15 Dec	\$255

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.

GREEN REACH activities offer support and interest based stimulating activities for seniors and people with age related conditions. 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.



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.