

Quick Guide Calendar Term 1, 2023

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	CLASS	TIME	DATE	COST
MONDAY	Walking for Fitness	9am - 10.30am	30 Jan - 3 Apr	\$135
	Numeracy and Literacy Skills	10am - 12.30pm	23 Jan - 3 Apr	\$255
	Intro to Watercolours	11am - 1pm	6 Mar - 3 Apr	\$96, (C) \$80
	Carers Support Group	12pm - 2pm	6 Feb, 6 Mar, 3 Apr <i>* dates subject to change</i>	\$25
	Gardening for Everyone	1.15pm - 3.45pm	23 Jan - 3 Apr	\$275
	Artbeat	1.30pm - 4pm	16 Jan - 3 Apr	\$209, (C) \$154

TUESDAY	Fit and Fabulous	9.15am - 10.15am	17 Jan - 4 Apr	\$190, (C) \$131
	Kitchen Club	9.30am - 12.30pm	24 Jan - 4 Apr	\$340
	Music Alive	1pm - 3pm	17 Jan - 4 Apr	\$190, (C) \$112

WEDNESDAY	Kitchen Club	9.30am - 12.30pm	25 Jan - 5 Apr	\$340
		1.15pm—3.45pm	25 Jan—5 Apr	\$340
	Artbeat	10.15am - 12:45pm	18 Jan - 5 Apr	\$209, (C) \$154
	Art In Action	1.30pm - 4pm	25 Jan - 5 Apr	\$430

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. Concessions apply for clients referred by My Aged Care.

	CLASS	TIME	DATE	COST
THURSDAY	Writing Skills	9.15am - 2.15pm	2 Feb - 6 Apr	\$250
	Community Connections	9:30am - 1pm	2 Feb - 6 Apr	\$385
	Strength Training	11am - 12.30pm	19 Jan - 6 Apr	\$194, (C) \$134
	Seniors Health Support Group	12:45pm - 2pm	2 Feb - 6 Apr	\$60
	Mahjong	2pm - 4pm	2 Feb - 23 Feb	\$66

FRIDAY	Friday Fitness	9.15am—10.15am	3 Feb—31 Mar	\$153
	Mind, Health and Connect	9.30am - 12.30pm	27 Jan - 31 Mar	\$255
	Writing Skills - Online	12.30pm - 4pm	3 Feb- 31 Mar	\$165
	Sandybeach Excursions	11am - 3pm	24 Feb, 24 Mar	\$30 per excursion
	Sandybeach Social Club	1pm - 3pm	20 Jan - 31 Mar	\$198, (C) \$125
Expressive Arts	1.15pm - 3.45pm	27 Jan - 31 Mar	\$255	



Costs and the 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.