

# Quick Guide Calendar Term 2, 2023

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	CLASS	TIME	DATE	COST
MONDAY	Numeracy and Literacy Skills	10am - 12.30pm	17 Apr - 19 June	\$255
	Intro to Watercolours	11am - 1pm	24 Apr - 15 May	\$96, (C) \$80
	Inspired by Nature Art Class	11am - 1pm	22 May - 19 June	\$96, (C) \$80
	Intergenerational Program (exc. Public and school hols)	11.30am-1.30pm	8 May - 17 July	\$60
	Carers Support Group	12pm - 2pm	1 May & 5 June	FREE
	Gardening for Everyone	1.15pm - 3.45pm	17 Apr - 19 June	\$275
	Artbeat	1.30pm - 4pm	17 Apr - 19 June	\$209, (C) \$154

TUESDAY	Fit and Fabulous	9.15am-10.15am	18 Apr - 20 June	\$190, (C) \$131
	Kitchen Club	9.30am-12.30pm	18 Apr - 20 June	\$340
	Music Alive	1pm - 3pm	18 Apr - 20 June	\$190, (C) \$112
	Wellbeing through Art	1.30pm - 3.30pm	16 May - 30 May	\$50

WEDNESDAY	Hatha Yoga	9.15am - 10.15am	3 May - 21 June	\$136
	Kitchen Club	9.30am- 12.30pm	19 Apr - 21 June	\$340
		1.15pm - 3.45pm	19 Apr - 21 June	\$340
	Art In Action	1.30pm - 4pm	19 Apr - 21 June	\$430

THURSDAY	Writing Skills	9.15am - 2.15pm	27 Apr - 22 June	\$250
	Community Connections	9:30am - 1pm	20 Apr - 22 June	\$385
	Strength Training	11am - 12.30pm	20 Apr - 22 June	\$194, (C) \$134
	Healthy Connections	12.45pm - 2pm	27 Apr - 22 June	\$60
	Intro to Mahjong	2pm - 4pm	13 Apr - 4 May	\$66
	Mahjong Playing Group	2pm - 4pm	27 Apr - 22 June	\$25
	Men's Cooking	6pm - 9pm	1 Jun - 29 June	\$176

	CLASS	TIME	DATE	COST
FRIDAY	Dance for Fitness	9.15am - 10.15am	21 Apr, 5 & 19 May, 2 & 16 June	\$85
	Circuit Training	9.15am - 10.15am	28 Apr, 12 & 26 May, 9 & 23 June	\$85
	Mind, Health and Connect	9.30am - 12.30pm	21 Apr - 23 June	\$255
	Writing Skills - Online	12.30pm - 4pm	28 Apr - 23 June	\$185
	Sandybeach Excursions	1pm - 3pm (subject to change)	28 Apr, 26 May, 23 June	\$30 per excursion
	Sandybeach Social Club	1pm - 3pm	21 Apr - 23 June	\$198, (C) \$125
	Expressive Arts	1.15pm - 3.45pm	21 Apr - 23 June	\$255

## COMING SOON - Register Your Interest Now

Adult Ballet/Jazz	Computers - Get Ready for Work
Intro to Medical Reception	Computers - Basic Skills

**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. These programs are subsidised by the Australian Government and State Government of Victoria.



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.