

# Quick Guide Calendar Term 2, 2024

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[www.sandybeach.org.au](http://www.sandybeach.org.au)



	CLASS	TIME	DATE	COST
MONDAY	Classical Mat Pilates	9.15am - 10.15am	15 Apr - 24 June	\$150 term or \$15 per class
	Numeracy and Literacy Skills	10am - 12.30pm	8 Apr - 24 June	\$280
	Pencil and Pastel for Beginners - Short course 1	11am - 1pm	29 Apr - 20 May	\$120, (C) \$98
	Pencil and Pastel for Beginners - Short course 2	11am - 1pm	27 May - 24 June	\$120, (C) \$98
	Carers Support Group - Lunch and Barefoot bowling	12pm - 2pm	6 May	\$5
	Carers Support Group - Massages for Carers	9.30am - 1pm	17 June	\$5
	Gardening for Everyone	1.15pm - 3.45pm	8 Apr - 24 June	\$295
	Artbeat	1.30pm - 4pm	8 Apr - 24 June	\$240, (C) \$170
TUESDAY	Fit and Fabulous	9.15am - 10.25am	9 Apr - 25 June	\$205, (C) \$145
	Kitchen Club	9.30am - 12.30pm	9 Apr - 25 June	\$370
	Young At Heart	10.30am - 12.30pm	16 Apr - 11 June	\$126, (C) \$90
	Smart Tech Made Simple	9.30am - 12.30pm	16 Apr - 21 May	\$110
	Dancing for People with Dementia & Carers	11am - 12:30pm	23 Apr - 28 May	FREE
	Music Alive	12.30pm - 3pm	9 Apr - 25 June	\$240, (C) \$170
	Sandybeach Singers	3.15pm - 4.30pm	7 May - 25 June	\$110, (C) \$72
WEDNESDAY	ZUMBA Gold	9am - 9:45am	17 Apr - 26 June	\$165 or \$15 per class
	Kitchen Club (am)	9.30am - 12.30pm	10 Apr - 26 June	\$370
	Computer Skills for Jobseekers	9.30am - 2.30pm	17 Apr - 22 May	\$160
	Walks for Carers	9.45am - 12pm	8 May & 12 June	FREE
	Kitchen Club (pm)	1.15pm - 3.45pm	10 Apr - 26 June	\$370
	Art In Action	1.15pm - 3.45pm	10 Apr - 26 June	\$460

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	CLASS	TIME	DATE	COST
THURSDAY	Writing Skills - Onsite	9.15am - 2.15pm	18 Apr - 27 June	\$285
	Community Connections	9.30am - 1.30pm	11 Apr - 27 June	\$420
	Strength Training	11am - 1pm	11 Apr - 27 June	\$205, (C) \$145
	Introduction to Mahjong	2pm - 4pm	2 May - 23 May	\$66
	Mahjong Playing Group	2pm - 4pm	11 Apr - 27 June	\$25
	Digital Discussions	2pm - 3.30pm	18 Apr, 16 May & 13 June	FREE
	Men's Cooking Group	3pm - 6pm	2 May - 23 May	\$240
FRIDAY	Garden Lunch Club - All Abilities	10am - 12.30pm	12 Apr - 28 June	\$120
	Writing Skills - Online	12.30pm - 4pm	19 Apr - 28 June	\$205
	Sandybeach Social Club (including excursions)	12.30pm - 3pm	12 Apr - 28 June Offsite 3 May	\$240, (C) \$170
	Special Event: Tea Dance (High tea and dancing)	12.30pm - 3pm	21 June	\$15 if not enrolled in Social Club
	Expressive Arts	12.45pm - 3.15pm	12 Apr - 28 June	\$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.