

# REGULAR ACTIVITIES

WEEKLY UNLESS OTHERWISE INDICATED\*



TERM 4 - 11 WEEKS

STARTS : 3-OCT-22

ENDS : 16-DEC-22



MORNING

MONDAY

ART FOR ALL ABILITIES

OM : NI (F)  
(OLDER MEN : NEW IDEAS)

TUESDAY

GENTLE EXERCISE  
COOKING FOR ALL ABILITIES  
CREATIVE WRITING

WEDNESDAY

THORNBURY WRITERS  
GOOD BUGS GARDENING  
TAI CHI

THURSDAY

TAI CHI

FRIDAY

ART FOR ALL ABILITIES  
COMPUTER SKILLS

AFTERNOON

MONDAY

ART FOR ALL ABILITIES

TUESDAY

COOKING FOR ALL ABILITIES

WEDNESDAY

MIND AUSTRALIA: SINGING  
COMMUNITY LUNCH  
( M - 2ND WED )

THURSDAY

U3A: PAINTING & DRAWING  
SEWING  
(EAST PRESTON COMMUNITY CENTRE)

FRIDAY

ART FOR ALL ABILITIES  
U3A: UKULELE  
U3A: SINGING

EVENING

MONDAY

HAVE AN ACTIVITY YOU  
WOULD LIKE TO RUN HERE?  
CALL US TO ENQUIRE ABOUT  
ROOM HIRE!

TUESDAY

HAVE AN ACTIVITY YOU  
WOULD LIKE TO RUN HERE?  
CALL US TO ENQUIRE ABOUT  
ROOM HIRE!

WEDNESDAY

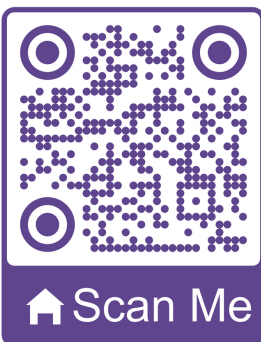
MINDFUL MOVEMENT  
NORTHERN VOICES CHOIR

THURSDAY

TAI CHI

FRIDAY

HAVE AN ACTIVITY YOU  
WOULD LIKE TO RUN HERE?  
CALL US TO ENQUIRE ABOUT  
ROOM HIRE!



GIVE US A CALL OR JUMP ONLINE TO FIND OUT SPECIFIC TIMES  
AND MORE INFO ABOUT OUR CLASSES AND ACTIVITIES.

NOTES:

- SOME CLASSES ARE RUN BY EXTERNAL PROVIDERS.
- ALTERNATIVE FREQUENCIES - F = FORTNIGHTLY & M = MONTHLY\*

OPENING HOURS

09.30 AM - 4.00 PM

CALL

03 9480 1364

EMAIL

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WEB

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