

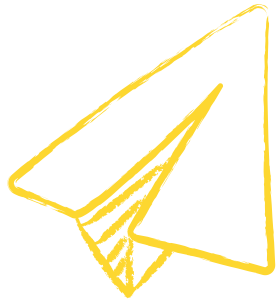
# REGULAR ACTIVITIES

WEEKLY UNLESS OTHERWISE INDICATED\*

**TERM 1 - 10 WEEKS**  
**TERM 2 - 9 WEEKS**

**STARTS : 30-JAN-23**  
**STARTS : 24-APR-23**

**ENDS : 6-APR-23**  
**ENDS : 23-JUN-23**



**MORNING**

**MONDAY**  
ART FOR ALL ABILITIES  
CREATIVE WRITING  
OM : NI (F)

**TUESDAY**  
GENTLE EXERCISE  
COOKING FOR ALL ABILITIES

**WEDNESDAY**  
THORNBURY WRITERS  
GOOD BUGS GARDENING  
TAI CHI

**THURSDAY**  
TAI CHI

**FRIDAY**  
ART FOR ALL ABILITIES  
COMPUTER SKILLS

**AFTERNOON**

**MONDAY**  
ART FOR ALL ABILITIES  
ACCESSIBLE YOGA

**TUESDAY**  
COOKING FOR ALL ABILITIES

**WEDNESDAY**  
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**  
UNWIND & RESTORE YOGA  
FOR WOMEN

**WEDNESDAY**  
MINDFUL MOVEMENT

**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** INFO@SPANHOUSE.ORG

**WEB** WWW.SPANHOUSE.ORG