

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Computer Tuition 9am – 12pm From \$4.50* Bookings essential	Exercise & Dance 10.30 – 11.45am From \$3.00*	Laughter Club 9.30am Cost: FREE	Walking 9.30 – 10.30am From \$3.00	Art Classes 10am – 12pm From \$5.50*	Eyes down Bingo 12pm Refreshments available	Line Dancing Fundraising Social See Reception
Exercise & Dance with Lily 9.30 – 10.30am From \$3.00*	Move it or Lose It! - Low Impact Fitness with Lily 9.45-10.15 \$2.00	Keep Fit with Agnes 10 – 11am From \$3.00*	Tai Chi 9.30am From \$5.00*	Beginners Ballroom Dancing 10am – 12pm From \$2.00*	Elizabeth Scottish Club First Saturday of the month	Al's Pals Live Music Afternoons See reception
Papercraft, Cards & More. 10.30-12noon \$4.00 include materials	Line Dancing Advanced Class 12.15 – 2.15pm From \$3.50*	Basic Computing 10am – 12pm or 1 – 3pm from \$14.50* for six-week course	Beginners Art 10am – 12pm From \$5.50*	Women's Space Social Group New members welcome! 10am – 12pm From \$2.00*	Rock n Roll Night Every second month	Cabaret & Dance 7-10.30pm \$7.00
Strength & Balance 11am – 12pm From \$5.50*	Art Tuition 1.15-3.15pm From \$5.50*	Tai Chi 11.15am – 12pm From \$3.00*	Grupo Inspiraciones Spanish-Speaking Group Second and fourth Thursday of the month	Legal Clinic -New! 10-12noon Appointments only telephone 8281 6911	Gawler Charity Dance Third Saturday of the month	
Silver Beat Rock Choir Rehearsals 12.30 – 2.30pm From \$5.50*	Line Dancing Beginner's class 2.30 – 4pm From: \$3.00*	UniSA Mobile Health Unit Free Health Checks Fourth Wednesday of the month	VIP's Low Vision Sequence Dancing 1pm From \$2.50*	Garden Group 1pm – 2.30pm Third Friday of the month	Other Services Want to know about services in your local area? We can link you into Commonwealth CareLink and Respite. Having trouble with your memory? We can link you to a Memory Support Worker.	
Massage by Gail 12 – 2pm From \$25 per 30mins Bookings essential	Bollywood Fitness Class 4.30-5.30pm \$4.00 New!!	Craft Club (BYO items) 1 – 3pm From \$2.00*	Elders Yarning Circle 10am – 12 noon Third Thursday of the month.	Whist 1.30pm From \$2.50*	Daily Snooker/Pool Billiards from *\$3.00 per session.	
Table Tennis 3 – 5pm From \$3.00*	Weight Watchers 4 – 6.45pm \$30 membership + \$1 per visit	Time for Talking- New! -Chat group 1-3pm Art Classes 1 – 3pm From: \$5.50	Craft Club (BYO items) 1 – 3pm From \$2.00*	Yoga 3.30pm Cost\$10	Free Internet access for seniors (new internet kiosk with online computer tuition available).	
Line Dancing Intermediate 8 – 10pm From: \$3.00*	Shenanigans Folk Music Night 7.30pm Cost \$4.00 First Tuesday of the month	Learn to Rock n Roll 5.30 – 6.30pm From \$4.00*	Northern National Seniors 1.30-3.30pm First Thursday of the month	Northern Computing Club 6.30 – 9.30pm From \$25 per three months + \$1 per visit	Grenville café and dining providing delicious, low cost snacks and meals.	
Grenville Hub Weekly Program—			Zumba cost \$4.00 4.30pm	Scrapbook and craft classes Second Friday of the month 6 – 9pm Cost \$10 including materials and tea/coffee	Events and Forums take place throughout the year—ask our friendly receptionist for more information.	
1st May 2016					Are you required to access My Aged Care? - book into one of our information sessions now	
Telephone 8256 0377 for more information					Become a Member and SAVE!	
					* Prices as of 1/8/2015	