



Henley & Grange Community Centre, 196A Military Road, Henley Beach, SA, 5022 Ph: (08) 8408 1277

## Timetable

### Monday:

- **Henley Scribblers:** For writers of all ages and backgrounds. Meets fortnightly 9:15am – 11:15am Contact Leanne on 0417 767 014. Membership fee
- **Tai Chi for Beginners:** For health, balance and arthritis. Weekly 10am -11am Bookings essential and eligibility criteria may apply. Contact Lyn on 0477 992 284. Cost \$3 (CHSP) or \$8
- **Tai Chi for Intermediate / Advanced:** For health, balance and arthritis. Weekly 11am -12pm Bookings essential and eligibility criteria may apply. Contact Lyn 0477 992 284. Cost \$3 (CHSP) or \$8
- **Friendship Group:** Meets weekly 11:30am - 2:30pm Contact Lyn on 0477 992 284 to discuss program and eligibility. \$3 per session.
- **Beginners Line Dancing:** Fun line dancing class – wear flat enclosed shoes. Weekly 1pm – 2pm. Contact Peter 0407 970 418. Cost \$9
- **Seaview Calisthenics College:** Dance, flexibility, fun and friendship for children 3-7 years old. Weekly 4:30pm – 5:30pm. Contact Cheryl 0412 345 840. Cost \$7.50
- **Hatha Yoga:** Traditional Yoga. Bring a mat & blanket. Weekly 6:30pm – 7:30pm. Contact Leonie on 0417 832 477. Cost \$15 per session.

### Tuesday:

- **Mosaic Art Class:** Join local artist Mignon Clift for mosaics – suitable for beginners or more experienced. Weekly 10am – 1pm. Contact Mignon 0408 352 600. Cost \$30
- **Community Café:** Open for lunch serving delicious homemade food from 10:30am – 1pm.
- **Indoor Bowls:** Weekly 10:30am – 12pm. Contact reception 8408 1277. Cost \$2
- **Bingo Buddies:** Weekly 1:30pm – 3:30pm. Cost is \$2 to play plus \$2.50 for books. Contact Liz 0438 483 623 for more information
- **General Art Class:** Join local artist Mignon Clift for mosaics and general painting class – suitable for beginners or more experienced. Weekly 1:30pm – 3:30pm. Contact Mignon 0408 352 600. Cost \$25
- **Henley Woodworkers:** Experienced carpenters and novices: make items for sale to the public. Do requests and repairs too. Weekly 1pm – 4pm at Henley Depot, Contact 8235 1389. Free or \$6 if making own project.
- **Kidman Park Slimmers Club:** Informal support group, welcomes all ages and sizes. Weekly 4:45pm – 5:45pm. Contact Barb 0411 309 923 or Judy 8356 5916. Cost \$2 per session.
- **Salsa Beginners:** All fitness levels and beginners welcome. Weekly 6:45pm – 7:45pm. Contact Jorge on 0450 607 465 or email [info.sumbaloz@gmail.com](mailto:info.sumbaloz@gmail.com). Cost \$15 casual visit or \$130 for 10 class pass.

- **Salsa Intermediate** - Weekly 7:45pm – 8:45pm. Contact Jorge on 0450 607 465. Cost \$18 casual visit or \$130 for 10 class pass

Wednesday:

- **Preschool Storytime for 3-6 year olds:** Read and dance along to our favourite books and songs in a fun packed session that will help your child become school ready. Free, no bookings required
- **Fit & Fab:** Fun for over 50s, incorporates balance, resistance, gentle cardio and low impact exercise. Weekly 11.30am – 12.30pm. Contact Lyn 0477 992 284. Cost \$3 (CHSP eligible) or \$8 regular
- **Dance & Tone:** Fun for over 50s - improves balance, cardiovascular, mobility, strength and memory. Weekly 12.45pm – 1.30pm. Contact Lyn 0477 992 284. Cost \$3 (CHSP eligible) or \$8 regular
- **Bookclub:** Reads and discusses a new book each month. Meets monthly. 1pm – 2:30pm. For more information on joining a book club contact our libraries team at 8408 1333
- **DCM – Dance Connect Move:** Acro classes for young children between 6-12yrs old. Weekly 4pm – 5:45pm. Contact Kylie on 0422 974 747 or [info@danceconnectmove.com.au](mailto:info@danceconnectmove.com.au) Cost from \$6
- **General Art Class:** Join local artist Mignon Clift for mosaics – suitable for beginners or more experienced. Weekly 7pm - 9pm. Contact Mignon 0408 352 600. Cost \$30

Thursday:

- **Yogalates:** Combining yoga & pilates. Bring a mat & blanket. Weekly 9:30am – 10:30am. Contact Leonie on 0417 832 477. Cost \$15 per session.
- **Chair Yoga:** A complete workout for the mind and body. Weekly 11am – 12pm. Contact Leonie on 0417 832 477. Cost \$11 per session.
- **Henley Woodworkers:** Experienced carpenters and novices: make items for sale to the public. Do requests and repairs too. Weekly 1pm – 4pm at Henley Depot, Contact 8235 1389. Free or \$6 if making own project.
- **Martial Arts:** Learn self-defence through karate. Gain fitness, self-esteem and co-ordination through martial arts training. 13yrs +. Weekly 6:30pm – 7:30pm. Contact Dale on 8235 2702. Cost \$5

Friday:

- **Social Art Group:** Come along, get creative and make new friends. Weekly 9:30am – 12:30pm. Contact Amy 8408 1277. Cost \$2
- **Friendship Group:** Meets weekly 10am – 1pm. Contact Lyn on 0477 992 284 to discuss program and eligibility. \$3 per session.
- **Community Café** – Open for lunch serving delicious homemade food from 10:30am – 1pm

Saturday:

- **Alcoholics Anonymous (AA):** A support group for those who wish to attend. Weekly 6pm – 9pm. Contact 24 hour hotline 8221 6999 for more information. Free

Sunday:

- **Perseverance Church:** Prayers, praise & worship. Weekly 11am – 1pm. Contact David 0419 984 417