

Whitehorse Community Houses  
Courses and Activities Term 1, 2020

COURSE	DAY	TIME	DURATION	VENUE
Abbey Girls of Victoria	Sat	11.00am - 5.00pm	1/2, 4/4	Bennettswood
A.C.E. Progam	Tuesdays	10.00am - 3.00pm	ongoing	Avenue
Active and Fit	Tuesdays	2.00pm -3.00pm	Full term	Avenue
Adult Chess Club	Wed	10.00am-11.30am	9th Oct - 18th Dec	Burwood
Adult Literacy - Basic Reading & Writing	Thursdays	6.15pm - 8.45pm	ongoing	Avenue
Aged Care User Rights session	Thur 12 March	11.00am	2 hours	Avenue
Air Dry Clay Flower Making	Wed	10pm - 12noon	On going	Louise MCC
Alcoholics Anonymous	Wed	7.30 - 8.30pm	weekly	Koonung
Apple Mac - Individual lessons ( BYO laptop )			Booking Essenital	Burwood
Aromatherapy workshop	Sat 2 May	2.00 - 4.00pm	2 hours	Avenue
Art - Watercolour	Tues	9.30am - 11.30am	4/2-24/3	Kerrimuir
Art - Watercolour	Thurs	9.30am - 11.30am	6/2-26/3	Kerrimuir
Art - Watercolour	Fri	9.30am - 11.30am	7/2-27/3	Kerrimuir
Art (for people with a disability)	Mondays, Wednesdays	Contact the House	9808 2000	Avenue
Art as Therapy-Release the Stress	Wed	6.30pm-9.00pm	8 weeks	Vermont South
Art Class	Thur	1.00pm - 3.00pm	6th Feb-26th Mar	Burwood
Art Classes	Thurs	12.00pm-2.00pm	8 weeks	Vermont South
Art Classes	Thurs	1.00pm-3.00pm	8 weeks	Vermont South
Art Classes - Drawing & Watercolour Painting	Wed	1.30pm - 3.30pm	Term	Bennettswood
Art Classes - Kids	Wed	4.00-5.00pm	5th Feb-25 Mar	Burwood
Art Mixed Media	Thursday	9.30 am to 11.30 am	7 weeks	Mitcham
Art Portraiture in Dry Media- T2	Friday	10.00 am to 12.00 pm	8 weeks	Mitcham
Art Your Style	Wednesday	1.00 to 3.00 pm	8 weeks	Mitcham
Auslan Beginners	Thursday	7.00 to 8.30 pm	16 weeks	Mitcham
Ausline Dance (Line Dancing)	Mon	11.00am-12.00pm	Term	Vermont South
Ausline Dance (Line Dancing)	Thur	12.00pm-1.00pm	Term	Vermont South
Australian Culture Course			TBA	Louise MCC
Avenue Writers' Group	Fridays	10.00am - 12.00 noon	ongoing	Avenue
Balance for Body Strength & Falls Prevention	Friday	1.00 to 2.00 pm	8 weeks	Mitcham
Balloon Art	By arrangement	Various	Bookings by arrangement	Bennettswood
Balloonology - Advanced	By arrangement	Phone to book	Bookings by arrangement	Bennettswood
Balloonology - Beginners	By arrangement	Phone to book	Bookings by arrangement	Bennettswood
BeConnected Internet Café	Various	Phone for information	Ongoing	Bennettswood
Beeswax wraps	Tues	10:00am - 11:30am	18th Feb	Box Hill South
Beijing Opera	Sat and Sun	12noon -6pm	On going	Louise MCC
Bingo	Thursdays	1.00pm - 2.30pm	ongoing	Avenue
Bollywood Dancing	Mondays	7.30pm - 8.30pm	ongoing	Avenue
Bollywood Indian Dancing	By arrangement	5.30 - 6.30pm	Ongoing	Bennettswood
Book Circle	Wed	11am-12noon	12/2, 26/2, 11/3, 25/3	Kerrimuir
Book club	2nd Mon	2.30pm -3.30pm	Register your interest	Burwood
Book Club	Tues	7.30pm - 9.15pm	monthly	Box Hill South
Book Club	Monday	10.00 to 11.30 am	Monthly	Mitcham
Book Club	Monday	7.30 to 9.00 pm	Monthly	Mitcham
Book Group	Fri-1st Month	1.00 - 3.00pm	Ongoing	Koonung
Book Group - Evening	Thurs -1st Month	7.30-9.00pm	Ongoing	Koonung
Books - Read & Borrow	Mon-Fri	9.15am - 2.15pm	Term	Bennettswood
Boroondara Toastmasters	1st & 3rd Thurs	7.30pm	Ongoing	Burwood
Botanical Art for Beginners	Tuesdays	2.30-4.30	Ongoing	Koonung
Botanical Art for Intermediate	Monday	1.30-3.00	Ongoing	Koonung
Botanical Drawing	Wed	10.00am - 12.00pm	5/2 x 8 wks	Box Hill South
Burwood Bulletin Group	Meets at the House twice a term		Ongoing	Burwood
Café Capers - out for lunch	Fri	12 - 2pm	6-Mar	Bennettswood
Cake Decorating	Tuesday	7.00 to 9.30 pm	6 weeks	Mitcham
Calligraphy Tao Oneness- T2	Tuesday	2.00 to 3.30 pm	6 weeks	Mitcham
Calligraphy Tao Oneness- T2	Saturday	3.00 to 4.30 pm	6 weeks	Mitcham
Cantonese Karaoke Opera Group	Mon - Fri	12 - 5pm	On going	Louise MCC
Card Games - 500	Fridays	10.00am - 12noon	ongoing	Avenue
Card Games - Hand & Foot	Fridays	12.30pm - 3.00pm	ongoing	Avenue
Card Making			Register your Interest	Burwood
Card Making for Special and Other Occasions	Tuesday	9.30 am to 12.30 pm	Monthly workshops	Mitcham
Cards Social Group	Fri	1.00pm - 3.00pm	11th Oct - 20th Dec	Burwood

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Certificates in General Education	Monday to Thursday	Contact the House	9808 2000	Avenue
Certificates in Transition Education	Monday to Thursday	Contact the House	9808 2000	Avenue
Chair & Standing Yoga	Tue	10.35am-11.30am	4 weeks	Vermont South
Chair Yoga	Tue	9.30am-10.25am	4 weeks	Vermont South
Chair Yoga	Monday	10.40 to 11.40 am	7 weeks	Mitcham
Chair-based Exercises	Wednesday	1.00 to 2.00 pm	8 weeks	Mitcham
Chat & Chew	Tuesdays	9.30am - 12.30pm	ongoing	Avenue
Child Care	Tues	9.00am - 2pm	school term	Koonung
Child Care	Thurs	9.00am - 2pm	school term	Koonung
Childcare (Early Learning - Pre Kinder Group)	Monday	Contact the House	9808 2000	Avenue
Childcare (Occasional)	Tuesday to Friday	9.00am - 3.00pm	ongoing	Avenue
Childcare- Occasional or Regular Bookings	Wednesday and Friday	9.00 am to 2.00pm	All term	Mitcham
Childcare- Occasional or Regular Bookings	Thursday	9.00 am to 12.00pm	All term	Mitcham
Children's Writers' Group	Mondays	7.30pm - 9.30pm	monthly	Avenue
Childrens Yoga/Movement	Wed	5:00pm- 5:45pm	4/3 x wks	Box Hill South
Chinese Language-Mandarin T2	Tuesday	7.00 to 8.30 pm	8 weeks	Mitcham
Chinese Senior Dance Group	Fri	1pm - 4pm	On going	Louise MCC
Chit & Chatter	Fri	1.30pm - 2.30pm	7th Feb -20th Mar	Burwood
Christmas Cake Decorating	Saturday	12.30 to 4.30 pm	Single workshop	Mitcham
Coffee Club	Fridays	10am-12noon	Ongoing	Koonung
Come & Try - Mat Pilates	Mon	7.00pm - 8.00pm	3rd Feb	Burwood
Come & Try - Social Scrabble	Wed	10.00am - 1.00pm	5th Feb	Burwood
Come & Try - Falls Prevention	Tues	2.00pm- 3.00pm	4th Feb	Burwood
Come & Try - Open Playgroup	Mon - Fri	10.00am - 12.00pm	3rd Feb	Burwood
Come & Try - Strength Training	Thurs	10.00am - 11.00am	6th Feb	Burwood
Come & Try - Tai Chi	Thurs	11.30am - 12.30pm	6th Feb	Burwood
Come & Try - Zumba over 40's	Fri	9.30am - 10:30am	7th Feb	Burwood
Come & Try Meditation	Mon	10:15am-11:15am	3rd Feb	Burwood
Come & Try Yoga	Mon	9.05am-10.05am	3rd Feb	Burwood
Community Bus Trip -	3rd Thurs of Month	10.00am	Ongoing Booking Essenital	Burwood
Community Café	Mon-Fri (Closed Tue)	10.00am-3.00pm	Term	Vermont South
Community Craft Group	Tues	10.00am - 12 noon	Term	Bennettswood
Community Lunch	Wednesdays	12.30pm	4th monthly	Koonung
Community Lunch - Soup and Sandwiches	Mon	12:30pm - 1:30pm	3/2 & 4/3	Box Hill South
Community Lunches	Fri	12.30pm - 2.00pm	Term	Bennettswood
Community Lunches	Thursdays	12noon-1	13 Feb, 27 Feb, 12 March,	Kerrimuir
Computer - Internet & Email (Intermediate in English)	Thurs	10pm - 12noon	On going	Louise MCC
Computer - Internet & Email (Intermediate in English)	Thurs	1.00pm - 3.00pm	On going	Louise MCC
Computer & Internet One-on-one (individual) Tuition	Various	Phone to book	Term	Bennettswood
Computer Basics-An Introduction to Computers	Wed	6.30pm-9.00pm	8 weeks	Vermont South
Computer Courses - Keep on Computing	Fridays	1.00pm - 3.30pm	9 weeks	Avenue
Computer Courses - Programming for Young Makers	Wednesdays	4.00pm - 5.00pm	9808 2000	Avenue
Computer Courses - Skills for Work & Study	Thursdays	3.00pm - 5.30pm	8 weeks	Avenue
Computer in Cantonese	Wed	10pm - 12noon	On going	Louise MCC
Computer Lessons - iPads, Smartphones, Tablets & Laptops	Private individual lessons	Contact the House	9808 2000	Avenue
Computer Skills for the Workplace Using Windows 10-Intermediate Level	Fri	9.30am-12.00pm	8 weeks	Vermont South
Computers - Apple MacBook	Wed	Phone to book	Term	Bennettswood
Computers - Beginners	Wed & Thurs	10.00am - 12.00pm	Wed & Thurs	Burwood
Computers - Broadband kiosk for Seniors	Mon - Fri	10.00am - 3.00pm	Booking Essenital	Burwood
Computers - Computer & Internet	Wed	Phone to book	Term	Bennettswood
Computers - Individual Lessons	Various	Phone the House for details		Box Hill South
Computers - Individual Tuition	Wed	Phone to book	Term	Bennettswood
Computers - Intermediate MYOB	appointments minimum 2hrs	Individual sessions	Booking Essenital	Burwood

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Computers - Intro to Computers			Booking Essential	Burwood
Computers - Intro to Excel	Fri	10.00am - 12.00pm	7th Feb-21st Feb	Burwood
Computers - Intro to Internet / Email	Fri	10.00am-12.00pm	Booking Essential	Burwood
Computers - Intro to MYOB	Wed	7.00pm - 9.00pm	19th Feb -25th Mar	Burwood
Computers - Intro to Word	Tues	10.00am - 12.00pm	4th Feb -18th Feb	Burwood
Computers - iPad & Mobile Devices	Wed	Phone to book	Term	Bennettswood
Computers - Microsoft Office	Wed	Phone to book	Term	Bennettswood
Computers - QuickBooks	Wed	7.00pm - 9.00pm	19th Feb -25th Mar	Burwood
Computers - WordPress (website development)	Wed	Phone to book	Term	Bennettswood
Computers- Android Phones and Tablets-T2	Thursdays	10.30 am to 12.30 pm	5 weeks	Mitcham
Computers- Apple iPhones and iPads-T2	Tuesday	10.30 am to 12.30 pm	5 weeks	Mitcham
Computers- Windows 10 Made Easy	Tuesday	10.30 am to 12.30 pm	5 weeks	Mitcham
Conversation Buddies Program	Mon - Fri	10am - 3pm	On going	Louise MCC
Cooking for yourself	Thursdays	10.30am - 1.00pm	9808 2000	Avenue
Craft	Tues	10.00-12.00	Ongoing	Koonung
Craft - Community Craft (Knitting for the Needy)	Tues	10.00am - 12 noon	Term	Bennettswood
Craft- Knitting for Charity	Monday	1.00 to 3.00 pm	Weekly during the term	Mitcham
Craftworkers Social Club / Craft Social Group	1st Mon of the month	12.30pm -2.30pm	3rd Feb	Burwood
Creative Drawing	Thurs	9.45 - 11.45am	Ongoing	Koonung
Creative Minds Art (for people with a disability)	Mondays, Wednesdays	Contact the House	9808 2000	Avenue
Creative Writing	Wednesday	9.30 am to 11.30 am	8 weeks	Mitcham
Creative Writing- Self-directed	Thursday	10.00 a to 1.00 pm	8 weeks	Mitcham
Crochet (Community Craft)	Tues	10.00am - 12pm	Term	Bennettswood
Crochet, Knitting & Fancy Work	Tuesdays	9.45am - 11.45am	ongoing	Avenue
Cryptic crossword group	Fri	9:30am-10:30am	Starts 7/2	Box Hill South
Cultural Exchange Program	Mon - Fri	10am - 12noon	On going	Louise MCC
Dad's Group	By arrangement	Phone for information	Term	Bennettswood
Dance for people 50+	Fridays	2.00pm -3.00pm	Full term	Avenue
Dancing - English Country	Tues	8.00pm - 10.30pm	Ongoing	Bennettswood
Dancing - Indian (Classical & Bollywood)	By arrangement	5.30 - 6.30pm	Ongoing	Bennettswood
Dementia Café	Wed	12:30 - 2:30	Monthly	Box Hill South
Diabetes, Stroke prevention program	TBA	Contact the House	9808 2000	Avenue
Digital Literacy sessions	by appointment		Ongoing	Koonung
Drawing & Painting	Thurs	7.30pm-9.30pm	8 weeks	Vermont South
Drawing & Watercolour Painting	Wed	1.30pm - 3.30pm	Term	Bennettswood
Drawing and Sketching	Thurs	12.30pm - 2.00pm	On going	Louise MCC
Dressmaking & Sewing	Tues	1:00 pm - 4:00 pm	Term	Bennettswood
eBay & Gum Tree Workshop	Wed	1.00pm - 3.00pm	26th Feb or 4th Mar	Burwood
eBay & Gumtree Workshop	Fri	1.00pm-3.30pm	2 sessions	Vermont South
Edit your digital photos with FOTOR	Wed	10.00am-12.00pm	12th -19th Feb	Burwood
Eley Park Artists	Wednesdays	9.30am - 12.30pm	ongoing	Warrarong
Eley Park Café - Hospitality skills for people with a disability	Fridays	10.00am - 1.30pm	Full term	Avenue
English as a Second language - Advanced	Mon - Fri	10am - 12noon	On going	Louise MCC
English as a Second language - Beginners	Mon - Fri	10am - 12noon	On going	Louise MCC
English as a Second language - Intermediate	Mon - Fri	10am - 12noon	On going	Louise MCC
English as an Additional Language - Intermediate	Thursday and Friday	9.00 am to 1.30 pm	18 weeks	Mitcham
English Conversation Café	Mon - Fri	10am - 3pm	On going	Louise MCC
English Conversation Class	Fri	1.00pm-2.30pm	7/2-27/3	Kerrimuir
English Conversation Group (AM)	Mon - Fri	9 - 10am	On going	Louise MCC
English Conversation Group (PM)	Mon - Fri	12 - 1pm	On going	Louise MCC
English Country Dancing	Tues	8.00pm - 10.30pm	Ongoing	Bennettswood
English One on One Program	Mon - Fri	10am - 3pm	On going	Louise MCC
ESL	Mon- Fri		Phone for Details	Burwood
ESL Absolute Beginners	Tue	10.00am-12.00pm	8 weeks	Vermont South
ESL Beginners	Mon	9.30am-12.30pm	7 weeks	Vermont South
ESL Conversation	Mon	1.00pm-4.00pm	7 weeks	Vermont South
ESL Conversation	Wed	1.00pm-4.00pm	8 weeks	Vermont South
Everyone can Dance (for people with a disability)	Fridays	4.30pm - 5.30pm	6 weeks	Avenue

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Excel - Introduction	Fri	10.00am - 12.00pm	Phone for Details	Burwood
Excel Basics for the Workplace	Wed	9.30am-12.00pm	8 weeks	Vermont South
Excel Intermediate for the Workplace	Thur	9.30am-12.00pm	8 weeks	Vermont South
Exercise - Strength Training (Weights)	Mon	9.00am - 10.15am	Ongoing	Box Hill South
Exercise - Strength Training (Weights)	Thurs	9.00am - 10.15am	Ongoing	Box Hill South
Exercise - Strength Training (Weights)	Thurs	10.30am - 11.45pm	Ongoing	Box Hill South
Exercise to Music	Thurs	9.30 - 10.30am	Ongoing	Koonung
Exercise to Music (for Older Adults)	Thurs	1 - 2pm	Term	Bennettswood
Exercise, Strength & Fitness x2 Cl	Wed	9.15 - 9.55, 10.05 -10.45	5/2 - 25/3	Kerrimuir
Facebook			Booking Essenital	Burwood
Facebook Ads	Wed	Phone to book	Term	Bennettswood
Facebook for Beginners	Wed	Phone to book	Term	Bennettswood
Falls Prevention	Tues	2.00pm- 3.00pm	4th Feb -24 Mar	Burwood
Fathers Group	By arrangement	Phone for information	Term	Bennettswood
Felting - Felted Scarf or Shawl/Wrap	Sat	9.30am - 4.30pm	29/2	Bennettswood
Finance talk- Smart , Happy Money	Tuesday	7.00 to 9.00 pm	1 session	Mitcham
Flower Arrangement			TBA	Louise Garden
Food Label Reading Workshop	Thur 7 May	10.30am	2 hours	Avenue
French Advanced	Friday	10.00 am to 12.00 pm	8 weeks	Mitcham
French Advanced Beginners	Thur	1.00pm-3.00pm	8 weeks	Vermont South
French Beginners	Thurs	6.00pm - 7.30pm	13/2 x 7 wks	Box Hill South
French Beginners Plus	Saturday	10.00 am to 12 noon	8 weeks	Mitcham
French Continuation	Thurs	7.45pm - 9.15pm	13/2 x 7 wks	Box Hill South
French Intermediate Level 1	Tuesday	6.30 to 8.30 pm	8 weeks	Mitcham
French Intermediate	Fri	10.00am-12.00pm	8 weeks	Vermont South
French Intermediate Level 2	Tuesday	9.30 am to 11.30 am	8 weeks	Mitcham
French Pre-intermediate	Wednesday	6.30 to 8.30 pm	8 weeks	Mitcham
Friday Craft group	Fri	12.30pm - 3.00pm	Starts 7th Feb	Box Hill South
Function Room Hire	Any day	Any time	Term	Vermont South
Garden Club	Thursdays	1.00pm - 3.00pm	Each Term	Clota Cottage
Gardening Group			TBA	Louise Garden
Gentle Dance for people 50+	Fridays	2.00pm -3.00pm	Full term	Avenue
Gentle Exercise	Fri	10.15am -11.15am	Starts 7th Feb	Box Hill South
Gentle Exercise for Seniors x2 Cl	Thurs	9.15-9.55, 10.05-10.45	6/2-26/3	Kerrimuir
Gentle Exercises to Music for Older Adults	Thurs	1 - 2pm	Term	Bennettswood
German	Thursdays	2.00 - 3.30pm	6 weeks	Avenue
Getting the best from Gmail	Fri	10.00am-12.00pm	14th-21st Feb	Burwood
Guitar	Thursdays	8.00pm - 9.00pm	fortnightly	Avenue
Gunna Club (Senior Citizens Social Group)	Wednesdays	1.00pm - 3.00pm	ongoing	Avenue
Harmony Tai Chi Centre classes	Mondays	1.00pm - 2.00pm	Full term	Avenue
Harp Group	2nd Wednesday	7.30-9.30pm	Ongoing	Bennettswood
Health Talks- Worried About Your Memory-T2	Tuesday	1.00 to 2.30 pm	1 session	Mitcham
Hospitality-Basic Skills	Tue	10.00am-1.00pm	7 weeks	Vermont South
House hire for birthday parties	Sun	all day	Phone for details	Box Hill South
How to get the most out of your Apple Watch	Fri	1.00pm-3.30pm	1 session	Vermont South
Indian Dancing (Classical & Bollywood)	By arrangement	5.30 - 6.30pm	Ongoing	Bennettswood
Indoor Bowls	Mondays	12.30pm - 3.30pm	ongoing	Avenue
Information Session - Aged Care	Thur 12 March	11.00am	2 hours	Avenue
Information Session - Food Labelling	Thur 7 May	10.30am	2 hours	Avenue
Information Session - Life Program	TBA	Contact the House	9808 2000	Avenue
Instrumental Music Session	1st Wed	7.30 - 9.30pm	1st Wed in month (not January)	Bennettswood
Internet Access - Free for Seniors	Weekdays	by appointment	Ongoing	Burwood
Introduction to Word	Tue	10:00am - 12:00pm	4th -18th Feb	Burwood
iPad / Tablet Basics - one-on-one tuition	Wed	Phone to book	Term	Bennettswood
iPad class	Wednesdays	10.30am - 12 noon	6 weeks	Avenue
iPad Skills (for people with a disability)	Tuesdays	Contact the House	9808 2000	Avenue
iPads and iPhones	Tuesday	10.30 am to 12.30 pm	5 weeks	Mitcham
iPod/ipad/ Android Training	Weekdays	Min 2hr sessions	Ring for appointment	Burwood
Italian (Ongoing)	Tuesdays	1.00pm - 3.00pm	Full term	Avenue
Japanese Facial Massage-Workshop	Mon	1.00pm-2.30pm	1 session	Vermont South
Jigsaws Galore	Tuesdays	9.30am - 3.00pm	ongoing	Avenue
Keyboard & Piano for Adults	Fridays	7.00pm - 8.00pm	Full term	Avenue
Kids Chess Club	Thurs	5.30pm - 7:30pm	6th Feb-26th Mar	Burwood
Knit and Chat			Ring for Details	Burwood

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Knitted Knockers Australia			Ring for Details	Burwood
Knitted Knockers Australia - craft group	Mon	10.30am - 1.00pm	1st, 3rd & 5th Mon of Month	Burwood
Knitting - beginners	Thurs		Ring for time and dates?	Burwood
Knitting (Community Craft)	Tues	10.00am - 12pm	Term	Bennettswood
Knitting for Charity	Monday	1.00 to 3.00 pm	Weekly during the term	Mitcham
Knitting for the Needy (Community Craft)	Tues	10am - 12pm	Term	Bennettswood
Knitting Group-Social Group	Mon	1.00pm-3.00pm	Term	Vermont South
Korea language and drumming for kids	Wed	4 - 6pm	On going	Louise MCC
Korean Drumming	Sat	5pm - 8pm	On going	Louise MCC
Ladies Social Group	Mon	12.30pm -2.00pm	1st Monday of every Month	Burwood
Language - Chinese (Children)	Thu	4 - 6pm	Term	Bennettswood
Language Exchange Program	Mon - Sun	9am - 4pm	On going	Louise MCC
Languages - Finnish	Wednesdays	6.30 - 8pm	Each Term	Clota Cottage
Languages - Finnish	Sunday	7 - 9pm	Each Term	Clota Cottage
Languages - Spanish for Travellers	Thursday	6.30 - 8.30pm	8 weeks	Clota Cottage
Laptops/Notebooks *Bookings required	Day or Night	Min 2hr session	Ring for Details	Burwood
Laughter Yoga	Mon	1pm - 3pm	On going	Louise MCC
Learn Local - Introduction to English	Monday	10.45am - 12.45pm	3 Feb - 23 Mar	Clota Cottage
Learn Local - Introduction to Office Administration	Tuesdays	9:30am - 2:30pm	14 Apr - 5 May	Clota Cottage
Learn on your own Laptop	Day & Even.	Individual sessions	Ongoing by appointment	Burwood
Learn to Knit and Crochet	Mon	1:00pm - 2:30pm	Starts 3rd Feb	Box Hill South
Learn to Turn	Saturdays	1.00-3.00pm		Koonung
Lego Robotics	Tues	4.15-5.45	4/2-24/3	Kerrimuir
Let's Cook (Monday Lunch Cooking Group)	Mondays	10.30am - 1.00pm	7 weeks	Avenue
Let's Cook (Wednesday Lunch Cooking Group)	Wednesdays	10.30am - 1.00pm	8 weeks	Avenue
Life program	TBA	TBA	Phone for details	Box Hill South
Life Skills Program	Mondays, Wednesdays, Thursdays	10.00am - 2.30pm	ongoing	Avenue
Life" program preventing Diabetes, Stroke	TBA	Contact the House	9808 2000	Avenue
Line Dancing (Beginners & Intermediate)	Thursday Evenings	7.00pm - 9.00pm	ongoing	Avenue
Line-dancing Class	Tues	12.30pm - 2pm	On going	Louise MCC
Lite Pace	Tuesday	12.15 to 1.15 pm	6 weeks	Mitcham
Little Yogis	Mon	10:30am - 11:30am	Phone for details	Box Hill South
Living with Cancer Support Group	1st Fri	11.00am - 1.00pm	Monthly	Burwood
Low Impact Exercise	Tues	2.00pm-3.00pm	Register your Interest	Burwood
Lunch - Community Lunch	Fri	12.30pm - 2.00pm	Term	Bennettswood
Lunch Club - Community Lunch	Fri	12.30pm - 2.00pm	Term	Bennettswood
Mahjong	Thurs	1.00 - 3.30pm	Ongoing	Koonung
Mah-jong	Wed	1 - 3.30pm	Onqong	Bennettswood
Mahjong - Western Style	Tuesdays	12.30pm -3.30pm	ongoing	Avenue
Mandarin Beginners class For Locals	Mon	10am - 12noon	Ongoing	Louise MCC
Mandarin class - Advanced	Wed	12.30pm - 2.30pm	On going	Louise MCC
Mandarin class - Intermediate	Tues	12.30pm - 2.30pm	On going	Louise MCC
Master your smart phone, iPad and Android tablet	Wednesdays	10.30am - 12 noon	6 weeks	Avenue
Meditation	Mon	10:15am-11:15am		Burwood
Meditation	Tues	7.30pm - 8.30pm	1st & 3rd Tuesday	Burwood
Meditation	Fri	7:3pm - 8:30pm	Starts 7th Feb	Box Hill South
Meditation - A Way of Peace	Thursdays	6.30pm - 7.30pm	9808 2000	Avenue
Meditation - Don't Worry be Happy	Fridays	12.45pm - 1.45 pm	Full term	Avenue
Meditation and Relaxation	Monday	8.15 to 9.15 pm	7 weeks	Mitcham
Meditation for Beginners	Tue	1.00pm-2.30pm	5 weeks	Vermont South
Meditation Mini-retreat	Saturday	1.00 to 3.00 pm	1 session	Mitcham
Mediterranean Cooking	Expressions of Interest	Contact the House	9808 2000	Avenue
Men's Social Group (card games, chess etc)	Thurs		Register your Interest	Burwood
Merry Melodies (Sing-A-Long)	Thursdays	10.30am - 11.30am	fortnightly	Avenue
Metoring and leadership program	Mon - Fri	10am - 12noon	On going	Louise MCC
Midday Movies & Light Lunch	Wednesdays	from 12 noon	Feb 26 & Mar 25	Clota Cottage
Mindfulness Meditation	Tues	12.45-1.45pm	Ongoing	Koonung
Mini Maestros	Thurs	Mornings	Term	Vermont South
Mixed Social Group	Thurs	12.30pm - 1.30pm	Register your Interest	Burwood

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Mobile Computing - IOS & Android devices	Wed	Phone to book	Term	Bennettswood
Mobile Phone Basics	Wed	Phone to book	Term	Bennettswood
Mosaics	Thursdays	7.00pm - 9.00pm	6 weeks	Avenue
Mosaics-Self Directed Group	Fri	9.00am-2.00pm	8 weeks	Vermont South
Mother's Group	Mon-Fri	2 Hour sessions	Ongoing	Burwood
Mothers' Groups	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Term	Bennettswood
Movie Club	Mon	12.00pm - 2.30pm	Every Monday	Burwood
Moving On - Kara House	Wednesday	Phone 1800 900 520 for details	12 Feb - 18 Mar	Clota Cottage
Multicultural Friendship Group	Mon - Fri	10am - 12noon	On going	Louise MCC
Music - BAMS (Bennettswood Acoustic Music Session)	1st Wed	7.30 - 9.30pm	1st Wed in month (not January)	Bennettswood
Music - Harp lessons	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Term	Bennettswood
Music - Singing & Ukulele	Mon	11.30am - 12.45pm	Term	Bennettswood
Music Group			TBA	Louise MCC
Music- Ukulele	Tues	<a href="#">7 - 8pm</a>	Term	Bennettswood
Music- Ukulele Absolute Beginners (NEWBIES)	Wed	10.15am - 11.15am	Term	Bennettswood
Music- Ukulele Beginners Plus	Wed	11.30am - 12.30pm	Term	Bennettswood
MYOB Essentials Basics + Bonus Single Touch Payroll	Tue	9.30am-2.30pm	4 weeks	Vermont South
MYOB Intro	Wed	7.00pm - 9.00pm	9th Oct - 13th Nov	Burwood
NDIS and NDIA Suitable Programs - Various	Monday to Friday	Contact the House	9808 2000	Avenue
Needle felting	Fri	10am - 1pm	14/2, 21/2 & 28/2	Box Hill South
Neighbourhood Watch	Thurs	Every 3 to 6 Months	Ring for Details	Burwood
New Mandarin class for Beginners (New)	Fri	12.30pm - 2.30pm	from March	Louise MCC
Occasional Child Care	Wednesday and Friday	9.00 to 2.00 pm	During school terms	Mitcham
Occasional Child Care	Thursday	9.00 to 12.00 pm	During school terms	Mitcham
One-on Tuiton			Ring for Details	Burwood
Organising your Photos on your smart phone, tablet or computer	Wednesdays	10.30am - 12noon	5 weeks	Avenue
Painting - Drawing & Watercolour Painting	Wed	<a href="#">1.30 - 3.30pm</a>	Term	Bennettswood
Painting - Oil/Acrylic	Tues	2.00-4.00pm	Ongoing	Koonung
Paper Lovers	Mondays	1.00pm - 3.00pm	6 weeks	Avenue
Parent & Child Groups	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Term	Bennettswood
Park Rambles	Monday	10 am to 12.00 pm	Weekly during the term	Mitcham
Party Hire (rooms)	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Ongoing	Bennettswood
Party Hire / Room or House Hire	Sat, Sun, Wed-evenings		Booking Essential	Burwood
Patchwork	1st Wed	1.00 - 3.00pm	monthly	Koonung
Patchwork & Applique	Wed	9.30am-12.00pm	8 weeks	Vermont South
Patchwork Self-Help Group	Monday	10 am to 12 noon	Weekly during the term	Mitcham
Patchwork Social group	Thurs	7:00pm - 9:00pm	Starts 13th Feb	Box Hill South
Photos - managing on your smart phone, tablet or computer	Wednesdays	10.30am - 12noon	5 weeks	Avenue
Piano & Keyboard for Adults	Fridays	7.00pm - 8.00pm	7 weeks	Avenue
Piano and Keyboard for Adults	Mon	10:30am - 11:30am	Starts 3rd Feb	Box Hill South
Pilates	Tues	6:15pm - 7:30pm	4/2 x 8 wks	Box Hill South
Pilates	Sat	9:00am - 10:00am	82 x 8 wks	Box Hill South
Pilates	Tue	6.00pm-7.00pm	Term	Vermont South
Pilates	Fri	9.15am-10.15am	Term	Vermont South
Pilates	Fri	10.15am-11.15am	Term	Vermont South
Pilates	Monday	6.30 to 7.30 pm	7 weeks	Mitcham
Pilates	Tuesday	9.00 am to 10.00 am	7 weeks	Mitcham
Pilates	Thursday	6.15 to 7.15 pm	8 weeks	Mitcham
Pilates - All Levels (Mat)	Mon	7.00pm - 8.00pm	3rd Feb - 23 Mar	Burwood
Pilates (Evening Class)	Wednesdays	6.30pm - 7.30pm	10 weeks	Avenue
Pilates (Evening Class)	Wednesdays	7.30pm - 8.30pm	10 weeks	Avenue
Playgroup	Mon - Fri	10:00am - 12:00pm	Ring for Details	Burwood
Playgroup - Facilitated Grandparents	Wednesday	10.00-12.00am	school term	Koonung
Playgroup - Open	Wed	10.30am - 12.30pm	Booking Essential/ 9th Oct - 11th Dec	Burwood

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Playgroup - parent run	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Term	Bennettswood
Playgroup - Structured	Fri	10:00am - 12:00pm	11th Oct - 13th Dec	Burwood
Playgroup Facilitated	Monday and Wednesday	9.30 am to 11.30 am	Weekly during the term	Mitcham
Playgroups- Private rental	Monday to Friday	Varies according to day	Weekly during the term	Mitcham
Playgroups-Chinese Playgroup	Mon	10.00am-12.00pm	Term	Vermont South
Playgroups-Japanese Learning Program for Pre-Schoolers	Tue	10.00am-1.00pm	Term	Vermont South
Playgroups-St Andrews Greek Playgroup	Wed	9.30am-11.30am	Term	Vermont South
Playgroups-St Andrews Greek Playgroup	Thurs	9.30am-11.30am	Term	Vermont South
Poets Corner	Thursdays	11.30am - 1.30pm	resting this term	Avenue
Preschooler Party Room Hire	Weekends	12.30 to 4.30 pm	Bookings required	Mitcham
Programming for Young Makers	Wednesdays	Contact the House	9808 2000	Avenue
Public Internet Access	Mon - Fri	10.00 am - 3.00 pm	Booking Essential	Burwood
Qi Gong - Wild Goose (Part 1)	Monday	11.45 am to 12.45 pm	7 weeks	Mitcham
Qi Gong- Short Forms	Monday	2.15 to 3.15 pm	7 weeks	Mitcham
Quick Books - Computer Accounting Package			Booking Essential	Burwood
Quilting Group for Carers	Friday	10am - 12pm	Each term	Clota Cottage
RED's Wellness Coaching	Thursdays	11.45am - 12.30pm	6 weeks	Avenue
Reflexology workshops			Booking Essential	Burwood
Refresh - Youth Learning	Mondays to Thursdays	9.30am - 2.30pm	ongoing	Avenue
Relaxation and Meditation	Monday	8.15 to 9.15 pm	7 weeks	Mitcham
Ribbon Embroidery Workshop	Wed	11:30am-1:00pm	?	Burwood
Room and Venue Hire	by appointment	by appointment	by appointment	Kerrimuir
Room hire	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Ongoing	Bennettswood
Room Hire - Children's Parties	Saturday		All year	Clota Cottage
Scarf/Shawl/Wrap Making - Felting	Sat	9.30am - 4.30pm	29/2	Bennettswood
Scrabble	Fridays	12.30pm - 3.30pm	10 weeks	Avenue
Scrabble Social	Wed	10.00am - 1.00pm	9th Oct-18th Dec	Burwood
Seniors Internet Kiosk-	Mon - Fri	10.00am - 3pm	Booking Essential	Burwood
Sewing - Teddy Bear Making (3 sessions)	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Monday	Bennettswood
Sewing & Dressmaking	Tues	1 - 4pm	Term	Bennettswood
Singing Group	Mon	11.30am - 12.45pm	Term	Bennettswood
Sketching for Children (8-12 year olds)	Thurs	4.00pm-5.30pm	8 weeks	Vermont South
Sketching With Realism	Fridays	9.30am - 12.00 noon	ongoing	Warramong
Smart Devices Photo Workshop	Fri	1.00pm-3.30pm	1 session	Vermont South
Smartphone Tips and Tricks	Thurs	1.00pm - 3.00pm	31th Oct	Burwood
Social Afternoon Tea & Cards	Mon	1.00pm - 3.00pm	Each term	Clota Cottage
Social Colouring Group-Social Group	Tue	10.00am-12.00pm	Term	Vermont South
Social Group - Tuesday	Tuesday	10am - 2pm	Each term	Clota Cottage
Social Group for Chinese Speakers	Fridays	9.30am - 11.30am	Each Term	Clota Cottage
Social Media Workshop	Fri	1.00pm-3.30pm	1 session	Vermont South
Social Walking	Wed	10.30am - 11.30am	5th feb- 25th Mar	Burwood
Soul,Mind,Body in Melbourne	Wed	7.00pm - 9.00pm	Register your interests	Burwood
Spanish- T2	Monday	7.00 to 9.00 pm	8 weeks	Mitcham
Special Interest Group			TBA	Louise MCC
Spinning	Thurs	10.00am-12noon	Ongoing	Koonung
Street Library	Mon - Fri	9am - 4pm	On going	Louise MCC
Street Library - books for borrowing	anytime	anytime	Ongoing	Koonung
Strength Training	Mon	9.00am - 10.00am	Term	Bennettswood
Strength Training	Tue	4.30 - 5.30pm	Term	Bennettswood
Strength Training	Thurs	10.00am - 11.00am	6th Feb -26th Mar	Burwood
Strength Training	Tues		Register your interest	Burwood
Strength Training	Mon	10.15 - 11.10am	Ongoing	Koonung
Strength Training	Mon	9.15 - 10.10am	Ongoing	Koonung
Strength Training	Wed	10.15 - 11.10am	Ongoing	Koonung
Strength Training	Wed	9.15 - 10.10am	Ongoing	Koonung
Strength Training	Fri	10.15 - 11.10am	Ongoing	Koonung
Strength Training	Fri	9.15 - 10.10am	Ongoing	Koonung
Strength Training	Mon	1.00pm-2.00pm	7 weeks	Vermont South
Strength Training	Mon	2.00pm-3.00pm	7 weeks	Vermont South
Strength Training	Wed	12.00pm-1.00pm	8 weeks	Vermont South
Strength Training	Wed	1.00pm-2.00pm	8 weeks	Vermont South
Strength Training	Monday	9.00 to 10.15 am	7 weeks	Mitcham
Strength Training	Monday	5.15 to 6.30 pm	9 weeks	Mitcham
Strength Training	Tuesday	10.15 to 11.30 am	8 weeks	Mitcham

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Strength Training	Wednesday	12.45 to 2.00 pm	8 weeks	Mitcham
Strength Training	Friday	9.30 to 10.45 am	8 weeks	Mitcham
Strength Training	Friday	11 am to 12.15 pm	8 weeks	Mitcham
Stretch class	Tues	6:15 - 7:15pm	Term	Bennettswood
Strong People Stay Young	Fridays	9.15am -10.15am	Full term	Avenue
Strong People Stay Young	Fridays	10.30am - 11.30am	Full term	Avenue
Strong People Stay Young	Mondays	3.00pm - 4.00pm	Full term	Avenue
Structured Playgroup	Fri	10:00am-12:00pm	7th Feb- 27th Mar	Burwood
Support Group - LEAP	1st Fri in month	11.00am - 1.00pm	Ongoing	Burwood
Support Group - Women starting again			Ring for Details	Burwood
Swap, Shuffle & Share (gardening)	1st Sat in month	10:00am-12:00pm	Ongoing	Burwood
SYOB (Start Your Own Business)	Tue	9.30am-2.30pm	4 weeks	Vermont South
Tai Chi	Thurs	11.30am - 12.30pm	6th Feb-26th Mar	Burwood
Tai Chi	Mondays	1.00pm - 2.00pm	Full term	Avenue
Tai Chi - Yang-style	Expression of interest	Phone for information	Term	Bennettswood
Tai Chi Advanced	Monday	1.00 to 2.00 pm	7 weeks	Mitcham
Tai Chi for Arthritis	Wed	9.30am - 10.30am	Term	Bennettswood
Tai Chi for Arthritis (chair based)	Thurs		Register your Interest	Burwood
Tai Chi -Yang style - beginners	Fri	12:45 - 1:45pm	7/2 x 8 wks	Box Hill South
Tai Chi -Yang style - continuing	Fri	11.30 am-12.30 pm	7/2 x8 wks	Box Hill South
Taking good photos with your smartphone	Wed	10.00am-12.00pm		Burwood
Tao Source Healing	Wed	7.00pm - 9.00pm	Booking Essential	Burwood
Tech Help - (ipad, tablet, smartphone)	Thurs	12.30pm - 2.30pm	On going	Louise MCC
Technology Training (One-on-one)	Wed	Phone to book	Term	Bennettswood
Teddy Bear Making (3 sessions)	By arrangement	info@bennettswoodnh.org. au	Monday	Bennettswood
Time Out For Dinner	Monday	6.30 to 8.30 pm	Once per term	Mitcham
Toastmasters Group	1st & 3rd Thurs of the month	7.30pm		Burwood
Toy Library	Mon	9.30am-11.30am	Term	Vermont South
Toy Library	Sat	9.30am-11.30am	Term	Vermont South
Uke 'n' Groove Self-Directed Group	Wednesday	7.00 to 8.30 pm	8 weeks	Mitcham
Ukrainian playgroup	Tues	10.30am -12.30pm	Ongoing	Box Hill South
Ukulele	Tues	7 - 8pm	Term	Bennettswood
Ukulele & Singing	Mon	11.30am - 12.45pm	Term	Bennettswood
Ukulele (Absolute Beginners)	Wed	10.15am -11.15am	Term	Bennettswood
Ukulele (Beginners)	Wed	11.30am - 12.30pm	Term	Bennettswood
Ukulele (Beginners)	Thursdays	2.45pm - 3.45pm	Full term	Avenue
Ukulele (Beginners)	Thursdays	4.00pm - 5.00pm	Full term	Avenue
Ukulele (Continuing)	Thursdays	1.30pm - 2.30pm	Full term	Avenue
Ukulele for Beginners-T2	Wednesday	6.00 to 7.00 pm	8 weeks	Mitcham
Umbrella Dementia Café	Wed	12:30pm - 2:30pm	Monthly (3rd Wed)	Box Hill South
Umbrella Dementia Café	Wednesdays	1.00-3.00pm	Third of month	Koonung
Unfinished Objects (UFO)	Wed	10-12am	12/2, 26/2, 11/3, 25/3	Kerrimuir
Urban Harvest	Sat	11:00am - 1:00pm	Monthly (3rd Saturday)	Box Hill South
Vegan Mediterranean Cooking	Wed	7:00pm - 9:00pm	26th Feb	Box Hill South
Vegetarian Cooking Workshop			Register your interest	Burwood
Venue Hire	By arrangement	info@bennettswoodnh.org. au	Ongoing	Bennettswood
Vocational Workplace Training	Thurs	12 - 3pm	On going	Louise MCC
Walk 'n' Talk	Wednesday	9.30 to 10.30 am	Weekly during the term	Mitcham
Walk, Talk & Cuppa	Mon	AM	Check website	Kerrimuir
Walking group	Wed	2:00pm - 3:00pm	Ongoing	Box Hill South
Walking Group			TBA	Louise MCC
Walking group	Thursdays	9.30-10.30am	Ongoing	Koonung
Watercolour Painting	Wed	1.30 - 3.30pm	Term	Bennettswood
Watercolour Painting	Mon	10:00am - 12:00pm	3/2 x 7 wks	Box Hill South
Watercolour Painting	Mon	7:30 pm - 9:30 pm	3/2 x 7 wks	Box Hill South
Watercolour Painting	Tues	7.30pm - 9.30pm	4/2 x 8 wks	Box Hill South
Watercolour Painting	Fri	12.30 - 2.30pm	Ongoing	Koonung
Website Training (WordPress)	By arrangement	info@bennettswoodnh.org. au	Term	Bennettswood
Welcome Dinner Project	Last Fri of the Month	7.00pm-9.00pm	Booking Essential	Burwood
What google can do for you	Fri	10.00am-12.00pm	21-Mar	Burwood
Wiggle & Giggle Belly Dance Taster Class	Mon	1.00pm-2.00pm	1 session	Vermont South
Windows 10-Files & Folders Workshop	Fri	1.00pm-3.30pm	2 sessions	Vermont South
Wine Appreciation	Monday	7 - 9pm	24 Feb & 23 Mar	Clota Cottage
Wiser Driver Course - Free-T2	Tuesday	1.00 to 3.00 pm	4 weeks	Mitcham



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Womens' Support Group	Wednesday and Thursday	Contact the office	Weekly during the term	Mitcham
Woodturning	Sat	9.00 - 1.00pm	4th monthly	Koonung
Woodturning - beginners	Thurs	1.00 - 3.00pm	Ongoing	Koonung
Woodturning - experienced	Wed	1.00 - 3.00pm	Ongoing	Koonung
WordPress (website development)	By arrangement	<a href="mailto:info@bennettswoodnh.org.au">info@bennettswoodnh.org.au</a>	Term	Bennettswood
Work Experience Program	Mon - Fri	10am - 3pm	On going	Louise MCC
Workshop - Digital Cameras/Photos	Thurs		Register your Interest	Burwood
Workshop - Mosaics		10.30am - 12.30pm	Register your Interest	Burwood
Workshop for Parent from CALD background			TBA	Louise MCC
Writers group	Sun	2:00pm - 4:30pm	Monthly (3rd Sunday)	Box Hill South
XERO for Beginners + Single Touch Payroll	Thurs	6.30pm-9.00pm	8 weeks	Vermont South
Yoga	Mon	7.00 - 8.00pm	Ongoing	Koonung
Yoga	Mon	9.05am - 10.05am	3rd Feb-23rd Mar	Burwood
Yoga	Wed	6:15pm - 7:15pm	5/2 x 8 wks	Box Hill South
Yoga	Mon	9.30 - 10.30am	Ongoing	Koonung
Yoga	Mon	7:20pm - 8:20pm	7/10 x 8 wks	Box Hill South
Yoga - Day class	Thurs	10:30am - 11:30am	10/10 x 8 wks	Box Hill South
Yoga - Gentle Yoga	Mon	6:15pm - 7:15pm	7/10 x 8 wks	Box Hill South
Yoga and Relaxation	Mon	6.30pm-7.45pm	7 weeks	Vermont South
Yoga and Relaxation	Mon	8.00pm-9.15pm	7 weeks	Vermont South
Yoga and Relaxation	Wed	5.30pm-6.45pm	8 weeks	Vermont South
Yoga and Relaxation	Wed	8.00pm-9.15pm	8 weeks	Vermont South
Yoga for Secondary Students	Wednesdays	5.00pm - 6.00pm	4 weeks	Avenue
Yoga Friday Morning	Fridays	9.30am - 10.30am	Full term	Avenue
Yoga Friday Morning	Fridays	11.00am - 12.00 noon	Full term	Avenue
Yoga Hatha	Monday	7.00 to 8.00 pm	7 weeks	Mitcham
Yoga Hatha	Tuesday	7.00 to 8.00 pm	8 weeks	Mitcham
Yoga Hatha	Tuesday	8.15 to 9.15 pm	8 weeks	Mitcham
Yoga Hatha	Wednesday	5.50 to 6.50 pm	8 weeks	Mitcham
Yoga Hatha	Wednesday	7.00 to 8.00 pm	8 weeks	Mitcham
Yoga Hatha	Thursday	1.00 to 2.00 pm	8 weeks	Mitcham
Yoga Hatha	Thursday	2.10 to 3.10 pm	8 weeks	Mitcham
Yoga in a chair	Monday	10.30 am to 11.30 am	10 weeks	Mitcham
Yoga Saturday Morning	Saturdays	9.30am - 10.30am	Full term	Avenue
Yoga Tuesday Evening	Tuesdays	6.45pm - 7.45pm	Full term	Avenue
Youth Program (17-24 year olds)-Art as Therapy	Wed	1.00pm-3.30pm	8 weeks	Vermont South
Youth Program (17-24 year olds)-Literacy & Numeracy	Wed	10.00am-12.30pm	8 weeks	Vermont South
Zumba for Over 40s	Fri	9:30am - 10:30am	7th Feb-27th Mar	Burwood
Zumba Gold	Mon	9.30-10.30am	Ongoing	Koonung
Zumba Gold	Saturday	9.00 to 10.00 am	7 weeks	Mitcham