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RECOMMENCING IN TERM 3:

- ▶ **YUMMY YOGA - DE-STRESS TECHNIQUES**
7:00pm-8:30pm. Second Friday of Every Month
PRICE: \$15.00 per session, supper included.
Learn everyday de-stress techniques during these relaxing & fun classes.
Class fills quick - book early!
- ▶ **TAI CHI**
Wednesdays 9:15am-10:15am
Re-starting 19th of July
PRICE: \$10.00 per session
Tai Chi helps co-ordination, balance, relaxation, posture & muscle tone.
Beneficial for all ages/abilities.
- ▶ **MIX IT UP ART - ACCESS FOR ALL ABILITIES
10 WEEK PROGRAM**
Wednesdays, Re-starting 19th of July
PRICE: \$7.00 per session
In this safe & fun atmosphere the group will achieve art/craft skills covering dimensional form, texture & kinetic art!
- ▶ **COLOURFUL LAUGHTER & CRAFT**
First friday of every month, Re-starting 7th of July
PRICE: \$5.00 per session
This fun group gathers once a month to colour, craft & chat. BYO your own project and plate to share.
- ▶ **STITCH & CRAFT GROUP**
Wednesdays 10:30am - 1:30pm
PRICE: \$5.00 per session
Bring along your unfinished projects & learn from/share your skills with the group.