

GROUPS & EVENTS – TERM 4, 2022

YOGA (\$20 per 10 week term)

Relax & unwind with Kris while improving your balance, flexibility & fitness.

Session Dates: 10th October – 12th December

MONDAY MORNINGS (3 SESSIONS)

Yoga in a Chair -> 9:15am – 10:00am **OR**

Yoga Managing Stress -> 10:15am – 11:00am **OR**

Online Yoga -> 2:00pm – 3:00pm



TAI CHI (\$20 per 10 week term)

Facilitated by Ling to reduce stress, and improve your balance, fitness, blood flow and tranquility.

Session Dates : 11th October – 13th December

TUESDAY MORNINGS (2 SESSIONS)

Beginners Class -> 10:00am – 11:00am **OR**

Gentle Class -> 11:00am – 12:00pm



LUNCH WITH LING (Free)

Meet other women in the community, socialise, and participate in fun activities.

Tea, coffee and light lunch provided.

Session Dates: 11th October – 13th December

EVERY TUESDAY / 12:00pm – 2:00pm



CRAFT & CONNECTION (Free)

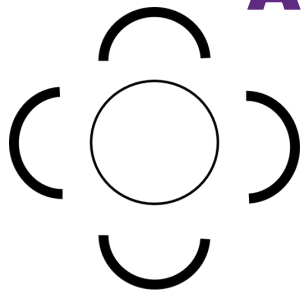
Morning tea and various arts & craft activities while socialising with others. Your suggestions for activities are welcome!

Session Dates: 12th October – 14th December

WEDNESDAY MORNING'S / 10am – 12:30pm



PLEASE CALL US ON 02 9601 3555 TO REGISTER FOR A GROUP



ABORIGINAL WOMENS GROUPS (Free)

YINARR YINARRGU

Meets **WEDNESDAY MORNING'S** 10:00am – 12:00pm

Contact Sandy – 9601 3555

ABORIGINAL WOMEN'S CRAFT & YARN

THURSDAY MORNING'S 10:00am – 12:30pm

Contact Sandy – 9601 3555

ARABIC SPEAKING WOMENS GROUPS

Session Dates: 14th October – 16th December

FRIDAY MORNING'S / 10:00am–12:30PM

BCE Heart Smart Program

Session Dates: 11th October – 15th November

TUESDAY MORNING'S / 10:30am–12:30PM

(Free)



SPANISH SPEAKING WOMENS GROUP (Free)

Hosted by Ana our Spanish speaking facilitator. This groups focus is building emotional wellbeing & building friendships with others in the community.

Session Dates: 12th October – 23rd November

WEDNESDAY AFTERNOON'S / 2pm–4:30pm

HINDU/URDU SPEAKING WOMENS GROUP (Free)

Join Nanceylee for this group which builds friendships within the community through food, laughter, sing & dance.

Session Dates: 14th October – 16th December

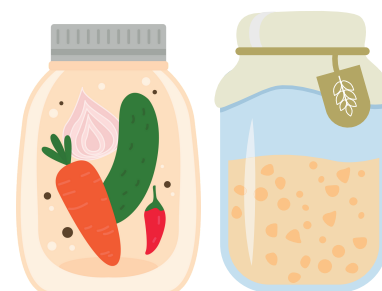
FRIDAY MORNING'S / 10:00am–12:30am



PICKLING & FERMENTING WORKSHOP (Free)

Join Naturopath Sonya Byron for this interactive and fun workshop, in which you will learn a variety of different techniques to take home and apply to various fruits and vegetables. Pickling and fermenting not only enables us to store our food and enhance its nutritional content and flavour.

TUESDAY 1ST NOVEMBER / 10AM –1PM



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