

## Activity Pricing

| Activity               | Member | Non Member |
|------------------------|--------|------------|
| Art Classes            | \$3.50 | \$4.50     |
| Art Class (no teacher) | \$1.50 | \$1.50     |
| Ball & Band            | \$3.50 | \$4.50     |
| Box Fit                | \$8.50 | \$8.50     |
| Carpet Bowls           | \$3.50 | \$4.50     |
| Core Fitness           | \$3.50 | \$4.50     |
| Craft Club             | \$2.00 | \$2.00     |
| Exercise & Dance       | \$3.50 | \$4.50     |
| Games On               | \$3.50 | \$4.50     |
| Healthy Lung Group     | \$3.50 | \$4.50     |
| Keep Fit with Agnes    | \$3.50 | \$4.50     |
| Line Dancing           | \$3.50 | \$4.50     |
| Mens Space             | \$3.50 | \$4.50     |
| Monday Wellness        | \$3.50 | \$4.50     |
| Sewing Group           | \$3.50 | \$4.50     |
| Table Tennis           | \$3.50 | \$4.50     |
| Tai Chi                | \$3.50 | \$4.50     |
| Tap Dancing            | \$3.50 | \$4.50     |
| Thursday Night Dance   | \$7.50 | \$7.50     |
| Time for Talking       | FREE   | FREE       |
| Zumba                  | \$3.50 | \$4.50     |

## Grenville Meals

| Item          | Member | Non Member |
|---------------|--------|------------|
| Meal - Soup   | \$3    | \$4        |
| Meal - Main   | \$7    | \$9        |
| Meal - Sweets | \$3    | \$4        |
| Frozen Main   | \$6    | \$7        |

## Dining Room

Open 11.15am - 1.15pm^

Monday to Friday

Meals served from 12pm

## Grenville Cafe

Open 9.30am - 2pm^

Monday to Friday

## Op Shop

Open 10am - 2pm^

Monday to Friday

^Subject to change  
Valid as of 1/7/2025

**6 Playford Blvd  
Elizabeth**



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# Grenville Hub

Program of Activities



**8256 0377**



# Grenville Hub

☎ 8256 0377



| MONDAY                                                        | TUESDAY                                                  | WEDNESDAY                                      | THURSDAY                                                     | FRIDAY                                             |
|---------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------|
| <b>Core Fitness With Jasmine</b><br>9am-9.30am                | <b>Tap Dancing</b><br>9am-10am                           | <b>Core Fitness With Jasmine</b><br>9am-9.45am | <b>Tai Chi with Bernadette &amp; Hetty</b><br>9.30am-10.30am | <b>Sewing Group</b><br>9.30am-11.30am              |
| <b>Exercise &amp; Dance With Lily</b><br>9.45am-10.45am       | <b>Exercise &amp; Dance With Lily</b><br>10.30am-11.30am | <b>Keep Fit With Agnes</b><br>10am-11am        | <b>Men's Space</b><br>9.30am-12pm                            | <b>Art Class with Bill</b><br>9.45am-11.45am       |
| <b>Tech Hub with Jordan</b><br>10.30am-2.30pm                 | <b>Line Dancing (Intermediate)</b><br>12pm-1.30pm        | <b>Tai Chi with Kay</b><br>11.15am-12pm        | <b>Art Class (No teacher)</b><br>9.45am-11.45am              | <b>Carpet Bowls</b><br>1pm-2.45pm                  |
| <b>Ball &amp; Band for Balance with Agnes</b><br>11am-11.45am | <b>Art Class (No teacher)</b><br>1.15pm-3.15pm           | <b>Grenville Players</b><br>1pm-5pm            | <b>Healthy Lung</b><br>10.45am-11.45am<br>(GP referral req)  | <b>Art Class (No teacher)</b><br>1.30pm-3.30pm     |
| <b>Monday Wellness Group</b><br>2.15pm-4.15pm                 | <b>Line Dancing (Beginner)</b><br>1.45pm-3.45pm          | <b>Craft Club - BYO</b><br>1pm-3pm             | <b>Craft Club - BYO</b><br>1pm-3pm                           | <b>Games On</b><br>1.30pm-3.30pm                   |
| <b>Table Tennis</b><br>3pm-5pm                                | <b>Zumba</b><br>4pm-4.45pm                               | <b>Art Class (No teacher)</b><br>1.15pm-3.15pm | <b>Tap Dancing (Beginners)</b><br>2.45pm-3.45pm              | <b>Table Tennis</b><br>3pm-5pm                     |
| <b>Line Dancing (Beginner)</b><br>6.30pm-8.30pm               | <b>Boxfit</b><br>5.30pm-6.30pm                           | <b>Time for Talking</b><br>1.15pm-3.15pm       | <b>Zumba</b><br>4pm-4.45pm                                   | <b>SATURDAY</b><br><b>Boxfit</b><br>9.30am-10.30am |



Pool table available from  
12.30pm-4.30pm every week day



**Keep an eye**  
**our for our**  
**upcoming**  
**2025 events**  
**at Grenville!**

**Boxfit**  
5.30pm-6.30pm

**Thursday Night**  
**Dance (f/nightly)**  
7.30pm-10pm

**Speak to one of our friendly**  
**staff or volunteers for more**  
**information regarding our**  
**music programs, walking**  
**group and events!**

**The Grenville Hub is a welcoming & vibrant community space open to all.**  
**You are welcome to come & try any activity for free!**