

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Digital Drop In 9-2pm Free</p> <p>8.45-9.15 Core Strength with Dianne \$1.50* Exercise & Dance with Lily 9.30 – 10.30am From \$3.00*</p> <p>Moving Well 11am – 12pm From \$6.00* (first class free)</p> <p>Silver Beat Rock Choir Rehearsals 12.30 – 2.30pm From \$5.50*</p>	<p>Digital Drop In 9-2pm Free</p> <p>Tap Dancing 9-10am From \$4.00</p> <p>Exercise & Dance 10.30 – 11.45am From \$3.00*</p> <p>Move it or Lose It! - Low Impact Fitness with Lily 9.45-10.15 \$2.00</p> <p>Line Dancing Intermediate Class 12.15 – 2.15pm From \$3.50*</p> <p>Art Tuition 1.15-3.15pm From \$5.50*</p> <p>LGBTI social group 2nd & 4th Tuesday</p>	<p>Laughter Club 9.30am Cost: FREE</p> <p>9.00-9.45 Core Fitness with Dianne \$2</p> <p>Keep Fit with Agnes 10 – 11am From \$3.00*</p> <p>Legal Clinic -New! 10-12noon Appointments only telephone 8281 6911</p> <p>Digital Drop In 9-2pm Free</p> <p>English Conversational Classes—10am—gold coin donation</p> <p>Tai Chi 11.15-12pm from \$3*</p>	<p>Walking 9.30 – 10.30am From \$3.00</p> <p>Tai Chi 9.30am From \$5.00*</p> <p>Indian Head Massage 10.30-am-2pm</p> <p>Digital Drop in 9-2pm</p> <p>Beginners Art 10am – 12pm From \$5.50*</p> <p>Grupo Inspiraciones Spanish-Speaking Group Second and fourth Thursday of the month</p> <p>Craft Club (BYO items) 1 – 3pm From \$2.00*</p> <p>Lifestyle Thursdays—see reception for details</p> <p>Zumba cost \$4.00 4.30pm</p> <p>Thursday Night Dance 7.30pm \$7.00 BYO Plate See reception for dates</p>	<p>Art Classes 9.45-11.45am From \$5.50*</p> <p>Disability Rights Advocacy Service Inc—Bookings essential 9-1pm 83519500</p> <p>Find Out Fridays—new presentations & Work Shops</p> <p>Haircuts by Tasma (fortnightly) 11.30 – 3.30pm Low cost cuts and styling</p> <p>Beginners Ballroom Dancing 10am – 12pm From \$2.00*</p> <p>Gardens, Natives & More See reception for meeting dates</p> <p>Art Foundations 1.30-3.30 from \$5.50</p> <p>Digital Drop in—9-2pm FREE</p> <p>Carpet Bowls 1pm from \$2.50*</p> <p>Calligraphy—1-2.30pm \$10</p> <p>Games on 1.15pm-3.15pm \$2.50</p> <p>Brain Games 1.30-2.30 \$2.50</p> <p>Table Tennis (Full at the moment) 3 – 5pm From \$3.00*</p> <p>Northern Computing Club 6.30 – 9.30pm From \$25 per three months + \$1 per visit</p> <p>Scrapbook and craft classes Second Friday of the Month 6-9pm Cost \$20 Including tea and coffee</p>	<p>Elizabeth Scottish Club First Saturday of the month .</p> <p>Gawler Charity Dance Every Third Sat in the Month—new Location—Spruance Road Hall Elizabeth East</p> <p>Boxfit—9-10am \$8</p> <p>Martial Arts for Seniors 10.15-11.15am \$10 + \$30 quarterly membership</p> <p>Other Services</p> <p>Having trouble with your memory? We can link you to a Memory Support Worker come and visit Syd’s corner—Dementia Hub</p> <p>Daily Snooker/Pool Billiards from *\$3.00 per session.</p> <p>Free Internet access for seniors (new internet kiosk with online computer tuition available).</p> <p>Grenville café and dining providing delicious, low cost snacks and meals.</p> <p>Events and Forums take place throughout the year—ask our friendly receptionist for more information.</p> <p>Become a Member and SAVE!</p> <p>Grenville Hub Weekly Program— Updated July 2019</p> <p>Please note Activities maybe subject to change during hot weather-</p> <p>Telephone 8256 0377 for more information</p>	<p>Line Dancing Fundraising Social</p> <p>See Reception for dates</p>
<p>Mindfulness 2-4pm \$5</p> <p>Table Tennis (Full at the moment) 3 – 5pm From \$3.00*</p> <p>Line Dancing Improver 8 – 10pm - \$3.50</p> <p>Rotary Club of Elizabeth</p> <p>Meets here Mondays 6..30pm</p>	<p>Digital Connect with Craigmore High School Students 3.15-4.15pm</p> <p>Line Dancing Beginner’s class 2.30 – 4pm From: \$3.00*</p> <p>Bollywood and Belly Dance Fitness Class 4.30-5.15pm \$4.00</p> <p>Weight Watchers 4 – 6.45pm \$30 membership + \$1 per visit</p> <p>Boxfit—6-7pm \$8.00</p> <p>Martial Arts for Seniors 7.15-8.15pm \$10 + \$30 quarterly membership</p> <p>Shenanigans Folk Music Night 7.30pm Cost \$4.00 First Tuesday of the month</p>	<p>UniSA Mobile Health Unit—Free Health Checks 4th Wed of the month</p> <p>Grenville Players Rehearsals 1-5pm</p> <p>Craft Club (BYO) 1-3pm from \$2.00*</p> <p>Time for Talking Chat group 1-3pm</p> <p>Art Class 1-3pm from \$5.50</p> <p>50’s Rock & Roll Dance—\$10 Intermediate 7.30pm Beginners 8.30pm. T: Sue on 0433936629</p>	<p>Table Tennis (Full at the moment) 3 – 5pm From \$3.00*</p>	<p>Line Dancing Improver 8 – 10pm - \$3.50</p>	<p>Shenanigans Folk Music Night 7.30pm Cost \$4.00 First Tuesday of the month</p>	<p>50’s Rock & Roll Dance—\$10 Intermediate 7.30pm Beginners 8.30pm. T: Sue on 0433936629</p>