

# GEELONG WEST NEIGHBOURHOOD HOUSE - TERM 1

## MONDAY

### Craft

10am-12pm

### Meditation

12:45pm-1:45pm

### Italian Beginner

2:30pm-4pm

### Strength Training

2pm-3pm or 3pm-4pm

### Decluttering Workshop

4:30pm - 5:30pm

## TUESDAY

### Chair Yoga

9:15am-10:15am

### Pilates

9:30am-10:30am

### Yoga

10:45am-12pm

### Art - Papermaking

1pm-2:30pm

### Strength Training Fit and balance

2pm-3pm

### Pop Music Workout\*

6:45pm-7:45pm

## WEDNESDAY

### Social Art

10am-1pm

### Geelong Rainbow Coffee\* (fortnightly)

9:30am-11:30am

### Community Kitchen

10:30am-1:30pm

### Pilates Beginners

1:45pm-2:45pm

### Italian - Intermediate

4:30pm-6pm

### Qigong

5:30pm-6:30pm

## THURSDAY

### Yoga

9:30am-10:45am

### Strength Training

11am-12pm

### Chair Yoga

11:30am-12:30pm

### Art - Watercolour

1pm-2:30pm

### Salsa\*

6:30pm-9:30pm

## FRIDAY

### Pilates

9:15am-10:15am

### Strength Training

10:30am-11:30am

### Strength Training Fit and balance

2pm-3pm

## SATURDAY

### Pilates\*

8:30am-9:30am

### Chess\*

12pm-2pm

### Cooking Workshops

10am-2pm

- Pasta sauce
- Preserves

## SUNDAY

### Beaders Association\*

9am-4pm (monthly)

### Cooking Workshops

10am-4pm

### Cheese making

- Ricotta
- Camembert
- Brie

### Sour Dough bread making

### AA Meetings\*

6pm-7pm

## Special Events

### 22 February Pako Festa

- Children's Craft Activities
- Quiet space available
- Free tea and coffee

For more info  
& to enrol  
scan here. >>>



TERM 1 Program: 28 Jan - 4 April

Got an enquiry or an  
idea for a program or  
activity ?

We'd love to hear from you.  
Contact Lisa or Jono  
phone: 5270 2400



Geelong West  
Neighbourhood House

*Celebrating Diversity, Building Community*

[gwnh.org.au](http://gwnh.org.au)

[info@gwnh.org.au](mailto:info@gwnh.org.au)

\* denotes community programs

GEELONG WEST NEIGHBOURHOOD HOUSE - Celebrating Diversity, Building Community