

GEELONG WEST NEIGHBOURHOOD HOUSE

TERM 1

MONDAY

Craft & Conversation

10am-12pm

Mindfulness Meditation

12:30pm-1:30pm

Strength Training: Strength & Core

2pm-3pm

3pm-4pm

Lino Cut - Mondays in March

2pm - 3:30pm

Italian

5pm - 6:30pm

Japanese Jiu-Jitsu*

6pm-7pm

TUESDAY

Chair Yoga

9:15am-10:15am

Pilates

9:15am-10:15am

Yoga

10:45am-11:55am

Art - Watercolour

1pm-2:30pm

Strength Training: Weights & Balance

2pm-3pm

Pop Music Workout*

6pm-7pm

Soul Sessions Acapella*

7pm-8pm

WEDNESDAY

Social Art*

10am-1pm

Playgroup

10am - 11:30am

Community Kitchen

10am-1pm

Pilates Beginners

1:45pm-2:45pm

Qigong

5:30pm-6:30pm

Swing Dancing

7pm-8.30pm
(fortnightly from 18 Feb)

THURSDAY

Yoga

9:30am-10:40am

Strength Training: Strength & Core

11am-12pm

Chair Yoga

11:30am-12:30pm

Art - Watercolour

1pm-2:30pm

Mindfulness Meditation

5:30pm-6:30pm

Salsa*

7pm-9:30pm

FRIDAY

Pilates

9:15am-10:15am

Strength Training: Strength & Core

10:30am-11:30am

Strength Training: Weights & Balance

2pm-3pm

Board games*

6:30pm-9:30pm

2nd Friday of month

SATURDAY

Pilates*

8:30am-9:30am

African Drumming & Dance*

10am - 11:30am

Chess*

12pm-3pm

(fortnightly from 7 Feb)

Cooking workshops

See website for details

SUNDAY

Beaders Association*

9am-4pm (1st Sunday
monthly)

Geelong Rainbow coffee morning*

(2nd & 4th Sunday of the
month)

9:30am-11:30am

AA Meetings*

6pm-7pm

Special Events

Pako Festa: Kids craft, chillout space, cuppas and African drumming!

Saturday 28 Feb

12pm-5pm

Serene Samurai Workshop*

Thursday 11 March

Hina Matsuri Festival*

Sat 21- Sun 22 March

Free Hearing Check Day*

Friday 20 March

For more info
& to enrol
scan here



gwnh.org.au

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Ph: 5270 2400



Geelong West
Neighbourhood House

Celebrating Diversity, Building Community

* denotes community-run program