

WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		<p>10:30 - 11:30am Meditation Guided and safe with Jean Gilbert. By donation Last session for 2017 is November 28. Recommences January 9, 2018</p>	<p>9:45 - 11am Yoga (Hatha) experienced with Jen. \$8 per session Come early for a spot. Last session for 2017 is December 13. Recommences January 10, 2018</p>	<p>10 - 11:30am Meditation Mindfulness & Self Compassion Starting January 4, 2018 for a 4 block. Valerie 0405 329 687</p>	<p>10am - 2pm Waste to Wonderful Textile skill sharing. Until December 1, 2017 Contact Jen on 0417 137 100</p>
		<p>10 - 11:30am Fitball (beginners) Gil Whitehouse \$8 Last session for 2017 is December 13. Recommences January 16, 2017</p>	<p>10:30 - 12:30 Women's Walks 6231 3212 Last session for 2017 is December 1. Recommences January 10, 2018</p>		
	<p>11am - 12pm Tai Chi Weekly \$8 Last session for 2017 is December 11. Recommences February 5, 2018</p>	<p>11am - 12:30pm Community Health Nurse Recommences January 9, 2018.</p>	<p>11:15am - 12:30pm Yoga (Hatha) beginners with Jen \$8 Come early for a spot. Last session for 2017 is December 13. Recommences January 10, 2018</p>		
PM	<p>12:10 - 1:10pm Ageing Well with Weights Practice Least session for 2017 December 11. Recommences January 8, 2018</p>		<p>2:30 - 4pm Aging Well with Weights Practice Least session for 2017 December 13. Recommences January 10, 2018</p>	<p>1:30 - 2:30pm Feldenkrais Begins October 5, 2017 for 10 weeks. \$15 per session or \$135 Catch up classes January 11, 18 & 25 Wendy on 0447 120 688</p>	

STATE ELECTION FORUM!

Tuesday February 20, 2018 at 6pm

Moonah Arts Centre, 23 – 27 Albert Road, Moonah

Check our Facebook page and website for updates and further information.