

5 Element QiGong

The Centre now has 5 Element QiGong on Wednesday mornings at 10.30 with Gina Yallamas. An ancient Daoist training system for body, breath and spirit. Qi Gong is known for restoring and maintaining vitality and longevity through a preventative and holistic approach to wellbeing.



Enjoy this wonderful experience in the North Hall every Wednesday

Drama Workshops

Drama is fun, even when it's serious
Workshops are now in the Cottage Monday afternoons 1:30 with Drama Director Jon Ossher



Best wishes to Mum to Be, Danielle Bellelli



Danielle is starting her maternity leave at Easter. While she's away, Natalie will take Aerobics on Wednesdays and Dance for the Brain on Fridays

Manal will take the Barre Class on Mondays at 11.15
Erika will take Yin Yoga (Stretch) on Mondays at 12.15
New Pilates instructor, Lucia Perrotta will take Pilates
PLEASE NOTE, Pilates will start at a new time of
Tuesdays at 9.30 May 3



Lucia

Intermediate Spanish

10 classes x 1.5 hours

Course Material: emailed every week.

Teacher : Maria Corral

Start: Monday - May 2

End: Monday - July 11

Price \$150
(includes GST)



Mondays 12.30 - 2.00

Men building Muscle

Muscles do lots of things
Strong muscles keep you on your feet, help fight off illness and make you smile



Join our exclusive class for Men every Wednesday morning with Shaun at 9:30

TECH FORUM

MONDAY 4 APRIL 1-2PM



JOIN TECH FORUM
AND LEARN ABOUT

Emergency Alerts Settings on Phones
Smart lights control from mobile phone
Boomerang for gmail
Wordle game for those who missed

Cruise with Us on the Navel Tender 'HARMAN' Up the Lazy River Cruise

May 26



THIS CRUISE:

The Parramatta River is intrinsically linked to the life and culture of Aboriginal people and was the highway to nationhood for the early European settlers. The cruise goes to Newington, highlighting landmarks along the way. There is a stop for lunch (not included). The cruise operator recommends a BYO lunch, or you can pre-order on the day from a limited menu at the Armory Café, tea and coffee is also available.

EVENT INFORMATION:

See the birthplace of the Green Ban in Australia
A childhood home of a famous poet
The little-known monument to a Sydney world champion
Prestige redevelopment of former industrial sites
Former boatbuilding sites, large and small, heroic and hopeless
The hidden resting place of our best known Aboriginal man
The lasting legacy of a great philanthropist
The tour finishes back at the Australian National Maritime Museum
Price : \$50

Six Great Aerobics Classes

The Centre now has 6 aerobics classes to suit different levels of intensity:

Moderate impact classes are on

Mondays with **Tanya**

Thursdays with **Tanya**

Higher impact aerobics classes are on Mondays with **Tanya** at 9am and **Luda** at 1.30 and **Natalie** on Wednesdays (9.30) and Thursdays (9am).



Bargains in Wool and Quilt Fabric

A kind member has made a lovely big donation of new wool and fabric for quilts.

Take a look in the Library and have a browse.

Make an offer and find new purposes for this lovely material and yarn.



Cruise with Us on the Steam Boat 'WARATAH' Discover Sydney Harbour Secrets

TBC

June 16



THIS CRUISE:

Your cruise passes important and interesting sites around the harbour including Goat Island, Garden Island, Mort's Dock, Woolwich Dock, Spectacle, Snapper and Cockatoo Islands. An experienced Tour Guide will tell you about their historical significance to Sydney Harbour and the people of Sydney. Guests are invited to bring their own food and beverage for lunch.

EVENT INFORMATION:

Catering: BYO Food & Beverage
What to wear: Please wear sensible footwear and bring a windproof jacket. Stilettos and sharp-heeled shoes strictly prohibited.
Boarding Time: 11.45am for 12.00pm DEPARTURE
Where to arrive: Northern end Pirrama Park, Pyrmont, NSW - Opposite the apartments at 11 Pirrama Road
End Time: 3.00pm - Vessel: 1902 Steam Tug Waratah

Price : \$50

Lots of Great Resistance Classes

The Centre now has a range of Resistance Classes every day of the week:

Mondays with **Manal**

Tuesdays with **Robina**

Wednesdays with **Shaun**

Thursdays with **Robyn**

Fridays with **Robina**



COVID PRECAUTIONS

Mask Wearing is Recommended indoors (not required while exercising) - Show Vax Certificate (if requested) - Maintain Social Distance - Sanitise your hands