

WEEKLY TIMETABLE AND EVENTS

29 Jan–28 March
Term 1, 2024

\$15 annual affiliation fee payable by all participants attending Moongala

MON

TUES

WED

THURS

FRI

Meditation session
9.45–10.30am
(Date TBD)

Sewing Skills
10am–2pm \$90/\$75

Walk & Talk (FREE)
10–11am

Art Matters
10–12noon \$15/\$10

Internet Cafe
10am–2pm–Free WIFI & use of
Laptops/notebooks

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Digital Essentials 1
10am–12.30pm
\$50/\$25 4Feb

Crochet Group
10–12 noon \$3

Internet Cafe
10am–2pm–Free WIFI & use of
Laptops/notebooks

Cooking with Mahin
10–12.30pm \$5–\$10
Learn to cook various
cuisines & share a light
meal afterwards

Scrabble Group
1–3pm \$3 session

Learn to use mobile phone
or iPad to connect

Chatty Café \$3
11–12 noon

HÁrt Space
10–12noon \$15/\$10

Creating postcards, adult
colouring & jigsaws
\$3 session
1–3pm

Internet Cafe
10am–2pm–Free WIFI & use of
Laptops/notebooks

Spinners/Knitters
1–3pm \$3

*VIC ROCKS—
rockhiding
facebook group
*Community
Library
*Jigsaw Lending
Library
*Room Hire

****Potential new
courses/projects 2024**
*Chair-based yoga
*Yoga
*Strength training
exercises
*Bookclub/Bookchat
*Movie Group
(inhouse)
*Board Games

Moongala Charity
Crafters 1–3pm
Sewing, knitting, crocheting
etc for charity

Women Connect
(senior women's
friendship/craft group)
1.30–3.30pm
1st & 3rd Tuesday
Cardmaking \$4

Social Sewing with Kerrie
1–3pm
\$ (TBD)

Mindfulness & Meditation
3–4pm \$3 (NEW)

***Bookings are required for all our sessions
Call, email or enquire online