

CWS—REGULAR ACTIVITIES

WEEK		Activities
1 st	Tuesdays	8.00 am Walkers Further Afield, Location varies (Robyn) 10 – I amTech Tuesday - help using our booking system, website and online community, (Nell) 6.30 pm Guided Meditation - Visualisation with Simone, \$12
	Thursday	9.30am Slow Flow Yoga with Simone, \$12 6.30 pm Women that run with the wolves book club, \$5 (Renee)
	Saturday	10-3 Fabric Dyeing Member Meetup (\$15) (Natalie & Simone G)
2 nd	Tuesday	8.00 Walkers ,Tickle Park (Robyn) 10.30 Talking Money with Martine, \$5 6.30 pm Guided Meditation - Zen, \$12 (Simone)
	Thursday	9.30am Slow Flow Yoga with Simone, \$12 6.30 pm The Cool Ums – Vocal Group, \$5 (Erica W & Ali)
3 rd	Tuesday	8.00 Walk n Talk, Tickle Park (Robyn) 10.30-12 Drawing for Beginners , \$5 (Nell) 6.30 pm The Cool Strums, beginners guitar, \$5
	Thursday	9.30am Slow Flow Yoga with Simone, \$12 11-2 pm Loose Ends—weaving member meetup, \$10 (Renee & Ric)
	Friday	6pm Sheddies off the Shelf Book Club (Pam C)
4 th	Tuesday	8.00 Walk n Talk, Tickle Park (Robyn) 6.30 pm Meditation – Yoga Nidra with Simone
	Thursday	9.30am Slow Flow Yoga with Simone \$12 6.30 pm The Cool Ums – Vocal Group, \$5 (Erica W & Ali)

Cool Readers (Leonne) Lunchtime Book club meetups every 6 weeks: 21st August, 2nd October, 13th November, DEC TBC, 5th Feb, 19th Mar.

Sheddie Veggies have a roster managed by Pam H.

Please check calendar on website and community forum for other activities.

Booking is required via website (not Facebook 'going') for all activities except book club and Veggie Village—contact coordinators for more info.