

Week	Activities
1 <sup>st</sup> Tuesday	7.00 am Sunrise Yoga Flow, with Simone \$12 (from 13th October) 8.00 am Walkers Further Afield, Location varies (Robyn) 10.30 Talking Money with Martine, \$5 6.30 pm Guided Meditation - Visualisation with Simone, \$12 Thursday 9.30am Slow Flow Yoga with Simone, \$12 11-1 pm Loose Ends—craft member meetup, \$5 (Renee & Ric) 6.30 pm Women that run with the wolves book club, \$5 (Renee)
2 <sup>nd</sup> Tuesday	7.00 am Sunrise Yoga Flow, with Simone \$12 8.00 Walkers ,Tickle Park (Robyn) Thursday 9.30am Slow Flow Yoga with Simone, \$12 6.30 pm The Cool Ums –Vocal Group, \$5 (Erica W & Ali) Saturday 10-3 Fabric Dyeing Member Meetup (\$15) (Natalie & Simone G)
3 <sup>rd</sup> Tuesday	7.00 am Sunrise Yoga Flow, with Simone \$12 8.00 Walk n Talk, Tickle Park (Robyn) 9.30 –10 am Tech Tuesday - help using booking system and website (Nell) 10.30-12 Drawing for Beginners , \$5 (Nell) 6.30 pm Guided Meditation - Zen, \$12 (Simone) Thursday 9.30am Slow Flow Yoga with Simone, \$12 11-1 pm Loose Ends—craft member meetup, \$5 (Renee & Ric) 6.30 pm The Cool Strums, beginners guitar and uke, \$5
4 <sup>th</sup> Tuesday	7.00 am Sunrise Yoga Flow, with Simone \$12 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, all levels \$5 (Erica W & Ali)

**Please check calendar on website and community forum for other activities, including taught workshops. Booking is required via website for all activities except Tech Tuesday, Veggie Village and book clubs contact coordinators for more info.**