

ENROL  
NOW

# What's on

@Canterbury Neighbourhood Centre  
APR | MAY | JUN 2024

## wellbeing & fitness

### BUFF BONES

Thursday 9.30am or 10.45am  
Starts 18 Apr | 10wks | \$185

### QIGONG

Thursday 9.30am  
Starts 18 Apr | 10wks | \$185

### STRENGTH TRAINING

Wednesday 8.30am  
Starts 17 Apr | 11wks | \$204

Friday 9am NEW  
Starts 19 Apr | 11wks | \$204

### TAI CHI

Monday 12.30pm or 1.45pm or  
3pm (beginners)  
Starts 15 Apr | 10wks | \$185

### WALK AND TALK ★

Thursday 9.45am

### WOMEN'S HEALTH SERIES NEW

Thursday 10am  
Starts 18 Apr | 5 sessions | \$145

### YOGA WITH EFRAT

Monday 9.30am or 7pm  
Starts 15 Apr | 10wks | \$185

### YOGA WITH SUSI

Tuesday 9.15am or 10.30am  
Starts 16 Apr | 11wks | \$204

### ZUMBA GOLD

Wednesday 9.30am  
Starts 17 Apr | 11wks | \$204

## kids & teens

### AFTER SCHOOL ART (8+)

Monday 4pm  
Starts 29 Apr | 8wks | \$216

### BEGINNERS SEWING (8+)

Thursday 4pm  
Starts 9 May | 4wks | \$108

### STEINER PLAYGROUP

Friday 10am  
Starts 19 Apr | 11wks | \$171

### STRUCTURED PLAYGROUP

Monday 9.30am  
Starts 15 Apr | 10wks | \$155

## creative arts

### INTRO TO DRAWING

Wednesday 10am  
Starts 1 May | 9wks | \$243

### NATURE IN ART

Monday 9.30am or 12.30pm  
Starts 15 Apr | 8wks | \$230

### TRAVEL PHOTOGRAPHY NEW

Wednesday 6.30pm  
Starts 7 May | 4wks | \$160

### UPHOLSTERY

Wednesday 9.45am or 12.45pm  
Starts 17 Apr | 9wks | \$275



## social

### BOOK CIRCLE ★

Second Tuesday 10am

### BOOK CLUB ★ NEW

Wednesdays 1pm  
Starts 8 May | Monthly

### BRIDGE

Wednesday 12pm  
Contact Northern Bridge Club

### CHATTY CAFE ★

Wednesday 10am

### GET THE MOST IPAD/IPHONE ★

Wednesday 1.30pm

### MAH JONG

Friday 10am  
Starts 19 Apr | 12wks | \$50

### SOCIAL CRAFTERS ★

Tuesdays 10am

## gardening

### GARDEN CLUB

Third Tuesday 1pm  
\$20 annually CNC members

## languages & literacy

### FRENCH

Advanced | Monday 10.30am  
Starts 15 Apr | 9wks | \$225

Beginners | Thursday 1pm  
Starts 2 May | 9wks | \$225

Intermediate (2+) | Tuesday 1pm  
Starts 16 Apr | 9wks | \$225

Intermediate (3+) | Monday 1pm  
Starts 15 Apr | 9wks | \$225

VCE French | Monday 4pm NEW  
Starts 15 April | 9wks | \$225

### ITALIAN

Adv online | Thursday 12pm  
Starts 18 Apr | 9wks | \$225

Beginners | Thursday 12pm  
Starts 18 Apr | 9wks | \$225

### MODERN ART HISTORY

Tuesday 1pm  
Starts 23 Apr | 6wks | \$149

### PLAY READING GROUP NEW

Tuesday 10am  
Starts 2 May | 5wks | \$150

### SPANISH

Beginners | Wednesday 10am  
Starts 1 May | 9 wks | \$225

### WRITING LIFE

Tuesday 10am  
Starts 16 Apr | 7wks | \$182



NEW New Program/Session

★ Free for CNC members

MID-TERM ENROLMENTS ALWAYS WELCOME

Visit our website, call us or scan QR code



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## Workshop events



### INTRODUCTION TO NATURE IN ART

Saturday 25 May  
9:30am (5hrs) | \$125

Spend a day with our botanical artist Terry Napier who will introduce you to his unique watercolour techniques.

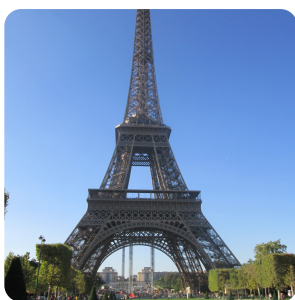


### WOMENS HEALTH SERIES

Thursday 18 April  
10am | 5 sessions | \$145

Join Linda Legras, for a series of workshops focusing on the simple changes women can make to go from surviving to thriving.

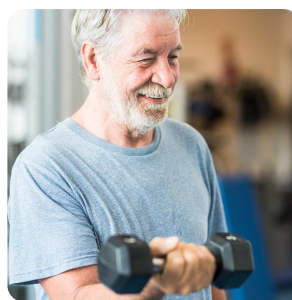
## New term programs



### FRENCH: ABSOLUTE BEGINNERS

Starts Thursday 2 May  
1pm | 9 wks | \$225

Learn the basics of the French language. This class is designed for those who have no prior experience in French.



### STRENGTH TRAINING NEW SESSION

Starts Friday 19 Apr  
9am | 11 wks | \$204

Keep fit and stay strong with our new exercise program to maintain muscle mass, balance and cardio fitness.



### WEDNESDAY BOOK CLUB

Starts Wednesday 8 May  
1pm | Monthly | Free

Join our brand new book club, to discuss a new book each month led by Sibone Heary.



### PLAY READING GROUP

Starts Thursday 2 May  
1pm | 5 wks | \$150

Join our new play reading group where we read play scripts in a fun, informal environment. Take on a character in the play or just enjoy the story.



### MAXIMISE YOUR TRAVEL PHOTOGRAPHY USING A DSLR CAMERA

Starts Wednesday 7 May  
6:30pm | 4 wks | \$160

Move beyond fully automatic mode to take control of your travel photography. Ideal for beginners or those wanting a refresher course.



### VCE FRENCH

Starts Monday 15 April  
4pm | 9 wks | \$225

Develop your French language skills for VCE with our experienced native-speaking French tutor. Open to year 11 and year 12 students.

FREE TRIALS AVAILABLE FOR TERM PROGRAMS

Visit our website, call us or scan QR code

