

Monday

STRENGTH & MOVEMENT

8-9am w Christy
\$10 Hall

TABLE TENNIS

9am - 12.00pm
Activity Rm FULL

CAMERA GROUP

1-2.30pm Act Rm
\$60 a term FULL

SCRABBLE/GAMES

1-3pm FREE
Meeting Room

TECH HELP

Kerry-Lee 1-3pm
Book: 9392 5869
FREE

IYENGAR YOGA

w/ Jean \$10
3 - 4.15pm Hall

Tuesday

YOGA w ANDREW

8.45 - 10am
Hall \$10

BLOKES with BOOKS

9 - 10am
Mtg Rm FREE
1st Tuesday monthly

TECH HELP

Andy 10-12pm
Carrie 1-3pm
Book: 9392 5869
FREE

TUESDAY LUNCH

11 - 2pm Hall \$10
Live music, bingo
Book: 9392 5869

UKULELE

w Lindy
1-2pm Beginners
FULL \$15
2 - 3pm Advanced
Beginners
Media Room \$15

Wednesday

YOGA w PAUL

8.30 - 9.45am
Hall \$10

YOGA w KERI

10 - 11.15am
Hall \$10 FULL

DANCE REMEDY w

Paul
11.30 - 12.30pm FULL

MORNING TEA

10:30-11:30am
Meeting space

TECH HELP FREE

Deb 10-12pm
Carrie 1-3pm
Book: 9392 5869

BOOK GROUP

1- 2.30pm FULL
2ND WED monthly
Mtg Rm FREE

FILM DISCUSSION GROUP FULL

1- 2.30pm
4TH WED monthly

Thursday

STRENGTH & MOVEMENT \$10

Hall
8-9am w Christv

TABLE TENNIS

9.30 - 4pm FREE
Book: 9392 5869

LINE DANCING

9 - 9:30am
Absolute Beginners
9:30 - 10:15am
Improvers
\$10-15 Hall
w Penny & Patricia

DANCE REMEDY at

ROZELLE w Paul \$10
10.30 - 11.30am FULL

CARD GAME: 500

1 - 3pm FREE
Media/Mtg Rooms

ROAD SCHOLARS

Walking Group
4th THURS monthly

Friday

YOGA w Paul

8-9am
Hall \$10

ZUMBA GOLD

w Rachel
9.15-10am FULL
10.15 - 11am FULL
11:15 - 12pm
Hall \$10

TECH HELP

Andy/Suzanne
10 - 12pm
Media Rm
Book: 9392 5869

Contact us
before joining
programs

9392 5869

Health and
Wellbeing
Activities for
people 55+

TIMETABLE OF ACTIVITIES

Hannaford Community Centre

608 Darling St, Rozelle, NSW

Sarah.Taylor@innerwest.nsw.gov.au



Phone:
9392 5869



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TIMETABLE OF
ACTIVITIES**SHARE**

Seniors' Exercise
9 – 11am Hall
8580 0628

**U3A DISCUSSION
GROUP**

10.30 – 12.30pm
Meeting Room
0408 607434

HEART STRONG

11am–12pm Hall
Christine
0404 718 187

**BALMAIN BRIGHT
SPARKS**

3.30 – 7pm
0414 488 601
[balmainbrightsparks@
gmail.com](mailto:balmainbrightsparks@gmail.com)

**LILYFIELD
WOMENS' AA**

7.30 - 8.30pm
Hall

U3A FRENCH

10 – 11.30am
Alan 9819 6579
11:30 - 1pm
Sue 0418 673 670

**PARKINSON NSW
INNER WEST
SUPPORT GROUP**

10am - 12pm
3rd Tues monthly
0424 293 866

**BALMAIN BRIGHT
SPARKS**

3.30 – 6pm
0414 488 601
[balmainbrightsparks@
gmail.com](mailto:balmainbrightsparks@gmail.com)

**BALMAIN MENTAL
HEALTH CARERS
SUPPORT GROUP**

7- 9pm Activity Rm
0427 601 795
1st Tues monthly

**SYDNEY SHOTOKON
KARATE**

7-8.30pm Hall
0400 793 166

**BONJOUR
BABIES**

9am – 12pm
Activity Room
0434 105 228

**BALMAIN
BRIGHT
SPARKS**

3.30 – 6.30pm
0414 488 601
[balmainbrightsparks@
gmail.com](mailto:balmainbrightsparks@gmail.com)

AL- ANON

6–8pm Hall

CHAIR YOGA

10:30-11:30am
Mtg Rm
Christine
0404 718 187

**DANCE FOR
PARKINSONS**

12-1.15PM
Hall
Cathie 0414
067 045

**BALMAIN
BRIGHT
SPARKS**

3.30 – 7.30pm
0414 488 601
[balmainbrightsparks@
gmail.com](mailto:balmainbrightsparks@gmail.com)

AA

7.30–9pm Hall

**FOLK
DANCING
AUSTRALIA**

Hall
7.30–10pm
Chris
0425 200 031
9560 2910

**WOWLife
Church**

10 – 12pm
Hall

0406 053
259

**AL -
ANON**

10.30-
11.45am
Media/
Mtg Rms

NA

6 -
7.15pm
Hall

HIRERS – phone them for info about their activities

Hannaford Community Centre

608 Darling St Rozelle NSW 2039

cathy.middleton@innerwest.nsw.gov.au

Phone:
9392 5869

