

Monday

Tuesday

Wednesday

Thursday

Friday

TIMETABLE OF ACTIVITIES

TABLE TENNIS

9am – 12.00pm
Activity Rm FREE
Booking essential

ROAD SCHOLARS

Walking Group
2nd MON monthly

CAMERA GROUP

1-2.30pm \$10
Activity Room

SCRABBLE/GAMES

1-3pm
Meeting Room
FREE

TECH HELP

Kerry-Lee 1-3pm
Appointment:
9392 5869

IYENGAR YOGA

w/ Jean
3:00 – 4:15pm
Hall
\$10

YOGA w JANET

8.45 – 10am
Hall
\$10

BLOKES with BOOKS

9 – 10am
Meeting Room
1st Tuesday monthly
FREE

TUESDAY LUNCH PROGRAM

10.30–2.30pm
Lunch,
conversation,
live music
Hall
\$10

TECH HELP

Andy 10-12pm
Carrie 1-3pm

Appointment:
9392 5869

YOGA w PAUL

8.30 – 9.45am
Hall FULL
\$10

YOGA w KERI

10 – 11.15am
Hall
\$10

TABLE TENNIS

12 – 3pm
Activity Rm FREE
Booking essential

TECH HELP

Stan 10-12pm
Carrie 1-3pm

Appointment:
9392 5869

BOOK GROUP

1– 2.30pm
Hall
2ND WED monthly
FREE

STRENGTH & MOVEMENT

w Christy 8–9AM
Hall \$10 FULL

DANCE REMEDY at BALMAIN TOWN HALL

Paul Booking essential
9 –10am \$10

TAI CHI w Sam in hall

9.15–10.15am \$10 FULL

TABLE TENNIS

9.30 –4pm FREE
Activity Room
Booking essential

DANCE REMEDY at

ROZELLE w Paul
10.30 – 11.30am FULL

TECH HELP

Anastasia 10.30 –
12.30pm
Phone: 9392 5869

GAMES: 500

1 – 3pm FREE
Computer Room

ROAD SCHOLARS

Walking Group
4th THURS monthly

YOGA w Paul

8–9am Hall \$10

ZUMBA GOLD

w Rachel \$10 Hall
9.15–10am FULL

TECH HELP

Andy/Suzanne
10 – 12pm
Computer Rm
Appointment:
9392 5869

ZUMBA GOLD w

Rachel \$10 Hall
10.15 – 11am

ART WORKSHOPS

First Fri monthly
1 – 3pm Hall
\$10 – \$15
Booking essential

Please
contact
Hannaford
Community
Centre prior
to attending
programs.

Hannaford Community Centre

608 Darling St, Rozelle, NSW

Cathy.Middleton@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 – 5.30pm
nicoledesouzatuto
ring@gmail.com
0414 488 601

**LILYFIELD
WOMENS' AA**

7-9pm
Hall

U3A French

10 – 11.30am
11:30 - 1pm
Meeting Room
0419 017 364

**BALMAIN
BRIGHT
SPARKS**

3.30 – 5.30pm
nicoledesouzat
utoring@gmail
.com
0414 488 601

JAPAN KARATE

7-8.30pm
Hall
0400 793 166

**BONJOUR
BABIES**

9am – 12pm
3pm-5pm
Activity Room
0434 105 228

**FOOTPATH
LIBRARY**

12 – 2.30pm
1st WED month
0410 824 816

**BALMAIN
BRIGHT
SPARKS**

3.30 – 5.30pm
nicoledesouzat
utoring@gmail
.com
0414 488 601

AL- ANON

6–8pm Hall

CHAIR YOGA

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

**DANCE FOR
PARKINSONS**

11:30-1:30PM
Mtg Rm/Hall
Cathie 0414
067 045

**BALMAIN
BRIGHT
SPARKS**

3.30 – 5.30pm
nicoledesouzat
utoring@gmail.
com
0414 488 601

AA

7–9pm Hall

**WEIGHT
WATCHERS**

8–9.30 am
Hall
9928 1300

**AL -
ANON**

10.30-
11.45am
Lounge
Mtg Rm

**SEDENKA
FOLK
DANCING**

Hall
7.30–10pm
Chris
0425 200 031
9560 2910

**AA
Balmain
Saturday
Night**

7 – 9pm

**NA
5–8pm
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

