

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TIMETABLE OF ACTIVITIES

TABLE TENNIS

TIME 9am – 12.45pm
Activity Room

ROAD SCHOLARS

Walking Group (morning)
2nd MON monthly

SHARE – Seniors' Exercise

9 – 11am
Hall
Contact 8580 0628

U3A Discussion Group

Meeting Room
10.30 – 12.30pm
Barry 0408 607434

HEART STRONG

11am–12pm Hall
Christine 0404 718 187

CAMERA GROUP

1-2.30pm Activity Rm

SCRABBLE

1-3pm
Meeting Room/Lounge

COMPUTER/TECH HELP

Kerry-Lee 1 - 3pm

IYENGAR YOGA w JEAN

3.00 - 4.15PM
Hall

LILYFIELD WOMENS' AA

7-9pm
Hall

YOGA w JANET

8.45-10AM
Hall

BOOKS for BLOKES

9 – 10am
Meeting Room
1st Tuesday monthly

COMPUTER/TECH HELP

10-12PM w Andy
1–3pm w Carrie
Computer Room
*Bookings by
appointment
Phone 9392 5869

TUESDAY LUNCH

Hall
10.30–2.30pm

U3A French

10 – 11.30am
In Meeting Room
11:30am - 1pm
in Meeting Room

0419 017 364

JAPAN KARATE

7-8.30pm
Hall and Mtg
Rm/Lounge
Contact 0400 793 166

YOGA w PAUL

8.30-9.45am
Hall

YOGA w KERI

10 - 11.15AM
Hall

BONJOUR BABIES

9am – 12pm
3pm-5pm
0434 105 228

TABLE TENNIS

12 – 3pm Act RM

FOOTPATH LIBRARY

12 - 2.30pm
Hall
1st WED monthly

TECH HELP

w Stan 10am-12pm
w Carrie 1–3pm
Computer Rm

BOOK GROUP

1-2.30pm - Hall
2ND WED monthly

ENCANTAR

3.30 – 5.30pm
Meeting Room
0414 488 601

AL ANON

6–8pm Hall

STRENGTH & MOVEMENT

w Christy
8 – 9am - Hall

TAI CHI w Sam

9.15-10.15am Hall

TABLE TENNIS

10am Activity Room

DANCE REMEDY

w Paul in Hall
10.30-11.30am

TECH HELP

Anastasia 10am-12
Computer Rm

ROAD SCHOLARS

Walking Group
(morning)
4th THURS monthly

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

TABLE TENNIS

3pm-4:30pm Act Rm

ENCANTAR

3.30 – 5.30pm
Meeting Room
0414 488 601

AA

7–9pm - Hall

YOGA w Paul

8-9am
Hall

ZUMBA GOLD

w Rachel
Hall
9.15-10AM
10.15-11AM

COMPUTER/TECH HELP

W Andy and
Suzanne
10 – 12pm
Computer
Room

AA - Big Book Group

6.30 – 8.30pm
Hall

SEDENKA FOLK DANCING

Activity Room
7.30–10pm
Chris
0425 200 031
9560 2910

Please note: No Hannaford classes on public holidays and no computer classes during school holidays

WEIGHT WATCHERS

8–9.30 am
Hall Contact
9928 1300

THE ACTORS' LOUNGE

10.30 – 2pm
Hall
Contact
0418 338 756

AA – Saturday Afternoon

4 – 6pm - Hall

AA – Balmain Saturday Night

7 – 9pm - Hall

AL ANON

10.30-
11.45am
Meeting
Rm/Lounge

Orange shaded areas denote Hannaford Centre programs.

Green shaded areas are programs run by venue hirers.

Hannaford Community Centre

608 Darling St Rozelle NSW 2039

cathy.middleton@innerwest.nsw.gov.au



Phone:

9392 5869

