

Monday

Tuesday

Wednesday

Thursday

Friday

Strength & Movement

8 – 9am
w Christy
\$10

Table Tennis

8am – 12pm
FREE FULL

Camera Group

1 – 3pm
\$60 per term
FULL

Scrabble & Chess

1 – 3pm
FREE

Iyengar Yoga

3 – 4.15pm
w Jean
\$10

Iyengar Yoga

8.45 – 10am
w Andrew
\$10 FULL

Blokes with Books

9 – 10am
1st Tues monthly
FREE

Tech Help

Andy 10am – 12pm
Carrie 12 – 1pm
Kerry-Lee 1 – 3pm
FREE Call: 9392 5869

Tuesday Lunch

11 – 2pm
\$10

Ukulele

1 – 2pm Advanced
Beginners
2 – 3pm Intermediate
w Lindy
\$15

Hatha Yoga

8.30 – 9:45am
w Paul
\$10

Vin Yoga

10 – 11.15am
w Keri
\$10 FULL

Dance Remedy

11.30am – 12.30pm
w Paul
\$10 FULL

Table Tennis

12 – 3pm
FREE FULL

Tech Help

Deb 10am – 12pm
Carrie 1 – 3pm
FREE Call: 9392 5869

Book & Film Groups

1 – 2.30pm FREE FULL
Book Group: 1st Wed
Bookies: 2nd Wed
The Talkies: 3rd Wed
Film Group: 4th Wed

Strength & Movement

8am – 9am
w Christy
\$10 FULL

Table Tennis

8am – 4pm
Book: 9392 5869
FREE

Line Dancing

9 – 9.30am
Beginners \$5
9.30 – 10.15am
Improvers \$10
w Penny & Patricia

Dance Remedy

10.30 – 11.3am
w Paul
\$10 FULL

Card Game: 500

1 – 3pm
FREE

Road Scholars

Walking Group
4th Thurs Monthly

Hatha Yoga

8am – 9am
w Paul
\$10

Zumba Gold

9.15 – 10am FULL
10.15 – 11am FULL
11.15 – 12pm
w Rachel \$10

Tech Help

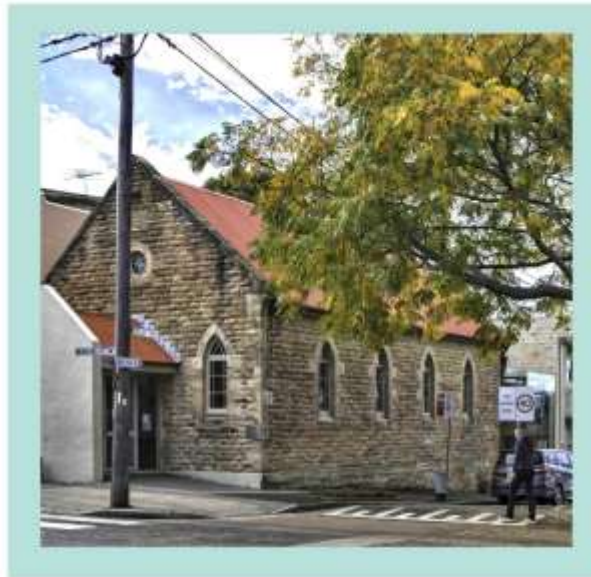
10am – 12pm
w Suzanne
FREE
Call: 9392 5869



Hannaford Community Centre is a warm and welcoming place offering a huge range of wellbeing activities for people 55yrs+. It is also a venue for hire.

Featuring: Camera groups, book groups, film discussion groups, scrabble, 500 and chess, ukelele lessons, lunch with live entertainment, one-on-one computer help with volunteer tutors, walking group, fourteen exercise sessions per week and a wide range of art and music workshops, talks and special events.

Connect, enjoy, belong.



Contact and visit us

608 Darling Street, Rozelle,
entrance on Nelson Street.

Phone

9392 5869

Email

morrigan.turner@innerwest.nsw.gov.au

INNER WEST

Hannaford Community Centre, Rozelle

Health and
wellbeing
activities for
people 55+



INNER WEST