



Health & Wellbeing Timetable 2026

Updated: 28 April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Music for Tots Playgroup 9:30am – 10:30am Tammy - Banksia	Art for All 9:30am – 11:30am Janis - Pine Street Hall	Wake-Up Yoga 7:15am – 8am Rita – Banksia	Mosaic for All 9:15am – 11:45am Jacqui - Pine Street Hall	Zumba Gold® 10am – 11am Naki - Cheltenham Hall
Guided Meditation 10am – 10:45am Jill – Willow Room	Pickleball – 2 sessions 10am – 12pm Gaye - Multipurpose Court	Music for Tots Playgroup 9:30am – 10:30am Tammy - Banksia	Qigong 9:30am – 10:30am Rita - Auditorium	
Coffee Time 10am – 2pm Soul Café	Coffee Time 10:00am – 2pm Soul Cafe	Coffee Time 10am – 2pm Soul Cafe	Coffee Time 10am – 2pm Soul Cafe	Coffee Time 10am – 2pm Soul Cafe
Zumba Gold® 10:30am – 11:30am Naki - Cheltenham Hall	STEADYstrength & Balance 10am – 11:15am Annette/Sharon - Auditorium	Chatty Café TBC 10:30am – 11:30am Foyer	Chatty Café TBC 10:30am – 11:30am Auditorium	Keep Active 10am – 10:50am Annette/Sharon - Auditorium
Fit & Feisty 10:30am – 11:30am Wyn - Auditorium	STEADYtone 11:30am – 12:15pm Annette/Sharon - Auditorium	Music & Play for Bubs Playgroup 11:30am – 12:30pm Tammy - Banksia	French Lounge Conversation <i>(1st Thursday of the month)</i> 10:45am – 11:45am - Foyer	STEADYmoves Fall prevention group 11am – 12:40pm Annette/Sharon - Auditorium
Grief Group <i>(1st Monday of the month)</i> 11am - 12pm Jane – Willow Room	STEADYmoves & STEADYrehab 12:15pm – 1:15pm Annette/Sharon - Auditorium	Love to Live 12:00pm – 12:45pm Naki - Auditorium	Mums & Bubs Pilates 11:15am – 12:15pm Gemma – Banksia	Fit & Feisty Exercise 1pm-2pm – Group 1 Wyn - Auditorium
Newcombe 12:15pm – 1:15pm Gaye – Banksia	Qigong 2pm – 3pm Rita - Auditorium	Heart & Sole Walking Group 10am – 11am Bahar - Karkarook Park	Tea & Talk Chinese Conversation Group <i>(1st Thursday of the month)</i> 1pm – 2pm / Foyer	Fit & Feisty Exercise 2pm-3pm – Group 2 Wyn - Auditorium
		Bingo Bonanza <i>(1st Wednesday of the month)</i> 1:15pm – 2pm		
FunNet 4:15pm – 5pm Kilbreda College	Netball Training 4pm – 5pm Kilbreda College		Netball Training 4pm – 5pm Ben Kavanagh Reserve – Mordialloc	Netball Games 8am – 12pm SNDA Netball Courts, Rowan Road - Dingley Village
Hatha Yoga 6:15pm – 7:15pm Rita - Banksia Room	Pilates 5.30pm – 6:15pm Sahar – Banksia		Pickleball Fit & Fun - TBC 6pm – 7pm Gaye – Banksia	Netball Games 8am – 4:30pm Dales Park – Oakleigh South
Advanced Yoga 7:30pm – 8:45pm Rita - Banksia Room				Creative Therapy Circle 10:30am – 12:30pm Valerie - Acacia