Health & Wellbeing Timetable 2026

Updated: 17 Sep 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	Music for Tots Playgroup 9:30am – 10:30am Tammy - 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		Qigong 9:30am – 10:30am Rita - Auditorium	Keep Active 10am – 10:50am Sharon/Deb - Auditorium
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 10:30am – 11:30am 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	Messy Play 9:30am – 10:30am Ulicia – Cheltenham Hall	STEADYmoves Fall prevention group 11am – 12:30pm Annette/Sharon - Auditorium
Newcombe 11am – 12pm Gaye – Banksia	STEADYmoves & STEADYrehab 12:15pm – 1:15pm Annette/Sharon - Auditorium	Love to Live 12:00pm – 12:45pm Naki - Auditorium	Chair Yoga 9:30am – 10:30am Jayne – Cheltenham Hall	
Mums & Bubs Pilates 11:15am – 12:15pm Gemma – Cheltenham Hall	Grief Group *(1st Tuesday of the month)* 11am - 12pm Jane – Willow Room		Move & Mingle 11am – 12:30pm Jayne – Cheltenham Hall	Fit & Feisty Exercise 1pm-2pm – Group 1 Wyn - Auditorium
	Qigong 2pm – 3pm Rita - Auditorium	Bingo Bonanza (1st Wednesday of the month) 1:15pm – 2pm	Sewing Club 11am – 12:30pm Diva – Cheltenham Hall	Fit & Feisty Exercise 2pm-3pm – Group 2 Wyn - Auditorium
Heart & Sole Walking Group 4:30pm – 5:30pm Karkarook Park	Self-Guided Art Group 1pm – 3pm Acacia	Mahjong & Backgammon 2pm – 3:30pm Acacia	STEADYstrength & Balance 11am-12:15pm Sharon/Deb - Auditorium	**Saturday**
FunNet 4:15pm – 5pm Kilbreda College	Netball Training 4pm – 5pm Kilbreda College		French Lounge Conversation *(1st Thursday of the month)* 10:45am – 11:45am - Foyer	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		Tea & Talk Chinese Conversation Group *(1st Thursday of the month)* 1pm – 2pm / Foyer	Netball Games 8am – 4:30pm Dales Park – Oakleigh South
Advanced Yoga 7:30pm – 8:45pm Rita - Banksia Room			Netball Training 4pm – 5pm Ben Kavanagh Reserve – Mordialloc	Creative Therapy Circle 10:30am – 12:30pm Valerie - Acacia

Cheltenham Hall – 1218 Nepean Highway, Cheltenham