

Khandallah Town Hall

Regular Weekly Timetable

MONDAY

Pilates- 9.30am In the Hall. This is run by the Khandallah Physiotherapy. Available other weekdays and some evenings. Ph 4797101 please contact them for more information.

Walking Group- sets off at 10am from outside 2 Ganges Road. Walk for about an hour then come back to the Town Hall for a cup of tea. (\$1.00 for a drink and biscuit). 'Away' walk first week of each month.

Social Bridge – 10am – 12noon. Lots of laughter and Bridge playing in this fun group. Learner's welcome. (\$2.00)

Beginners Tai Chi – 11.45am – 12.45pm. Come along and learn Tai Chi with Ferne. (\$5.00)

500 Card Group – 12.30 – 2.45 pm come along and learn to play 500. All skill and abilities welcome (\$2.00)

Pilates – 6pm In the Hall Run by Khandallah Physiotherapy, please contact them for more information Ph 479 7101

Yoga – 5.45pm Yoga with Lisa in the Upstairs Lounge. For more information and what to bring contact Lisa 027 279 4230 or website www.lisaoakleywellness.com

Johnsonville Scottish Country Dancing – 7.15pm www.Johnsonvillescd.org.nz to find our more information about this group.

TUESDAY

Pilates - 9.30am In the Hall. This is run by the Khandallah Physiotherapy. Ph 479 7101

Yoga - 9.30am Yoga with Lisa in the Upstairs Lounge. For more information and what to bring contact Lisa . 027 279 4230 or website www.lisaoakleywellness.com

Zumba Gold - with Joy 11.00am (\$7.00) 027 776 1101 Modified Zumba low impact. Beginners welcome.

Mah Jong -1pm Upstairs Lounge. Learners & newcomers welcome! (\$3.00 inc tea/coffee)

Sixties Dancing- 1 pm First Tuesday of the month. Dance to the 60s tunes for a bit of exercise and fun. Call Judy 027 607 5114 (\$2.00)

Wellington Dance -3.30-5.30pm contact office@wellingtondance.com

Yoga - 6pm Yoga with Lisa in the Upstairs Lounge. For more information and what to bring contact Lisa. 027 279 4230 or website www.lisaoakleywellness.com

NZ Shareholders Assn- 6.30 pm 2nd Tuesday of month. Adrian 027 574 4082

WEDNESDAY

Te Reo -10.15 am Te Reo with Fiona. Every second Wednesday in the Cornerstone Lounge (\$3.00 includes morning tea) Everyone welcome.

All Season Fitness with Fiona. 12noon Exercise to music you love, while improving your fitness (\$2.00)

Wellington Dance -3.30-5.30pm contact office@wellingtondance.com

Karate -6pm in the Hall. Great for people with physical limitations. Contact Steve sensei@karatedojo.nz

THURSDAY

Pilates-9.30am In the Hall. This is run by the Khandallah Physiotherapy. Ph 4797101 contact them for more information.

Sit and Be Fit- 10.15am Upstairs lounge. Strengthening & balancing exercises at an easy pace. Lots of low impact fun whilst sitting. \$2.00 Instructor Fiona.

Sing for your Life – 11am. Everyone welcome for Community singing with Andrea. (\$12.00)

Family History Group - 2pm 1st Thursday /month. Help to write your family history and stories (\$3.00)

Scrabble – 1.30pm- 2nd & 4th Thursday of each month (\$3.00 inc hot drink).

Awareness Through Movement- 4.30pm -5.30pm These classes are based on the Feldenkrais Method*. These mindful movement lessons will surprise and delight you. Contact Tina 021 0267 8108

Yoga- 7.15pm yoga with Lisa in the Hall. For more information and what to bring contact Lisa. 027 279 4230 or website www.lisaoakleywellness.com

FRIDAY

Pilates-9.30am In the Hall. Ph 4797101 please contact them for more information.

Craft and Chat – 10.15 am this is on the 1st, 2nd and 3rd Friday of the month. Bring your own craft and enjoy crafting with others. Look forward to seeing you! (\$3.00 includes morning tea)

Book Group - 4th Friday of the month at 10.30am. (\$3.00 Includes Morning Tea)

Art Group- 12.15pm 2nd Friday of the Month. Suitable for beginners to advanced, learn different techniques styles of painting skills. (\$3.00 includes tea/coffee) Contact Helen: helenwilson1@xtra.co.nz

Yoga Retreats/ workshops - 6.45–8.45pm last Fri of month Lisa 027 279 4230 or website www.lisaoakleywellness.com

SATURDAY

Wellington Dance - 9am Saturday mornings. Office@wellingtondance.com

SUNDAY

Christ Commission Fellowship at 9.00am

Call us: 479-5420 or email: info@kthc.nz
Office Hours 10am-3pm weekdays