



**What takes place at The Corner, Merivale
30 Church Lane**

MONDAYS

ACTIVE PERSONS' EXERCISE GROUP 12:00 - 1.00pm \$8 a session

Coffee to follow - Koha appreciated

FILM CLUB Second and fourth Mondays each month - You will be contacted by Judy Ashton (022 1894597) each time with details of time and theatre - meet at The Corner for car pooling

YOGA FOR MEN 6.00pm-7.00pm term time only \$25.00 for casual class, discounted if pay for the term. Focusing on strength, flexibility, agility and most importantly learning how to rest. We gather après yoga for a beverage of your choosing at the Brewers arms

TUESDAYS

UKULELE SESSION 9.15am -10.15am \$5 a session

A chance to play with a group - coffee included, term time only.

COFFEE AND CONVERSATION 10:30am - 12noon

Enjoy morning tea and a chat Koha appreciated

TAI CHI 1:15pm - 2.15pm

Tai Chi improves mobility, balance and health; also increases energy and reduces stress for health and well-being. \$8 a session

Coffee to follow- koha appreciated

WEDNESDAYS

CRAFT GROUP 10am - 12noon 1st, 3rd and 5th Wednesdays

Share the company and conversation of others whilst working on your own embroidery, craft, project, etc \$5 a term

BOOK SHARING GROUP 1.00pm 3rd Wednesday

Meets monthly for inspiring book sharing sessions \$5 a session

DANCE FITNESS 5.30pm - 6.30pm

Exercise for the young at heart \$7 a session

THURSDAYS

SCRABBLE 10.15am - 12:30pm Suggested Koha \$4.00

TAI CHI 10:30am - 11.30am

Tai Chi improves mobility, balance and health; also increases energy and reduces stress for health and well-being. \$7 a session

Coffee to follow - koha appreciated

COFFEE and CONVERSATION 10:30am - 12noon

Enjoy morning tea and a chat Koha appreciated

ACTIVE PERSONS' EXERCISE GROUP 12:00 - 1.00pm

\$8 a session. Coffee to follow - Koha appreciated

FRIDAYS

YOGA 9.45 am - 10.45 am \$200 10 Class pass / \$25Casual class

Open to all, beginner friendly class

OTHER

WEEKEND GROUP 4.00pm - 5.30pm

Last Saturday of the month at The Corner Donations / Koha are always appreciated, recommended amount of \$5.00 per person

COMMUNITY OUTINGS Bi-monthly / **COMMUNITY MORNING TEAS** Bi-monthly

On a Tuesday - Interesting guest speakers and shared company

For more information
Phone Frankie 021 222 7543 Email:
thecorner@allsouls.org.nz