

# HEALTH & WELLBEING PROGRAMS

AT GLENROY NEIGHBOURHOOD LEARNING CENTRE (NLC)  
SEMESTER 1, 2021



*Glenroy NLC has a wide variety of health and wellbeing programs available every week for young and old!*

## TUESDAY

Tai Chi: 10am - 11am

Men's Shed: 10am - 3pm

## WEDNESDAY

Gardening Group: 10:30am - 12:30pm

Harmonisers Singing Group: 3pm - 4pm

Kids Coding Class: 4:30pm - 5:30pm

## THURSDAY

Kids Music Class: 4pm - 4:45pm

## FRIDAY

Walk & Talk: 10am - 11am

Chair Exercises: 11am - 12pm

## SATURDAY

Seniors Yoga: 8:30am - 9:30am

Yoga (beginners to level 1): 9:45am - 10:45am

Ask about our upcoming  
**SEWING and ART workshops!**

All activities held at Glenroy NLC (5b Cromwell Street, Glenroy)

To register or enquire about a program

Email: [nhcoordinator@glenlink.vic.edu.au](mailto:nhcoordinator@glenlink.vic.edu.au) OR Phone: 9304 3910