

Monday

**STRENGTH & MOVEMENT** Hall  
8-9am Christy  
\$10

**TABLE TENNIS**  
9am - 12.00pm  
Activity Rm FULL

**ROAD SCHOLARS**  
Walking Group  
2<sup>nd</sup> MON monthly

**CAMERA GROUP**  
1-2.30pm Act Rm  
\$51 a term FULL

**SCRABBLE/GAMES**  
1-3pm FREE  
Meeting Room

**TECH HELP**  
Kerry-Lee 1-3pm  
Book: 9392 5869  
FREE

**IYENGAR YOGA**  
w/ Jean \$10  
3 - 4.15pm Hall

Tuesday

**YOGA w ANDREW**  
8.45 - 10am  
Hall \$10

**BLOKES with BOOKS**  
9 - 10am  
Meeting Room  
1<sup>st</sup> Tuesday monthly  
FREE

**TECH HELP**  
Andy 10-12pm  
Carrie 1-3pm  
Book: 9392 5869  
FREE

**TUESDAY LUNCH**  
11 - 2pm Hall \$10  
Live music, bingo  
Book: 9392 5869

**UKELELE**  
w Lindy  
1-2pm Beginners  
1.30-2.30pm  
Advanced Beginners  
Media/Mtg Rooms  
\$15

Wednesday

**YOGA w PAUL**  
8.30 - 9.45am  
Hall \$10

**YOGA w KERI**  
10 - 11.15am  
Hall \$10 FULL

**DANCE REMEDY w Paul**  
11.30 - 12.30pm FULL  
\$10 Hall

**TABLE TENNIS**  
12 - 3pm  
Activity Rm FULL

**TECH HELP**  
Deb 10-12pm  
Carrie 1-3pm  
Media Rm FREE  
Book: 9392 5869

**BOOK GROUP**  
1- 2.30pm FULL  
2<sup>ND</sup> WED monthly  
Mtg Rm FREE

**FILM DISCUSSION GROUP**  
1- 2.30pm  
4<sup>TH</sup> WED monthly

Thursday

**STRENGTH & MOVEMENT** \$10 Hall  
8-9am Christy FULL

**TABLE TENNIS**  
9.30 - 4pm FREE  
Book: 9392 5869

**DANCE REMEDY at ROZELLE** w Paul \$10  
10.30 - 11.30am FULL

**TECH HELP w Anastasia**  
10.30 - 12.30pm FREE  
Book: 9392 5869

**CARD GAME: 500**  
1- 3pm FREE  
Media/Mtg Rooms

**ROAD SCHOLARS**  
Walking Group  
4<sup>th</sup> THURS monthly

Friday

**YOGA w Paul**  
8-9am  
Hall  
\$10

**ZUMBA GOLD**  
w Rachel  
9.15-10am  
10.15 - 11am Hall  
\$10 FULL

**TECH HELP**  
Andy/Suzanne  
10 - 12pm  
Media Rm  
Book: 9392 5869

**ZUMBA GOLD w Rachel**  
11.15 - 12pm Hall  
\$10

Contact us  
before joining  
programs

9392 5869

No programs on  
public holidays

Hannaford Community Centre

608 Darling St, Rozelle, NSW

Sarah.Taylor@innerwest.nsw.gov.au



Phone:

9392 5869



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TIMETABLE OF ACTIVITIES

**SHARE**  
Seniors' Exercise  
9 –11am Hall  
8580 0628

**U3A FRENCH**  
10 – 11.30am  
Alan 9819 6579  
11:30 - 1pm  
Sue 0418 673 670

**BONJOUR BABIES**  
9am – 12pm  
Activity Room  
0434 105 228

**CHAIR YOGA**  
10:30-11:30am  
Mtg Rm  
Christine  
0404 718 187

**WOWLife Church**  
10 – 12pm  
Hall  
  
0406 053  
259

**U3A DISCUSSION GROUP**  
10.30 – 12.30pm  
Meeting Room  
0408 607434

**PARKINSON NSW INNER WEST SUPPORT GROUP**  
10am -12pm  
3<sup>rd</sup> Tues monthly  
0424 293 866

**FOOTPATH LIBRARY**  
12 – 2.30pm  
1<sup>st</sup> Wed month  
0410 824 816

**DANCE FOR PARKINSONS**  
12-1PM  
Hall  
Cathie 0414  
067 045

**HEART STRONG**  
11am–12pm Hall  
Christine  
0404 718 187

**BALMAIN BRIGHT SPARKS**  
3.30 – 6pm  
0414 488 601  
[balmainbrightsparks@gmail.com](mailto:balmainbrightsparks@gmail.com)

**BALMAIN BRIGHT SPARKS**  
3.30 – 6.30pm  
0414 488 601  
[balmainbrightsparks@gmail.com](mailto:balmainbrightsparks@gmail.com)

**BALMAIN BRIGHT SPARKS**  
3.30 – 7.30pm  
0414 488 601  
[balmainbrightsparks@gmail.com](mailto:balmainbrightsparks@gmail.com)

**AL - ANON**  
10.30-  
11.45am  
Media/  
Mtg Rms

**BALMAIN BRIGHT SPARKS**  
3.30 – 7pm  
0414 488 601  
[balmainbrightsparks@gmail.com](mailto:balmainbrightsparks@gmail.com)

**BALMAIN MENTAL HEALTH CARERS SUPPORT GROUP**  
7- 8.30pm  
Activity Room  
2<sup>nd</sup> Tues monthly

**SEDENKA FOLK DANCING**  
Hall  
7.30–10pm  
Chris  
0425 200 031  
9560 2910

**NA**  
6 -  
7.15pm  
Hall

**LILYFIELD WOMENS' AA**  
7.30 -8.30pm  
Hall

**SYDNEY SHOTOKON KARATE**  
7-8.30pm Hall  
0400 793 166

**AL- ANON**  
6–8pm Hall

**AA**  
7.30–9pm Hall

**HIRERS – phone them for info about their activities**

**Hannaford Community Centre**

608 Darling St Rozelle NSW 2039

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9392 5869

