



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

### **MONDAYS**

**ACTIVE PERSONS' EXERCISE GROUP** 12:00 - 1.00pm \$7 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. \$7 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 \$4 a session

**TAI CHI** 10:30am - 11.30am

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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

\$7 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