

Course Title	Start Date	Day	Time	Duration
<b>WELLBEING</b>				
Meditation & Journaling	18.04.2023	Tuesday	10.00am – 11.00am	6 Weeks
Creative Writing	18.04.2023	Tuesday	12.30pm – 2.30pm	6 Weeks
Pilates	18.04.2023	Tuesday	1.30pm – 2.30pm	6 Weeks
Spring Clean Your Life	19.04.2023	Wednesday	9.45am – 11.45am	6 Weeks
Tai Chi - Mindful Movement for Relaxation	20.04.2023	Thursday	10.00am – 11.00am	6 Weeks
Yoga with Laura	20.04.2023	Thursday	12.30pm – 1.45pm	6 Weeks
Breast Bowel Cervical Awareness	26.04.2023	Wednesday	1.00pm – 3.00pm	3 Weeks
<b>ESOL</b>				
ESOL Entry 1 Reading & Writing	05.09.2022	Monday & Tuesday	9.45am - 11.45am	Ongoing
ESOL Entry 2 Reading & Writing	05.09.2022	Monday & Wednesday	9.45am - 12.45pm	Ongoing
ESOL Entry 2 Reading & Writing	06.09.2022	Tuesday & Thursday	1.00pm - 3.00pm	Ongoing
ESOL Entry 3 Reading & Writing	06.09.2022	Tuesday & Thursday	9.45am - 12.45pm	Ongoing

**Courses/Dates/Times Subject to Change**