**ZEST Dance for Wellbeing**

**Class Details**

**updated January 2024**

Unless otherwise stated, all classes are open to members of the community.
No bookings are required.

**Mondays, 10.30-11.30am - Dance & Exercise for Wellbeing
The Clubhouse, The Henry Retirement Village
94 Fullagar Cres, Higgins**$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Philip

**Mondays, 3.00-4.00pm - Dance for Wellbeing
The Clubhouse, Goodwin Village Farrer
22 Marshall St, Farrer**\*\*For residents only
$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Philip

**Tuesdays, 9.45-10.45am - Dance for Wellbeing
Greenway Views, 260 Soward Way, Greenway**
$10 per class, includes coffee afterwards
Sign in at the front desk
Runs throughout the year except for public holidays and over Christmas, taught by Jacqui

**Tuesdays, 1.15-2.30pm - Dance for People with Parkinson’s
Belconnen Arts Centre, Emu Bank, Belconnen**$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Philip & Jacqui
*This class is supported by The Hospital Research Foundation – Parkinson’s*

**Tuesdays, 1.30-2.30pm - Dance for Wellbeing**presented by the Rotary Club of Gungahlin**Eastlake Gungahlin Club, 51 Hinder St, Gungahlin**
$100 for 10 week term or $12 per class. Class followed by light afternoon tea
Runs for 10 week terms, taught by Debora
*This class is supported by Gungahlin Arts*

**Wednesdays, 10.00-1.00pm - Dance for Wellbeing**
**Northside Community Service, Majura Hall, 2 Rosevear Place, Dickson**
One of Northside's aged care social groups, session runs fortnightly and includes dance taught by Debora, morning tea, lunch and transport (if required)
Please call 6171 8000 or 6171 8088 to discuss availability and costs

**Wednesdays, 10.30-11.15am - Dance for Wellbeing
Community Services #1, 63 Boolimba Cres, Narrabundah**
Seated class followed by morning tea. Runs throughout the year except for public holidays and over Christmas, taught by Jacqui
Please call Cheryl for bookings and to discuss eligibility on 6126 4746

**Wednesdays, 11.15-12.30pm - Dance for People with Parkinson’s
Tuggeranong Arts Centre, 137 Reed St, Greenway**
$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Jane & Philip
*This class is supported by The Hospital Research Foundation – Parkinson’s*

**Wednesdays, 3.00-4.00pm - The Groovers
The Grove, 1 Monty Place, Ngunnawal**
\*\*For residents, family and friends
$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Philip

**Thursdays, 11.00-12.00 noon - Dance for Seniors living with Dementia**\*\*Runs on the last Thursday of the month, taught by Philip **Primrose Services, Uniting Church Hall**
**58-60 Scrivener St, O’Connor**
For further information and to register, contact:
Vanessa Elliott, General Manager, Primrose Services
Phone: 0437 957 841
Email: [vanessae@primroseservices.com.au](https://www.blogger.com/u/4/blog/page/edit/2511777361024714543/6506132594099459057)

**Thursdays, 1.30-2.30pm - Dance for Wellbeing**

Presented by the Rotary Club of Ginninderra
**Ginninderra Labor Club, 40 Lhotsky St, Charnwood**

$100 for 10 week term or $12 per class.
Runs for 10 week terms, taught by Debora

**Fridays, 10.00-11.00am - Musical Moves for Seniors
COTA Hall, Hughes Community Centre, Wisdom St, Hughes**
$10 per class. Pay cash at the door
Runs throughout the year except for public holidays and over Christmas, taught by Jacqui

**Fridays, 10.30-11.30am - Dance for Wellbeing
Villaggio Sant' Antonio, 35 Burkitt Street, Page**
\*\*For residents only, taught by Debora
For further information phone: (02) 6255 1794,  or email: [gm@villaggio.com.au](https://www.blogger.com/u/4/blog/page/edit/2511777361024714543/6506132594099459057)

**Fridays, 12.00-1.00pm - Dance for All
Belconnen Arts Centre, Emu Bank, Belconnen**
$120 for 10 week term or $15 per class
Runs for 10 week terms, taught by Debora or Jacqui

**Term dates**
ZEST term dates run parallel to ACT school terms.

The dates for 2024 are:
Term 1: Monday 5 February - Friday 12 April
Term 2: Monday 29 April- Friday 5 July
Term 3: Monday 22 July - Friday 27 September
Term 4: Monday 14 October - Friday 20 December

**Payment**
For single classes, please pay cash to the teacher

Term payments can be made via cash or EFT (details available from the teacher)