

ZEST Dance for Wellbeing

Class Details

updated February 2025

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, 10.30-11.15am - 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

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

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 2025 are:

Term 1: Monday 3rd February - Monday 14th April

Term 2: Monday 28th April - Monday 7th July

Term 3: Monday 21st July - Friday 26th September

Term 4: Monday 13th October - Friday 19th 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)