




# Connected Community



**Join in your favourite free activity via Zoom ID 321-844-2936**

Mon 27 April & 4 May	Tue 28 & 5	Wed 29 & 6	Thu 30 & 7	Fri 1 & 8	Sat 2 & 9 May
10 - 10.20 am Story Time with Robyn	9 - 9.45 am Fitness with Helen Body Moves	9 - 9.45 am Fitness with Helen Mindfulness & relaxation	9 - 9.45 am Fitness with Helen Body Stretch	8 - 8.45 am Parent + Kids movement and fun class with Sumer	8 - 8.45 am Qi Gong with Lyndal
11 - 11.45 am Chair Yoga with Emma D'Souza	<b>Library groups</b> <b>Tue 28, 10.30 - 11.15 am</b> Getting started with Ancestry	11 - 11.45 am Knitting together with Ruth Halbert	10.30 - 11.30 am Yoga with Sonia Dezius	11 - 11.45 am Botanical mono printing with Nikki Green	
<b>Mon 4, 12 - 12.45 pm</b> Kids show and tell with Denmark CRC	<b>Tue 5, 10.30 - 11.30 am</b> Shakespeare reading group	3.15 - 4 pm Karate with Sensei Murray Brooker	12 - 12.30 pm Office Chair Dance with Annette Carmichael	2 - 2.45 pm How to use Zoom with Denmark CRC	
<b>Mon 4, 2 - 2.45 pm</b> Barefoot Investor Book Financial Guide with Denmark CRC	12.30 - 1pm Talking German with Petra	4.30 - 5.15pm Bragging Rights Online Quiz with Denmark CRC	1 - 1.45 pm Volunteer TV at the CRC		
	3.30 - 4.30 pm Denmark Art Club Art for the whole family		3.30 - 4.30 pm Denmark Art Club Art for the whole family		

From your PC or laptop: Visit [zoom.us](https://zoom.us), click on join meeting, enter ID 321-844-2936. From your mobile phone or tablet: download the Zoom Cloud Meeting app.

### **Story Time**

Robyn Fairclough from Denmark Library has lots of great stories for everyone to listen to, each story is just long enough to keep your toddler, preschoolers, and little ones engaged.

**Mon 27 theme is Food.**

**Mon 4 theme is Out in space.**

### **Chair Yoga**

Join Emma D'Souza in this gentle physical movement on a chair followed by guided relaxation. Suitable for any body and age.

### **Kids show and tell with Denmark CRC**

Zoom in, invite your friends and bring your favourite thing to show and tell.

### **Barefoot Investor Book Financial Guide**

Get your finances sorted with this simple system focused on eliminating debt, living in the now and still retiring in peace.

### **Talking German with Petra**

Are you interested in practicing your German language skills? Then join in the conversation.

### **Fitness with Helen**

Join in with our Recreation Centre fitness instructor Helen Powley and choose from a range of programs designed to keep you healthy and active.

### **Library groups**

#### **Getting started with Ancestry :**

Do you want to uncover your family history, but don't know where to start? Then this is the workshop for you!

#### **Shakespeare reading group:**

Read and discuss all things Shakespeare and meet other like minded people.

### **Denmark Art Club**

Feeling arty? Use the materials you have at home to join in the fun, projects suitable for all ages. Find the list of projects and materials required on our Shire Facebook page.

### **Knitting together with Ruth Halbert**

Share your knitting skills, help restart a stuck project or even learn from scratch. All ages and levels. Guided by textile artist Ruth Halbert

### **Karate with Sensei Murray Brooker**

Spring back into action, keep active, gain strength and resilience with 4th Dan Instructor Murray Brooker Sensei with over 30 years experience.

### **Bragging Rights - Online quiz with Denmark CRC**

Zoom along to this fun weekly quiz session and challenge your trivia knowledge.

### **Yoga with Sonia Dezius**

Sonia from Denmark Yoga Centre will present a Hatha yoga class suitable for all levels and bodies.

### **Office Chair Dance with Annette**

Take a break with Annette Carmichael for 30 minutes of dance, laughter and fun.

### **Volunteer TV at the CRC**

Join our volunteers offering of the week and learn awesome varied skills and knowledge. Check our Shire Facebook page to find out the weekly topic.

*Note: Are you a volunteer with great skills or knowledge to share? Then contact us!*

### **Parent and Kids Movement & Fun**

Get up off the couch and move your meat waves! Fun music, jiggling and giggling. Great morning fitness for the whole family.

### **Botanical mono printing with Nikki Green**

Join local artist and art lecturer at South Regional TAFE Denmark, Nikki Green and learn the beautiful technique of botanical mono printing. Find the list of materials required on our Shire Facebook page.

### **How to use zoom**

Learn all the ins and outs of how to use Zoom, for your business or simply to chat and connect with others. This session is hosted by Denmark CRC

### **Qi Gong with Lyndal**

Join experienced teacher Lyndal Gallaway in her Qi Gong session and focus on building immunity, strengthening your lungs & kidneys.