

## WHAT'S ON? March 2020

Mon	WALKING GROUP- Heart Foundation Approved	Meet at the Centre for a gentle walk followed by morning tea onsite. All ages welcome. <b>Postponed until June</b>	8am-9am	Free (9am-10am winter) <b>Postponed until June</b>
Mon	AEROBICS	A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome. During school terms.	8:45am- 9:45am	\$5 members \$7 non-members
Mon	DECORATIVE ART FOLK ART	Bring your own art project or learn how to start from scratch. All ages welcome. Morning Tea provided.	9:30am- 12pm	\$5 members \$7 non-members + supplies
Mon	MAHJONG	A great way to strengthen and stimulate your mind. Some experience preferred. Morning tea provided	10.15am- 12.45pm	\$5 members \$7 non-members
Tue	SEW CREATIVE	Community helping Community, Sew for a purpose, helping young families in need. Repurposing & recycling. Please register your interest.	9am-12pm	Free Limited Spaces
Tue	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Morning tea provided.	9.15am- 12.15pm	\$5 members \$7 non-members
Tue	MINDFULNESS MEDITATION <b>Postponed until April</b>	Guided mindfulness Meditation is a great way to find inner peace & wisdom – so many benefits for the mind and body. <b>Postponed until April.</b>	10.30am- 12.00pm	\$5 members \$7 non-members <b>Postponed until April</b>
Wed	BEGINNERS YOGA	Come along and try our Beginners Yoga Class. Nicole the instructor will adapt the moves for your ability. Please bring a firm mat and water	8.45am-9.45 am	\$5 all welcome
Wed	HELP WITH FILLING OUT FORMS	<b>***This is NOT a legal, tax or JP service.</b> Do you require help filling in forms or applications? Onsite help with filling in passport, Centrelink forms, Lease applications, online applications and more.	9:00am- 12:00pm	Free Appointments preferred call 07 5593 7006
Wed	ENGLISH CLASSES	Free English conversation class for beginners. Practice speaking and listening and also learn new vocabulary. Morning tea provided.	9.30am- 11.30am	Free
Wed	40s PLUS FITNESS	Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness and cardiovascular health by a fully accredited instructor. <b>Please note the 11:30 class has now moved days and location to Burleigh Waters Community Centre on Tuesday mornings.</b>	1 <sup>st</sup> class 10.00am- 11.00am  <b>10.00am- 11.00am Tuesdays</b>	\$4 GCCC Active & Healthy \$7 during school holidays Varsity Lakes Community Centre  <b>Burleigh Waters Community Centre</b>
Wed	TABLE TENNIS	Come and join in the fun of this great activity. All abilities welcome from beginner to advanced. All ages welcome. Afternoon tea provided.	1pm- 3pm	Gold coin donation. Community Centre membership required \$5 per year. (Oct-Sep)
Wed	KIDS AFTER SCHOOL YOGA	City of Gold Coast Active & Healthy program delivered by Shoshana from Aspiral Design. During School term only.	4pm-4.45pm	Free. Please bring a mat.
Wed	THE VILLAGE HUB DROP-IN TUTORING	Need homework, assessment or general school help for your child in Prep to Year 10? Tutoring is offered by a qualified teacher with over a decade of teaching experience in different year levels and subjects.	4pm-4.45pm	\$10 Per child. School term only. Please contact Bianca for more information at <a href="mailto:villagehubgc@gmail.com">villagehubgc@gmail.com</a>
Thur	THE VILLAGE HUB HOME-SCHOOLING TUTORING	Weekly home-schooling multi-aged Literacy, Numeracy and Science/HASS small group tutoring sessions. Curriculum sessions are aimed for children in Primary School years.	9:00-10:00AM 10:30-11:30AM 12:00-1:00PM	Please inquire further to Bianca on <a href="mailto:villagehubgc@gmail.com">villagehubgc@gmail.com</a> School term only

**Centre Membership is \$5-**

**Address: Jim Harris Park; Matlocks Road, Varsity Lakes 4227**

**Ph: (07) 5593 7006 Fax: (07) 5593 8043**

**Web: [www.varsitylakes.org.au](http://www.varsitylakes.org.au) Email: [info@varsitylakes.org.au](mailto:info@varsitylakes.org.au)**

Thur	STAMPING WITH FRIENDS	Come and create beautiful cards every 2 <sup>nd</sup> Thursday of the month. Some experience preferred.	9:30am- 1pm	\$5 members \$7 non-members
Thur	KNIT/CROCHET & CHAT GROUP <b>Postponed until further notice</b>	This wonderful group knits for disadvantaged members of the community. Join the group on Thursdays for some knitting/ crochet and plenty of chatting. Morning tea provided.	9.00-12.00pm	Free <b>Postponed until further notice</b>
Thur	TECHNOLOGY HELP <b>Postponed until further notice</b>	Bring your own device for Technology Help. iPads, Tablets, Smart phones, laptops or learn with computers onsite. For information call the centre on (07) 55 937 006. <b>Postponed until further notice</b>	From 10.00am-12pm	Gold Coin Donation Community Centre Membership required \$5 per year. <b>Postponed until further notice</b>
Thur	THE CR3ATIVE SPACE Art class	"Kids art with The Cr3ative Space". Term time art workshops for children aged 5-12. Each week will focus on a different theme, skill & medium.	1:30pm-2:30pm	Pre-paid \$20/session \$30 for a casual visit 20 <sup>th</sup> February- 26 <sup>th</sup> March 2020 <b>Excluding the 19<sup>th</sup> March</b>
Thur	AFTER SCHOOL DRAMA CLASS	Fun interactive workshop where the participants get to play fun theatre games! For 6-12 year olds.	4:00pm-5:00pm	\$5 per week
Thur	MARTIAL ARTS <b>Postponed until April</b>	Free community Martial Arts from 8yrs old to Seniors. Beginners welcome no experience required. <b>Postponed until April</b>	6:30pm-7.30pm	Free <b>Postponed until April</b>
Fri	PLAYGROUP <b>20<sup>th</sup> March cancelled only at this stage</b>	For 0-5yrs during school terms; indoor and outdoor play equipment available. Morning tea while the parents catch up. <b>20<sup>th</sup> March cancelled only at this stage.</b>	9:30am-11:30am	\$6 members \$8 non-members School term only <b>20<sup>th</sup> March cancelled only at this stage</b>

## Other Activities held at Varsity Lakes Community Resource Centre

**OWN- Older Women's Network – Last Thursday of the month 10am -12pm: *Cancelled for March 2020***

### **The Village Hub drop- in tutoring – Wednesdays 4.00-4.45pm:**

WEDNESDAY: Need homework, assessment or general school help for your child in Prep to Year 10? The Varsity Lakes Community Resource Centre in conjunction with The Village Hub Gold Coast is offering a casual drop-in tutoring at \$10/child EVERY WEDNESDAY from 4:00-4:45pm during school weeks only (siblings are able to attend the FREE Kids yoga class in the hall during the same time which is fully subsidised by the GCCC). Tutoring is offered by a qualified teacher with well over a decade of teaching experience in different year levels and subjects. Please contact Bianca at [villagehubgc@gmail.com](mailto:villagehubgc@gmail.com) if you have any further questions.

### **The Village Hub tutoring & The Cr3ative Space art class - Thursdays various sessions:**

THURSDAY: Weekly home-schooling multi-aged Literacy, Numeracy and Science/HASS small group tutoring sessions available on a Thursday. Furthermore, together with The Red Clay Community Theatre and The Cr3ative Space, additional extra-curricular opportunities are of offer too. Curriculum sessions are aimed for children in Primary School years, need to be pre-paid, begin on Thursday the 13th of February and operate during school term only.

Please inquire further to Bianca on [villagehubgc@gmail.com](mailto:villagehubgc@gmail.com).

### **Little Kickers- Fridays 9am-10.30am:**

For info or bookings please call Little Kickers on 07 5535 8640 or email: [goldcoast@littlekickers.com.au](mailto:goldcoast@littlekickers.com.au). Website: [www.littlekickers.com.au](http://www.littlekickers.com.au)

### **40s Plus Fitness- Thursdays 5.45pm:**

Contact Janet on 0435 003 067 or email [thomas.janet@gmail.com](mailto:thomas.janet@gmail.com).

### **133 Army Cadet Unit-Wednesday evenings: *Postponed until May 2020***

For enquiries please contact 0491 620 307 Captain (AAC) Seona Gray Officer Commanding.

### **Golden Light Spiritist Society-Tuesdays from 6.30pm: *Postponed onsite until April 2020***

Golden Light programs are FREE and aim to provide a Spiritual Awakening and Self-Enlightenment to better humanity in knowledge and compassion by improving ourselves. Please contact on W: [www.GoldenLightSpiritistSociety.com](http://www.GoldenLightSpiritistSociety.com) E: [Contact@GoldenLightSpiritistSociety.com](mailto:Contact@GoldenLightSpiritistSociety.com) F: [www.facebook.com/GoldenLightSpiritistSociety](https://www.facebook.com/GoldenLightSpiritistSociety)

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