

# VLCRC NEWS

**EMPOWERING OUR COMMUNITY THROUGH  
SOCIAL INCLUSION**



## YOGA WEDNESDAYS

Hi my name is Nicole I am excited to be teaching yoga 8.45-9.45am Wednesday mornings. I have been a dedicated yoga student for the last 9 years and the benefits the practice brings to your whole life is nothing short of amazing.

Community is a great way to feel a sense of belonging, making new friendships and keeping well. It is a great honour to share what I love with you all.

I will adapt the class to suit the needs of the students, it will be a welcoming space to explore the body through your breath and movement.

Please bring a firm yoga mat, a light throw blanket if you like one for savasana "resting pose".

I really look forward to meeting you.

Nicole



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## SCHOOL HOLIDAY FUN

This school holidays we had some fun activities on offer at the centre. The children were able to design their own tie dye creations upcycling hotel pillowcases and calico tote bags.

Bella from Red Clay Community Theatre delivered our very popular drama workshop. During the school term we offer after school drama on a Thursday afternoon from 4pm (please see our "what's on" or Facebook page for details)



## COMMUNITY LIBRARY

The centre has a small library offering adult and children's books. The books can be borrowed, kept or passed on. We do take limited donations of latest release books



## TECHNOLOGY HELP

Every Thursday 10am -12 noon we offer one on one individual help with your smartphone, tablet, iPad or laptop. No need to make an appointment just turn up and our digital mentors will assist you. Our digital mentors are volunteers and can usually assist with operating issues and getting the best out of your device.

**\*\*this is not a repair or professional service**



## AFTER SCHOOL ACTIVITIES

We have a couple of great activities on offer for after school. These are run during the school term.

**Martial Arts** on Monday at 4pm this is free. This starts on Monday 3 February.

**Kids Yoga** on Wednesday at 4pm this is free. This starts on Wednesday 28 January. This is provided by City of Gold Coast through their Active & Healthy program.

**Drama Workshops** Thursday at 4pm this is \$5 per session. This starts on Thursday 13 February. Please book your child's place 5593 7006.



## HELP WITH FORMS & ONLINE LODGEMENT

We will be implementing a new program in February. It will be a free program for people who need help filling in forms (Housing forms, passport applications, Centrelink forms etc). This will also extend to applications online.

**\*\*this is not a legal or advice service. We will announce the date soon.**



## SEW CREATIVE

Our sewing group repurposes, upcycles and lovingly makes items for Baby Give Back. Baby Give Back is a local organisation that helps families in crisis especially ones with a new baby to care for and no means to do so. Prams, cots, car seats, clothing and baby items are donated by the public. The items are cleaned up and donated to the families in need, often through social worker referral. Our sewers make pram liners from donated material to go in the donated prams giving them a fresh new look. If you are interested in joining our sewers everyone is welcome.



## VLCRC CONTACT

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