

THURSDAY

SMALL DOGS PLAYGROUP: Come along with your small dog friend for a cuppa and playtime. The group has toys for the dogs to interact with & morning tea is provided for their human friends.

Every Thursday 9am-11am Cost: Gold coin donation

KNIT, CHAT & CROCHET: Can you help Knit & Chat?

You can help the good work of this group either through the donation of wool or by coming along and volunteering your time to knit/crochet for charity. **Every Thursday 10am - 12pm Cost: Free**

STAMPING WITH FRIENDS: A monthly crafting card making group for experienced card makers. RSVP essential.

Contact Jackie: themcgees67@gmail.com or 0412926326

2nd Thursday of the month Time: 9.30am -1pm

Cost: \$5 members \$7 non-members + supplies



FORGET ME NOT: Last Thursday of every month. Time:

10am-12pm

People with early memory loss and their carers. Morning tea, planned activities and social get together. Up-to-date information from Guest speakers.



40+ FITNESS CLASS: Every Thursday: 5.45pm-6.45pm Cost: \$10.-

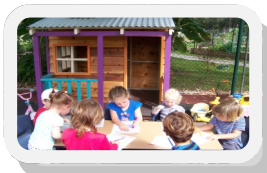
40 Plus Fitness night moves class is similar to a "boot camp" class for those who are relatively active. All welcome. Come and join in the fun! For more information, please call Janet on 0435003067.

FRIDAY

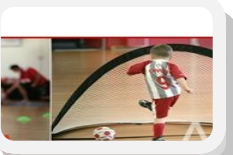
PLAYGROUP: All children 0-5yrs. Join us for songs, craft, fun and friendship in our fully fenced, covered outdoor play area. Morning Tea provided for adults and children.

Every Friday (during school terms only) 9.30am-11.30am

Cost: \$6 members and \$8 non-members



Little Kickers: Little Kickers program teaches fundamental soccer techniques and life skills for children 18 months to 7 years old. Guided by FFA qualified coaches. Ph: 55358640.



THE CENTRE IS FUNDED BY QUEENSLAND DEPARTMENT OF COMMUNITIES

AUG-OCT 2017



**VARSITY LAKES
COMMUNITY
RESOURCE
CENTRE**

VLCRC—The meeting place of Varsity Lakes, inspiring a sense of community, support and social belonging.

**Open Monday–Thursday
8.30 am-3.00pm**

Friday 8.30am-12pm

Jim Harris Park, Mattocks Rd
VARSITY LAKES 4227

PO Box 2783
Burleigh Business Centre 4220

Phone (07) 5593 7006
E: info@varsitylakes.org.au
W: www.varsitylakes.org.au



Seniors Week Information Expo

Thursday 24th August 2017

Time 10am-1pm

Come along to an information expo to learn about some of the services on offer to Seniors. We will have over 15 service providers showcasing their services and providing up-to-date information. An event not to be missed!

Booking essential! Phone 55937006

Light refreshments provided.

WHAT WE OFFER
Information, advice and referral services
Weekly programs and activities
Community education programs and events
Community information sessions
Rooms & new hall for hire

ROOMS & HALL HIRE
VLCRC has a large hall as well as smaller rooms for hire at reasonable rates.

**VLCRC ANNUAL
MEMBERSHIP IS \$5**

Want to keep up-to-date with our programs? Follow us on Facebook: www.facebook.com/VLCRC





Centre Activities Calendar

MONDAY

WALKING GROUP: Heart Foundation Approved. Meet at the Centre for a gentle walk followed by morning tea. All ages welcome.

Every Monday 9am-10am Cost: Free

AEROBICS: A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome.

Every Monday 9am-10am Cost: \$5 members & \$7 non-members

FOLK ART: Bring your own art project or learn how to start from scratch. June Chambers is a valued volunteer who has been teaching craft for over 20 years.

Every Monday 9.30am-12pm Cost: \$5 members, \$7 non-members +\$5 Supplies

MAHJONG: Mahjong requires players to use attention, memory, planning & calculation skills. It has been found to help with memory skills and keeping the mind sharp. Some experience preferred. Morning Tea provided

Every Monday 10.00am-12.30pm Cost: \$5 members & \$7 non-members

POLISH FRIENDSHIP & SUPPORT GROUP:

Meets every Monday from 10.30 am –12 noon. Support, friendship and discussion around a variety of interesting topics e.g. health, culture, recipes and much more.

Phone Alina on 0414 488 301. **Gold Coin donation for refreshments.**

FIT HIT MOVEMENT:

Mondays 5.45pm-6.45pm

Wednesdays 5.45am-6.45am

Free Trials for 2 weeks

Cost: \$15 casual visit or 10 sessions for \$100.-

Group Training, Strength, Conditioning and HIIT workouts in a fun, creative and motivating environment. Come and have lots of fun!

For more information, please call Cat on 0412419082 or email fithitmovement@gmail.com

CITIZEN ADVICE

BUREAU & GC LEGAL SERVICE:

An Outreach service is available at VLCRC on Mondays. For enquiries and appointments, please call contact their head office in Southport on 55329611



TUESDAY

TABLE TENNIS: The complete health therapy! Mental alertness, eye, foot, arm co-ordination, mobility, strength and balance, all in one. Lots of fun. Tea & coffee provided.

Every Tuesday 9.15-12.15pm Cost: \$5 members & \$7 non-members

MIRACLE BABIES PLAYGROUP: For families who have had children in special care nursery. Phone 1300622243.

Fortnightly on Tuesday from 10am-12pm (2nd, 16th, 30th May, 13th June, 11th & 25th July 2017) Cost: Free

WEDNESDAY

ENGLISH CONVERSATION GROUP:

Come along to the Centre for a relaxed & friendly conversational English classes • Suitable for beginners.

Every Wednesday 9.30—11.30am Cost: Free

40+ FITNESS CLASS: Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness, cardiovascular health. All welcome. One fully accredited instructor.

Every Wednesday 10.30am-11.30am (1st class)

11.30am-12.30pm (2nd class) (Chronic Conditions)

Cost \$4

STEP UP LOANS (ST VINCENT DE PAUL SOCIETY):

Every 2nd Wed of the month from 10am-3pm . For appointment call Jessica on 0427619718 or 55145306.

