

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

**VLCRC ANNUAL
MEMBERSHIP IS \$5**

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.

(next Forget Me Not Thurs 30th Nov 2017)

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

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

Varsity Lakes Community Resource Centre



NOV 2017 – JAN 2018

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



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

**XMAS CLOSURE:
25th Dec 2017
to 21 Jan 2018**



The Management, Staff and Volunteers of Varsity Lakes Community Resource Centre wish you all a Merry Christmas and a Happy New Year 2018



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.

Ph: 55937006

CHRISTMAS LUNCH



You are invited to Varsity Lakes

Community Resource Centre's Christmas Celebration Lunch in the hall.

Please join us on Thurs 14th Dec 2017 at 11.30am by bringing a

small plate to share. There will be lucky door prizes and lots of fun and cheer.

RSVP reception or call 55937006 by Mon 11th Dec.

MONDAY

Centre Activities Calendar

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

Every Monday 8am-9am 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: (Restarts on Mon 5th Feb 2017)

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.**

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 - Cost: Free

SPANISH CLASSES: Join this fun, friendly group who share the passion for languages. Suitable for beginners. **One Class per week . Term dates: Tuesday : 6th Feb 2018—Tues 27th March 2018 - Time 9am-11am - Cost:\$40 for the term + \$5 Centre membership**



WEDNESDAY

Centre Activities Calendar

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. **Cost \$4**

**Every Wednesday 10.30am-11.30am (1st class)
11.30am-12.30pm (2nd class) (Chronic Conditions)**

STEP UP LOANS (ST VINCENT DE PAUL SOCIETY):

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



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

FOOD Drive for the families in our community who need some help over the festive season. Please pick up a bag and donate non-perishable items and bring back to the centre. **THANK YOU.**

