

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

