

# We Offer

- Information, advice and referral
- Weekly programs and activities
- Community education programs and events
- Community information sessions
- Community library
- Selected School Holiday Activities
- Annual Membership for \$5

**Room & Hall Hire  
Available**

**Check out our website,  
Facebook & Instagram for  
special events**



<https://www.facebook.com/VLCRC/>



vlcrc



<https://www.varsitylakes.org.au>

Funded by



Department of Communities,  
Disability Services and Seniors

CITY OF  
**GOLDCOAST.**

**JAN - MAR 2019**



**Jim Harris Park  
Mattocks Road  
Varsity Lakes Q 4227  
5593 7006  
[info@varsitylakes.org.au](mailto:info@varsitylakes.org.au)**

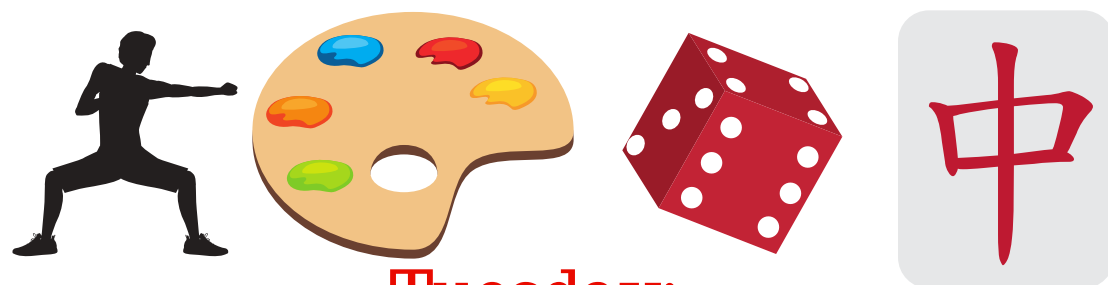
**Weekly Programs &  
Activities**

**Monday - Thursday 8.30am - 3pm  
Friday 8.30am - 12pm**

# Weekly Activities Calendar

## Monday:

- **Walking Group (Free):** Heart Foundation Approved. Meet at the centre for a gentle walk followed by morning tea. Everyone is welcome. 8am (9am winter please call for details)
- **Aerobics** (\$5 for members, \$7 for casual): A great class for varying degrees of fitness. Come along and boost your energy and metabolism (9am-10am)
- **Decorative Art** (\$5 for members, \$7 for casual + \$5 supplies): Bring your own art project or learn how to start from scratch. June Chambers is a valued volunteer with 20+ years of experience teaching art. (9:30am-12pm)
- **Mahjong** (\$5 for members, \$7 for casual): The game requires players to use attention, memory, planning & calculation skills. It has been found to assist with memory skills and keeps the mind sharp. Some experience preferred. Morning tea supplied. (10am-12:30pm)
- **Card & Board Games** (\$5 members, \$7 casual): Come along and have a friendly game of cards or join in a board game. Morning tea provided. (10am-12:30pm)
- **Martial Arts (free)** Ages 8+ all welcome. Accredited martial arts instructor. Anderson Bushi Kai Martial Arts (4pm-5pm)



## Tuesday:

- **Table Tennis** (\$5 for members, \$7 for casual): The complete health therapy! Mental alertness, eye, foot, and arm coordination, mobility, strength and balance all in one. Lots of fun with a great social atmosphere. Morning tea provided. (9:15am-12:15pm)
- **Mindfulness Meditation** (\$5 for members, \$7 for casual): Led by an accredited facilitator (10:30am-12:30am)

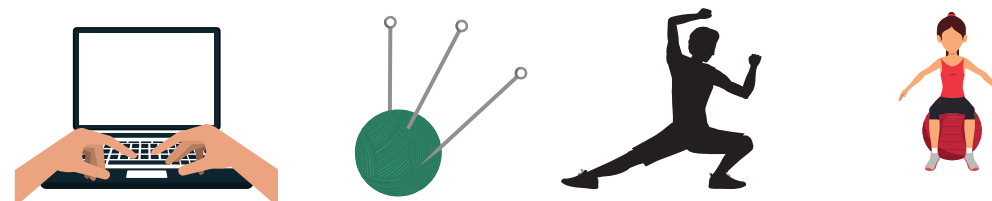


## Wednesday:

- **English Conversation Class (Free):** Come along and join our friendly group and improve your conversational English. Morning tea provided. (9:30am-11:30am)
- **Beginners Yoga** (\$3): Active & healthy! Start your day right with some yoga led by Shoshana (8:30-9:30) \*\*not in school holidays
- **40+ Fitness Class** (\$4): Active & Healthy! Safe low impact exercises to improve balance. One fully accredited instructor. (10:00-11:00, or 11:30-12:30 for less mobility)
- **Polish Friendship Group** Support & friendship Telephone Alina 0414 488 301 (11:30am-1pm every 2nd Wed)
- **Table Tennis** (\$5 for members, \$7 for casual): As described previously. (1pm-3pm)
- **Martial Arts** (free) Ages 8+, all seniors welcome. Accredited martial arts instructor. Anderson Bushi Kai Martial Arts (4-5pm)

## Thursday:

- **Knit, Chat & Crochet (Free):** Come & join! You can help the good work of this group either through donation of wool or by coming along to create items to be given to charity. Morning tea provided. (10am-12pm)
- **Stamping with Friends** (\$5 for members, \$7 for casual + supplies): A monthly crafting card making group for experienced card makers. RSVP essential, morning tea provided. Contact Jackie [themcgees67@gmail.com](mailto:themcgees67@gmail.com) or 0412 926 326. (2nd Thursday of month 9:30am-1pm)
- **Free Computer Literacy** (Gold coin donation for morning tea): With our partners Be Connected we offer the opportunity to learn basic computer skills in a self paced supported environment. (10am-12pm) **\*\*look out for short courses**
- **40+ Fitness Class** (\$10): A bootcamp style class for those that are relatively active. All welcome! Info from Janet 0435 003 067 **(5:45pm-6:45pm)**
- **Martial Arts** (free) Ages 8+, all seniors welcome. Accredited martial arts instructor. Anderson Bushi Kai Martial Arts. (6:30pm)



## Friday:

- **Playgroup** (\$6 members, \$8 non-members): All children 0-5 yrs. Join us for songs, craft, fun and friendship in our fully fenced, covered outdoor play area. Morning tea provided for adults and children. (9:30am-11:30am, only during school term)
- **Little Kickers:** Teaches kids fundamental soccer techniques and life skills for children 18mths-7yrs. Guided by FFA qualified coaches [5535 8640](tel:55358640) (8:45am-11:15am)



## Additional Services and Activities:

### Tiny Tutu's



- Tiny Tutu's ballet for princesses, pre-school ballet Saturday 9am (info [1300 245 060](tel:1300245060))

### Fit Hit Movement (free trial)

- Group training, strength, conditioning and HIIT workouts in a fun and motivating environment. Come join us! For more info call Cat [0412 419 082](tel:0412419082) [fithitmovement@gmail.com](mailto:fithitmovement@gmail.com)
- Mondays 5:45pm-6:45pm
- Wednesdays 5:30am-6:30pm
- Thursdays 5:30am-6:30am
- Cost \$15 casual or 10 sessions for \$100



### GC Community Legal Centre:

- An outreach service is available here Mondays. For enquiries or appointments please contact 5532 9611.
- [www.advicebureau.org.au](http://www.advicebureau.org.au)

### 133 Army Cadet Unit

- For enquiries please contact [0455 588 558](tel:0455588558)
- Captain (AAC) Alexandra Verrall Officer Commanding

### Baby Sensory

- Early learning for babies Thursdays please call Tania [0405 774 912](tel:0405774912) for bookings