

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

Senior's Expo
Thur 22 Aug 10-2pm

FREE Technology Help

Bring your smartphone, tablet, Ipad
or laptop along and learn how to get
the most out of it.

THURSDAY'S 10am - 12noon



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



[vlcr](https://www.instagram.com/vlcr)



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

Funded by



Department of Communities,
Disability Services and Seniors

CITY OF
GOLDCOAST.

JULY - SEP 2019



Jim Harris Park
Mattocks Road
Varsity Lakes Q 4227
5593 7006
info@varsitylakes.org.au

Weekly Programs & Activities

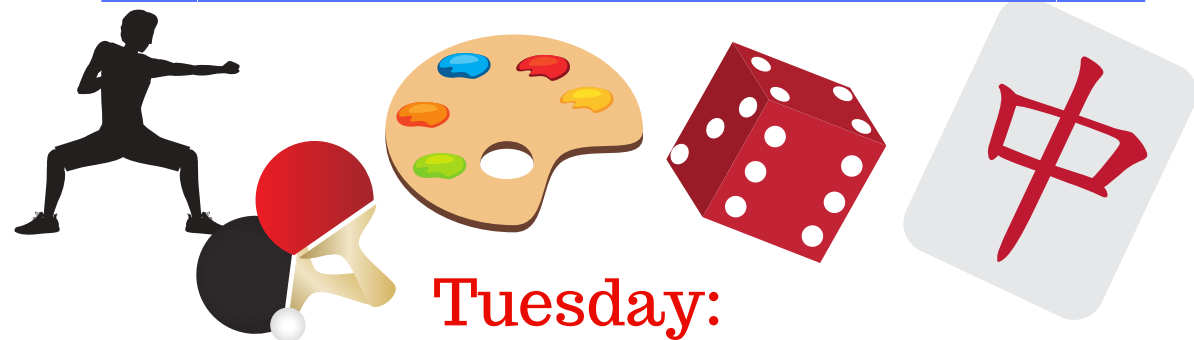
Monday - Thursday 8.30am - 3pm
Friday 8.30am - 12pm

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 **(8:45-9:45am) **not in school holidays**
- **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. **(10:15am-12:45pm) Learn to play available please ring**
- **Martial Arts (free)** Ages 8+ all welcome. Accredited martial arts instructor. Anderson Bushi Kai Martial Arts **(4pm-5pm)**

FREE MARTIAL ARTS CLASSES
Great for all the family!! Monday & Thursday's



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)**
- **Sew Creative (Free)** Community helping community, sewing for a purpose **every 2nd Tues (9am-12noon) (call for details)**
- **Mindfulness Meditation** (\$5 for members, \$7 for casual): Led by an accredited facilitator **(10:30am)**

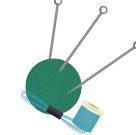


Wednesday:

- **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** (\$5): Start your day right with some yoga led by Nicole **(8:45-9:45) **please bring a firm mat**
- **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** (Gold Coin Donation): All skill levels welcome come & have some fun **(1pm-3pm) "please ring to confirm it is on"**
- **Kids Yoga (Free)** Active & Healthy! Shoshana leads the kids in an active and healthy yoga session (during school term) **4-4.45pm**



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 or 0412 926 326. **(2nd Thursday of month 9:30am-1pm)**
- **Free Technology Help** (Gold coin donation for morning tea): With our partners Be Connected we offer the opportunity to learn basic computer skills or **bring in your device (phone, tablet laptop)**. **(10am-12pm) **look out for short courses**
- **After School Drama Class:** Lots of fun for 6-12yr olds \$5 **(during school term) 3.45-4.45pm**
- **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, during school term)**
- **Tai Chi: (Free)** Come along and join this fun group where everyone is welcome. Improve coordination and flexibility in a friendly welcoming environment **(8am-9am)**
- **Little Kickers:** Teaches kids fundamental soccer techniques and life skills for children 18mths-7yrs. Guided by FFA qualified coaches 5535 8640 **(9am-10:30am)**



Additional Services and Activities:

Tiny Tutu's



- Tiny Tutu's ballet for princesses, pre-school ballet Saturday 9am (info 1300 245 060)
- **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 fithitmovement@gmail.com
- Mondays 5:45pm-6:45pm
- Wednesdays 5:30am-6:30pm
- Thursdays 5:30am-6:15am
- 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

133 Army Cadet Unit

- For enquiries please contact 0455 588 558
- Captain (AAC) Alexandra Verrall Officer Commanding

Baby Sensory

- Early learning for babies Thursdays please call Tania 0405 774 912 for bookings