

## THURSDAY

**KNIT, CHAT & CROCHET** Come & join you can help the good work of this group either through donation of wool or by coming along and creating items to be given to charity. Morning tea provided.  
Every Thursday 10am-12pm Cost – FREE

**STAMPING WITH FRIENDS** A monthly crafting card making group for experienced card makers RSVP essential. Morning tea provided.

Contact Jackie themegees67@gmail.com or 0412 926 326

2<sup>ND</sup> Thur of the month 9:30-1pm

Cost \$5 members \$7 non-members plus supplies

**FREE COMPUTER LITERACY** With our partners Be Connected we offer the opportunity to learn basic computer skills in a self paced supported environment. Gold coin donation for morning tea.

Thursday's 10am-11am or 11am-12noon

**40+ FITNESS CLASS** 40 Plus Fitness night moves is a boot camp style class for those that are relatively active. All welcome!!

Info from Janet 0435 003 067

Every Thursday 5:45pm-6:45pm Cost \$10



## 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.

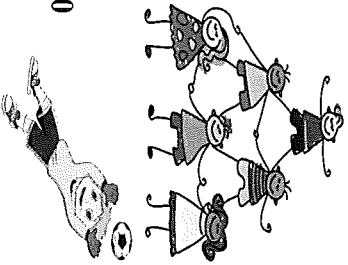
Every Friday (during school term) 9:30-11:30

\$6 members \$8 non members

**LITTLE KICKERS** Little Kickers program teaches

fundamental soccer techniques and life skills for children

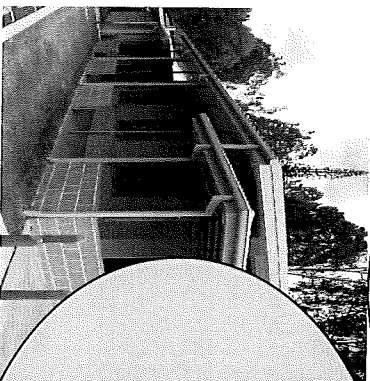
18mths-7yrs. Guided by FFA qualified coaches 5535 8640  
9:30 - 11:15



The centre in funded by QLD Department of Communities

# Aug – Oct 2018

Varsity Lakes  
Community  
Resource  
Centre  
5593 7006



## FREE FAMILY FUN DAY SUNDAY 14 OCTOBER

10am - 2pm

- \*We offer information, advice and referral.
- \*Weekly programs and activities
- \*Community education programs and events.
- \*Community information sessions

### NEW PROGRAMS

“MINDFULNESS MEDITATION”

9.30AM TUESDAY

“FREE MARTIAL ARTS”

6pm WEDNESDAY'S

“FREE COMPUTER LITERACY FOR SENIOR'S”

10am or 11am THURSDAY'S

  
Varsity Lakes  
COMMUNITY  
RESOURCE CENTRE

Opening Days

Mon—Thurs

8:30—3pm

Friday

8:30-12pm

Jim Harris Park  
Mattocks Road  
Varsity Lakes

4227

5593 7006

PO Box 2783

Burleigh

Business Centre

4220

### HALL & ROOMS FOR HIRE

VLCRC has a large hall and small rooms for hire at reasonable rates

## FOR HIRE

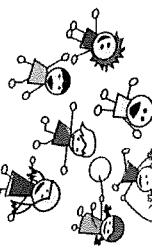
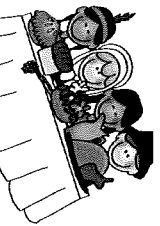
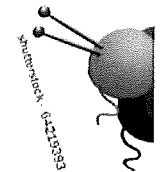
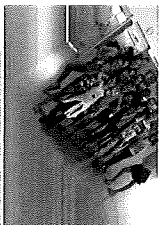
VLCRC ANNUAL  
MEMBERSHIP \$5

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# Weekly Activities Calendar

## MONDAY

**WALKING GROUP** Heart Foundation Approved. Meet at the centre for a gentle walk followed by morning tea. Everyone is welcome.

Every Monday 9am-10am cost—FREE (8am in summer)

**AEROBICS** A great class for varying degrees of fitness. Come along and boost your energy and metabolism. Everyone is welcome.

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

**DECORATIVE ART** Bring your own art project or learn how to start from scratch. June Chambers is a valued volunteer with 20+ years experience teaching art.

Every Monday 9:30-12pm Cost \$5 members, \$7 casual + \$5 supplies

**MAHJONG** 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.

Every Monday 10am-12:30pm Cost \$5 members & \$7 casual

**CARD & BOARD GAMES** Come along and have a friendly game of cards or join in a board game. Decide on the day what you will play. Morning tea provided.

Every Monday 10am-12:30pm Cost \$5 members & \$7 casual (starts 13/8/18)

**POLISH FRIENDSHIP & SUPPORT GROUP** Support, friendship and discussion around a variety of interesting topics eg health, culture recipes and much more. Telephone Alina 0414 488 301

Every Monday 10:30-12noon Gold coin donation for morning tea

## FIT HIT MOVEMENT (free trial 2wks)

Monday 5:45pm-6:45pm

Wednesday 5:30am-6:30am

Thursday 5:30am-6:30am

Cost \$15 casual or 10 sessions for \$100

Group training, strength, conditioning and HIIT Workouts in a fun and motivating environment.

Come and join us!! For more info call Cat

0412 419 082 [fithitmovement@gmail.com](mailto:fithitmovement@gmail.com)

## 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)

## TUESDAY

**TABLE TENNIS** The complete health therapy! Mental alertness, eye, foot, arm coordination, mobility, strength and balance all in one. Lots of fun with a great social atmosphere and morning tea provided.

Every Tuesday 9:15-12:15 Cost \$5 members \$7 casual

**BEGINNERS YOGA** Active & Healthy start your day right with some yoga led by Shoshana

Every Tuesday (during school terms) 9:30am-10:30am \$3

**MINDFULNESS MEDITATION** Lead by an accredited facilitator

Every Tuesday 9:30-10:30 \$5 members \$7 casual

## WEDNESDAY

**ENGLISH CONVERSATION CLASS** Come along and join our friendly group and improve your conversational English.

Every Wednesday 9:30-11:30 Cost Free morning tea provided

**40+ FITNESS CLASS** Active & Healthy safe low impact exercises to improve balance. One fully accredited instructor.

Every Wednesday 10:00-11:00 & 11:30-12:30 (less mobility) \$4 per class

**TABLE TENNIS** An additional chance to work on mental alertness, eye, foot, arm coordination, mobility, strength and balance! Lots of fun in a great social atmosphere, afternoon tea provided.

Every Wednesday 1pm-4pm Cost \$5 members \$7 casual

**FREE MARTIAL ARTS** Ages 8-seniors all welcome. Accredited martial arts instructor. Anderson Bushi Kai Martial Arts

Every Wednesday from 6pm

## COMMUNITY LIBRARY FOR ADULTS & CHILDREN

### STEP UP LOANS ST VINCENT

### DE PAUL SOCIETY

Every second Wednesday of the month from

10am—3pm

For an appointment please call Jessica on

0427 619 718 or 5514 5306

