

## WHAT'S ON? AUGUST 2018

Mon	WALKING GROUP- Heart Foundation Approved	Meet at the Centre for a gentle walk followed by morning tea onsite. All ages welcome.	9am-10am	Free
	AEROBICS	A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome.	9am-10am	\$5 members \$7 non-members
	DECORATIVE ART	Bring your own art project or learn how to start from scratch. All ages welcome. Morning Tea provided.	9:30-12pm	\$5 members \$7 non-members + supplies
	MAHJONG	A great way to strengthen and stimulate your mind. Some experience preferred. Morning tea provided.	10.00am- 12.30pm	\$5 members \$7 non-members
	CARD GAMES & BOARD GAMES (starts 13 <sup>th</sup> Aug)	Come in and join a bunch of friendly people and decide on the day what game you would like to play. Morning tea provided.	10.00am- 12.30pm	\$5 members \$7 non-members
	POLISH GROUP	Come and spend time with a great bunch of Polish people. Support, friendship and discussion around a variety of interesting topics e.g health, culture, recipes and more.	10.30am- 12.00pm	Cost: Gold Coin donation for members Refreshments provided.
Tues	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Morning tea provided.	9.15am- 12.15pm	\$5 members \$7 non-members
	BEGINNERS YOGA	A gentle way to bring flexibility and calmness to your day.	9.30am- 10.30am	\$3 GCCC Active & Healthy
Wed	MINDFULNESS MEDITATION	Guided mindfulness Meditation is a great way to find inner peace & wisdom – so many benefits for the mind and body.	9.30am- 10.30am	\$5 members \$7 non-members
	ENGLISH CLASSES	Free English conversation class for beginners. Practice speaking and listening and also learn new vocabulary. Morning tea provided.	9.30am- 11.30am	Free
	DIABETES EXERCISE CLASS	Resistive exercise program to improve blood glucose levels, the body's ability to use insulin, reduce risk of heart disease, improve mood & better sleep. Class instructed by an Exercise Physiologist.	9am-10am	\$4
	40s PLUS FITNESS	Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness and cardiovascular health by a fully accredited instructor.  2 <sup>nd</sup> Class: Chronic Conditions	1 <sup>st</sup> class 10.00am- 11.00am  2 <sup>nd</sup> class 11.30am- 12.30pm	\$4 GCCC Active & Healthy
	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Afternoon tea provided.	1pm- 4pm	\$5 members \$7 non-members
	MARTIAL ARTS	Free community Martial Arts from 8yrs old to Seniors. Beginners welcome.	6pm- 8pm	Free
Thur	STAMPING WITH FRIENDS	Come and create beautiful cards every 2 <sup>nd</sup> Thursday of the month. Some experience preferred.	9:30am- 1pm	\$5 members \$7 non-members

Centre Membership is \$5-

Address: Jim Harris Park; Mattocks Road, Varsity Lakes 4227

Ph: (07) 5593 7006 Fax: (07) 5593 8043

Web: [www.varsitylakes.org.au](http://www.varsitylakes.org.au) Email: [info@varsitylakes.org.au](mailto:info@varsitylakes.org.au)

	KNIT/CROCHET & CHAT GROUP	This wonderful group knits for disadvantaged members of the community. Join the group on Thursdays for some knitting/ crochet and plenty of chatting. Morning tea provided.	10.00-12.00pm	Free
Fri	COMPUTER CLASSES	Computer Literacy classes from absolute beginners and beyond taught in a supportive environment. All welcome. Please book as positions are limited.	1 <sup>st</sup> class 10.00-11.00am  2 <sup>nd</sup> class 11.00-12.00pm	Free  Community Centre Membership required \$5 per year.
	PLAYGROUP	For 0-5yrs during school terms; indoor and outdoor play equipment available. Morning tea while the parents catch up.	9:30am-11:30am	\$6 members \$8 non-members

**Gold Coast Community Legal Centre :** The Gold Coast Community Legal Centre (GCCLC) provides free legal advice, assistance, information & referral out of our Centre every Monday. For more information visit their website at [www.advicebureau.org.au](http://www.advicebureau.org.au). Or to book an appointment with a solicitor who attends our Centre please call - 55 329 611.

**St Vincent De Paul Society Step Up Loans:** are low cost loans up to \$3,000 (no cash loans) for people living on a low income. Loans are for such things as buying or repairing a motor vehicle, the purchase of furniture/ white goods, medical or educational expenses. Jessica, the Microfinance Officer is at the Centre every 2nd Wednesday of the month from 9am - 3pm. For bookings and enquiries, please call Jessica Allen on (07) 55145306 or 0427619718.

**What's new this month:**

Seniors Expo August 23<sup>rd</sup> from 10am-2pm. Free neck and shoulder massages and healing sound therapy. Information stalls on travel, My Aged Care, Legal, Tenancy, and much, much more.

**Exciting Workshop:**

Candle Making Workshop Wednesday 15<sup>th</sup> August 10am -12pm. \$35 Bookings Essential \*Limited Spaces\*. 2 hour workshop includes- a small tumbled crystal- a scented soy candle in a glass jar. Morning Tea and loads of positivity.

**Coming Soon:**

September – Varsity Lakes Community Resource Centre A.G.M.