

WHAT'S ON? August 2019

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 (returns to 8am approx. September)
Mon	AEROBICS	A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome. During school terms.	8:45am- 9:45am	\$5 members \$7 non-members
Mon	DECORATIVE ART FOLK ART	Bring your own art project or learn how to start from scratch. All ages welcome. Morning Tea provided.	9:30am- 12pm	\$5 members \$7 non-members + supplies
Mon	MAHJONG	A great way to strengthen and stimulate your mind. Some experience preferred. Morning tea provided.	10.15am- 12.45pm	\$5 members \$7 non-members
Mon	MARTIAL ARTS No classes from 19 th Aug- Sept 23 rd	Free community Martial Arts from 8yrs old to Seniors. Beginners welcome no experience required.	4pm-5pm	Free. No classes from 19 th Aug- Sept 23 rd
Tue	SEW CREATIVE	Community helping Community, Sewing for a purpose, helping young families in need. Repurposing & recycling. Please register your interest.	9am-12pm	Free Limited Spaces
Tue	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
Tue	MINDFULNESS MEDITATION	Guided mindfulness Meditation is a great way to find inner peace & wisdom – so many benefits for the mind and body.	10.30am- 12.00pm	\$5 members \$7 non-members
Wed	BEGINNERS YOGA	Come along and try our Beginners Yoga Class. Nicole the instructor will adapt the moves for your ability. Please bring a firm mat and water.	8.45am- 9.45 am	\$5 all welcome
Wed	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
Wed	40s PLUS FITNESS	Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness and cardiovascular health by a fully accredited instructor. 2 nd Class: Chronic Conditions	1 st class 10.00am- 11.00am 2 nd class 11.30am- 12.30pm	\$4 GCCC Active & Healthy \$7 during school holidays
Wed	TABLE TENNIS	Come and join in the fun of this great activity. All abilities welcome from beginner to advanced. All ages welcome. Afternoon tea provided.	1pm- 3pm	Gold coin donation.
Wed	KIDS AFTER SCHOOL YOGA	City of Gold Coast Active & Healthy program delivered by Shoshana from Aspiral Design.	4pm- 4.45pm	Free. Please bring a mat.

Centre Membership is \$5-

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

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

Web: www.varsitylakes.org.au Email: info@varsitylakes.org.au

Thur	STAMPING WITH FRIENDS	Come and create beautiful cards every 2 nd Thursday of the month. Some experience preferred.	9:30am-1pm	\$5 members \$7 non-members
Thur	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
Thur	TECHNOLOGY HELP BRING YOUR OWN DEVICE	Bring your own device for Technology Help. I pads, Tablets, Smart phones, laptops or learn with computers onsite. Please book ahead as positions are limited. 55 937 006	From 10.00am-12pm	Gold Coin Donation Community Centre Membership required \$5 per year.
Thur	AFTER SCHOOL DRAMA CLASS	Fun interactive workshop where the participants get to play fun theatre games! For 6-12 year olds.	3:45pm-4:45pm	\$5 per week 8 weeks from 25/7/19-12/9/19
Thur	MARTIAL ARTS	Free community Martial Arts from 8yrs old to Seniors. Beginners welcome no experience required.	6:30pm-7.30pm	Free
Fri	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 Runs During School terms

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.

Or to book an appointment with a solicitor that 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.

UPCOMING EVENTS:

FREE SENIORS EXPO & TECHNOLOGY HELP Thursday 22nd August 10am-2pm. Bring your phone or tablet for some free tech help, enjoy a free neck and shoulder massage, there will be lots of information stalls, some light refreshments provided and go in the draw to win an iPad.

Other Activities held at Varsity Lakes Community Resource Centre

Little Kickers- Fridays 9am-10.30am:

For info or bookings please call Little Kickers on 07 5535 8640 or email: goldcoast@littlekickers.com.au. Website: www.littlekickers.com.au

Tiny Tutus- Saturdays 9.30am-11.15am:

For information please call 1300 245 060 or email: info@tinytutus.com.au. Website: www.tinytutus.com.au.

Fit Hit Movement (F.H.M)- Mondays 5.45pm, Wednesdays 5.30am and Thursdays 5.30am:

For information please call Cat on 0412 419 082 or email: fithitmovement@gmail.com

40s Plus Fitness- Thursdays 5.45pm:

Contact Janet on 0435 003 067 or email thomas.janet@gmail.com.

Baby Sensory – Thursdays from 10am:

For information call Gold Coast Class Leader – Tania 0405 774 912 or email: northerngoldcoast-qld@babysensory.com

133 Army Cadet Unit-Wednesday evenings:

For enquiries please contact 0491 620 307 Captain (AAC) Seona Gray Officer Commanding.

Golden Light Spiritist Society-Tuesdays from 6.45pm:

Golden Light programs are FREE and aim to provide a Spiritual Awakening and Self-Enlightenment to better humanity in knowledge and compassion by improving ourselves. Please email: Contact@GoldenLightSpiritistSociety.com to register.

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