

## WHAT'S ON? DECEMBER 2017

|       |  |  |  |  |
|-------|--|--|--|--|
| Mon   | WALKING GROUP-<br>Heart Foundation<br>Approved | Meet at the Centre for a gentle walk followed by morning tea at the Centre. All ages welcome.  | 8am-9am  | Last day Thurs 18 <sup>th</sup> Dec 2017<br>Restarts Mon 22 <sup>nd</sup> Jan 2018<br>Free   |
|       | AEROBICS                                       | A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome.  | 9am-10am   | Last day Mon 18 <sup>th</sup> Dec 2017<br>Restarts Mon 22 <sup>nd</sup> Jan 2018<br>\$5 members<br>\$7 non-members   |
|       | FOLK ART                                       | Bring your own art project or learn how to start from scratch. All ages welcome.   | 9:30-12pm  | Last day Mon 18 <sup>th</sup> Dec 2017<br>Restarts Mon 22 <sup>nd</sup> Jan 2018<br>\$5 members<br>\$7 non-members   |
|       | MAHJONG  | Come along and play Mahjong. It is a great way to strengthen and stimulate your mind. Some experience preferred. Morning tea provided  | 10.00am-<br>12.30pm  | Last day Mon 18 <sup>th</sup> Dec 2017<br>Restarts Mon 29 <sup>th</sup> Jan 2018<br>\$5 members<br>\$7 non-members   |
| Tues  | POLISH GROUP                                   | Come and spend time with a great bunch of Polish people. Support, friendship and discussion around a variety interesting topics e.g health, culture, recipes and much more.                                    | 10.30am-<br>12.00pm  | Restarts Mon 5 <sup>th</sup> Feb 2017<br>Cost: Gold Coin donation for members<br>Refreshments provided.  |
|       | TABLE TENNIS                                   | Come and join in the fun of this great activity. Table Tennis including robot player. All ages welcome. Morning tea provided.  | 9.15am-<br>12.15pm   | Last day Tues 19 <sup>th</sup> Dec 2017<br>Restarts Tues 23 <sup>rd</sup> Jan 2018<br>\$5 members<br>\$7 non-members   |
| Wed   | ENGLISH CLASSES                                | Free English conversation class for beginners. Practise speaking and listening and also learn new vocabulary.  | 9.30am-<br>11.30am   | Last day Wed 13 <sup>th</sup> Dec 2017<br>Restarts Wed 31 <sup>st</sup> Jan 2018<br>Free   |
|       | 40s PLUS FITNESS                               | Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness and cardiovascular health by a fully accredited instructor.<br><br>2 <sup>nd</sup> Class: Chronic Conditions   | 1 <sup>st</sup> Class<br>10.30am-<br>11.30am<br><br>2 <sup>nd</sup> Class<br>11.30am-<br>12.30pm | Last day Wed 13 <sup>th</sup> Dec 2017<br>Restarts Wed 24 <sup>th</sup> Jan 2018<br><br>\$4.-  |
| Thurs | SMALL DOGS<br>PLAYGROUP                        | Socialisation and play time for small dogs, in an open fenced area. Meet and walk with other dog lovers and have a great time. (Up to date vaccinations are essential).  | 9.00am-<br>11.00am   | Last day Thurs 21 <sup>st</sup> Dec 2017<br>Cost: Gold Coin donation for members<br>Morning tea provided.  |
|       | STAMPING WITH<br>FRIENDS                       | Come and create beautiful cards every 2 <sup>nd</sup> Thursday of the month. Some experience preferred.  | 9:30am-<br>1pm   | Last day Thurs 9 <sup>th</sup> Nov 2017<br>Restarts Thurs 8 <sup>th</sup> Feb 2018<br>\$5 members<br>\$7 non-members   |
|       | FORGET ME NOT                                  | Last Thursday of the month for people with early memory loss and their carers. Morning tea, entertainment and a social get together. Up-to-date information from Guest speakers. To book please call 55937006. | 10.00am-<br>12.00pm  | Last day Thurs 30 <sup>th</sup> Nov 2017<br>Restarts Thurs 22 <sup>nd</sup> Feb 2018<br>Free<br>Next Forget Me Not morning tea is on Thurs 30 <sup>th</sup> Nov 2017 |
|       | KNIT/CROCHET &<br>CHAT GROUP                   | The group knits for disadvantaged members of the community. Join the group on Thursdays. Morning tea provided  | 10.00-<br>12.00pm  | Last day Thurs 21 <sup>st</sup> Dec 2017<br>Restarts Thurs 25 <sup>th</sup> Jan 2018<br>Free   |

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

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| 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 | Last day Fri 1 <sup>st</sup> Dec 2017<br>Restarts Fri 2 <sup>nd</sup> Feb 2018<br>\$6 members<br>\$8 non-members |
|-----|-----------|--|----------------|--|

**Centre Christmas Lunch:** You're invited to Varsity Lakes Community Resource Centre Christmas Lunch. Please join us on Thurs 14<sup>th</sup> Dec 2017 at 11.30am by bringing a small plate to share. There will be lucky door prizes and lots of fun and cheer. RSVP reception or call 55937006 by Mon 11<sup>th</sup> Dec.

**Citizen Advice Bureau & Gold Coast Legal Service :** An outreach service is available at the Centre on Mondays. For enquiries and appointments please contact their head office in Southport on 55329611. Last day Mon 18<sup>th</sup> Dec and Re-starts Mon 29<sup>th</sup> Jan 2018.

**Spanish Class:** Learn Spanish with Luis. Come along to this fun, interactive class and learn new language in a friendly setting. Tuesday Beginners class – one class per week.  
Term dates : Tues 6<sup>th</sup> Feb 2018 – Tues 27<sup>th</sup> March 2018 - Time 9am-11am.  
Cost: \$40 + \$5 Centre membership.  
Please call Centre on 55937006 to register.

**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. Last day Wed 13<sup>th</sup> Dec and Restarts Wed 14<sup>th</sup> Feb 2018.

**Christmas Break:** Centre will be closed from Mon 25<sup>th</sup> Dec and will re-open on Mon 22<sup>nd</sup> Jan 2018. The Management Committee, Staff and Volunteers of Varsity Lakes Community Resource Centre wish you all a Merry Christmas and a Happy New Year 2018.