

WHAT'S ON? DECEMBER 2017

Mon	WALKING GROUP- Heart Foundation 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 th Dec 2017 Restarts Mon 22 nd Jan 2018 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 th Dec 2017 Restarts Mon 22 nd Jan 2018 \$5 members \$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 th Dec 2017 Restarts Mon 22 nd Jan 2018 \$5 members \$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- 12.30pm	Last day Mon 18 th Dec 2017 Restarts Mon 29 th Jan 2018 \$5 members \$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- 12.00pm	Restarts Mon 5 th Feb 2017 Cost: Gold Coin donation for members 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- 12.15pm	Last day Tues 19 th Dec 2017 Restarts Tues 23 rd Jan 2018 \$5 members \$7 non-members
Wed	ENGLISH CLASSES	Free English conversation class for beginners. Practise speaking and listening and also learn new vocabulary.	9.30am- 11.30am	Last day Wed 13 th Dec 2017 Restarts Wed 31 st Jan 2018 Free
	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 10.30am- 11.30am 2 nd Class 11.30am- 12.30pm	Last day Wed 13 th Dec 2017 Restarts Wed 24 th Jan 2018 \$4.-
Thurs	SMALL DOGS 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- 11.00am	Last day Thurs 21 st Dec 2017 Cost: Gold Coin donation for members Morning tea provided.
	STAMPING WITH FRIENDS	Come and create beautiful cards every 2 nd Thursday of the month. Some experience preferred.	9:30am- 1pm	Last day Thurs 9 th Nov 2017 Restarts Thurs 8 th Feb 2018 \$5 members \$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- 12.00pm	Last day Thurs 30 th Nov 2017 Restarts Thurs 22 nd Feb 2018 Free Next Forget Me Not morning tea is on Thurs 30 th Nov 2017
	KNIT/CROCHET & CHAT GROUP	The group knits for disadvantaged members of the community. Join the group on Thursdays. Morning tea provided	10.00- 12.00pm	Last day Thurs 21 st Dec 2017 Restarts Thurs 25 th Jan 2018 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 Email: info@varsitylakes.org.au

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 st Dec 2017 Restarts Fri 2 nd Feb 2018 \$6 members \$8 non-members
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Centre Christmas Lunch: You're invited to Varsity Lakes Community Resource Centre Christmas Lunch. Please join us on Thurs 14th 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 11th 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 18th Dec and Re-starts Mon 29th 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 6th Feb 2018 – Tues 27th 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 13th Dec and Restarts Wed 14th Feb 2018.

Christmas Break: Centre will be closed from Mon 25th Dec and will re-open on Mon 22nd 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.