

## WHAT'S ON? February 2019

Mon	WALKING GROUP- Heart Foundation Approved	Meet at the Centre for a gentle walk followed by morning tea onsite. All ages welcome.	8am-9am	Free
Mon	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 Returning 4 <sup>th</sup> February 2019.
Mon	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
Mon	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
Mon	CARD GAMES & BOARD GAMES	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
Mon	MARTIAL ARTS	Free community Martial Arts from 8yrs old to Seniors. Beginners welcome no experience required.	4.00pm- 5.00pm	Free
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- 12.30pm	\$5 members \$7 non-members
Wed	BEGINNERS YOGA	A gentle way to bring flexibility and calmness to your day. During School terms only.	8.30am- 9.30am	\$3 GCCC Active & Healthy Runs during school terms
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 <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
Wed	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.	11.30am- 1.00pm  Fortnightly	Cost: Gold Coin donation from members. Refreshments provided. Meeting dates 6/2/19 & 20/2/19
Wed	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Afternoon tea provided.	1pm- 3pm	\$5 members \$7 non-members

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)

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 Returning 14 <sup>th</sup> February 2019.
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	COMPUTER CLASSES	Computer Literacy classes from absolute beginners and beyond taught in a supportive environment. All welcome. Please book as positions are limited.	From 10.00am-12pm	Gold Coin Donation Community Centre Membership required \$5 per year.
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 Returning 1 <sup>st</sup> February 2019.

**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.

### **Other Activities held at Varsity Lakes Community Resource Centre**

#### **Little Kickers- Fridays 9am-1045am:**

Approved Soccer Training for kids aged 18mths to 7 years old. For more information or bookings please call Little Kickers on 07 5535 8640 or email: [goldcoast@littlekickers.com.au](mailto:goldcoast@littlekickers.com.au). Website: [www.littlekickers.com.au](http://www.littlekickers.com.au)

#### **Tiny Tutus- Saturdays 9.30am-11.15am:**

Tiny Tutus ballet for Princesses. Tiny Tutus Pre-school Ballet. For more information please call 1300 245 060 or email: [info@tinytutus.com.au](mailto:info@tinytutus.com.au). Website: [www.tinytutus.com.au](http://www.tinytutus.com.au) Returning 2<sup>nd</sup> February 2019.

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

Fit Hit Movement North & South Gold Coast Group Training, For more information please call Cat on 0412 419 082 or email: [fithitmovement@gmail.com](mailto:fithitmovement@gmail.com)

#### **40s Plus Fitness- Thursdays 5.45pm:**

40s Plus Fitness fit for life. Are you 40+, want to get/stay fit and strong and have fun with people your own age? Contact Janet on 0435 003 067 or email [thomas.janet@gmail.com](mailto:thomas.janet@gmail.com)

#### **Baby Sensory – Thursdays from 10am:**

Baby Sensory Precious Early Learning for Babies from Birth to 13 months, for more information call Gold Coast Class Leader – Tania 0405 774 912 or email: [northerngoldcoast-qld@babysensory.com](mailto:northerngoldcoast-qld@babysensory.com) Commencing 7<sup>th</sup> February 2019.

#### **133 Army Cadet Unit – Wednesday evenings:**

For enquiries please contact 0455 588 558 Captain (AAC) Alexandra Verrall Officer Commanding.

#### **Golden Light Spiritis 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](mailto:Contact@GoldenLightSpiritistSociety.com) to register.

Centre Membership is \$5-

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