

WHAT'S ON? SEPTEMBER 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.	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
	FOLK ART	Bring your own art project or learn how to start from scratch. All ages welcome.	9:30-12pm	\$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	\$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 interesting topics e.g health, culture, recipes and much 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. Table Tennis including robot player. All ages welcome. Morning tea provided.	9.15am- 12.15pm	\$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	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	\$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	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	\$5 members \$7 non-members
Fri	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	Free Next Forget Me Not morning tea is on Thurs 31 st Aug 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	Free
	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

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

First Aid Information Session: Free First Aid Information Session delivered by Queensland Ambulance Service on Thursday 7th Sept 2017 – time 10am at Varsity Lakes Community Resource Centre, Jim Harris Park, Mattocks Road, Varsity Lakes. Please call reception on 55937007 to book your spot.

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.

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.

Free School Holiday Activities:

GeckoFun on Wed 20th Sept – Time 9.30am-11.30am. Get into the games spirit, learn some skills and have some fun with soccer, basketball, obstacle challenges, footy target passing, inflatable bowls, cricket and much more. Children are required to be supervised by parents at all times and are not required to stay for the entire duration. Suitable for children 4 to 13 years. No bookings required. Email: jay@geckosports.com.au

Tae Kwon-do by Pow Martial Arts on Thurs 21st Sept 2017 – Time 9.30am – 10.30am. Come along and learn some fun and learn self defense skills, including chop, strike, blocks, jumps and spins! Open to all ages and fitness abilities. No bookings required. Instructor Paul or Tracy. Mobile 0468477951 or email powmartialarts.com.au.

Sun Catcher Workshop on Wed 27th Sept 2017 – Time 9.30am-11.30am (no bookings required). Create a beautiful sparkle and shine sun catcher using special glass deco paint in all colours possible with lots of designs available. No bookings required. AE Events P: 5559 0318

at Varsity Lakes Community Resource Centre, Jim Harris Park, Mattocks Road, Varsity Lakes. For enquiries, please call 55937006.

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