

Varsity Lakes Community Resource Centre

WHAT'S ON? August 2025

Mon, Wed & Thur	SUPPORT BEYOND BARRIERS	Support Beyond Barriers for at risk community members, by providing emotional & practical support. Facilitated by a social worker either face to face, via zoom or phone. For more information & appointments please call 07 5593 7006. <i>We do not provide brokerage via vouchers, or financial assistance. We do not offer crisis intervention, we can refer.</i>	Mondays, Wednesdays & Thursdays	Free Bookings Essential Please call 5593 7006
By appoint	HELP WITH FILLING OUT FORMS	***This is NOT a legal or tax service. Do you require help filling in forms or applications? Onsite help with filling in a passport, Centrelink forms, Lease applications, online applications and more.	By appointment only	Free Call 5593 7006
Thur	NOURISHING OUR NEIGHBOURHOOD	Available to everyone. Food provided by SecondBite. Grab some food and do your part in reducing food waste. Ending waste and ending hunger.	9am until all taken	Free Monday is paused due to supply issue.
Mon to Friday	BEAN WAITING FOR YOU	"Bean Waiting for You" is now open to indulge your caffeine needs. Our café space hosted by baristas offers friendly vibes & a welcoming atmosphere. Come for the coffee, stay for the connection.	Monday to Friday 8:30am-12:30pm	Coffees / Drinks from \$4
Mon	FITNESS WITH NORM	A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome.	9:15am - 10:15am	\$5 all welcome. Cash preferred.
Mon	DECORATIVE ART FOLK ART	Bring your own art project or learn how to start from scratch. All ages welcome. Tea and coffee provided.	9:30am -12pm	\$6 members +\$5 teaching \$8 non-members + supplies
Mon	MONDAY FREE PLAY	Come along for a fun morning of Free Play in the fenced play area. *Children must be supervised by their parents. *Parking is available only on Cassia Drive. Stroll through the park & do a scavenger hunt on your way!! Coffee cart open for orders.	9am-12pm	Free (If your child is unwell, please do not attend)
Mon	MAHJONG	A great way to strengthen and stimulate your mind. Some experience preferred. Tea & coffee provided. <i>Training available, for details speak with Lee or admin.</i>	10.30am - 1:00pm	\$6 members \$8 non-members
Tue	SEW CREATIVE	Community helping Community, Sewing for a purpose. Repurposing fabric into pram liners and other items for the Baby Give Back initiative. Tea & coffee provided.	9am -12pm	Free Bookings required call 55937006. This is <u>not</u> a learn to sew class.
Tue	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Tea & coffee provided.	9am -12pm	\$6 members \$8 non-members Membership required
Tue	FINANCIAL COUNSELLING	Financial Counsellors c/o Uniting Care can help with the following: Options to manage financial issues, negotiate with creditors, understand your rights & access legal help, assist people to access grants or concessions. 5579 6087, 5579 6016, www.unitingcareqld.com.au/services-and-support/counselling-and-wellbeing/financial-counselling	9am-12pm	Free Drop-in service & bookings taken
Tue	COFFEE & CHAT	Join us at our Coffee Cart to chat with specialists on varying topics each week. Beconnected, MyGov, Cyber Security, How to save on your Electricity Bills, and more.	10am- 12pm	Drop-in session.
Tue	RECREATIONAL TABLE TENNIS	Come along and enjoy a recreational game of table tennis, experience not required. Tea and coffee provided.	12pm -2pm NEW TIME	\$3 members \$5 non-members Membership required.

\$10.00 Membership Jan- Dec 2025

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

Ph: (07) 5593 7006

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

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Tue	CALM & CONFIDENT ME PROGRAM	Supportive, fun & engaging program for children aged 5-12. Includes playful yoga poses, breathwork, mindfulness games & more.	3:45pm - 4:30pm	Book your Childs spot today call 0433 053 253. Price TBC www.exhaleyogaandwellnessgc.com
Wed	LITTLE ONES AND LATTES	Join us for coffee & fun! Coffee Cart is Open, buy a coffee and get a free Babycino. Mats & soft play for little ones in a secure area. Bring your friends or make some new ones.	8:30-12:30pm	Coffees / Drinks from \$4
Wed	BEGINNERS YOGA	Come along and try our Beginners Yoga Class. Gerlinde the instructor will adapt the moves for your ability. Please bring a firm mat, water & towel.	9:15am - 10:15am	\$5 all welcome. Cash preferred.
Wed	ENGLISH CLASSES	Free English conversation class for beginners. Practice speaking and listening and learn new vocabulary. Tea and coffee provided.	9:30am - 11:30am	Gold coin donation welcomed.
Wed	A&H MULTI SPORT FUN	A fun, multi-sport & fitness program for preschool children that allows them to practice fundamental gross motor skills such as kicking, catching & throwing.	10:30am - 11:15am	Free. School terms Bookings required online. thelittlesportingcompany.com.au
Thur	STAMPING WITH FRIENDS	Come and create beautiful cards on the 2 nd Thursday of the month. Some experience preferred. 10/7/25 next meeting.	9:30am - 1pm	\$6 members \$8 non-members Class currently full
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. Tea and coffee provided.	9am -12pm	Free Community Centre Membership required
Thur	BE CONNECTED TECH HELP	Bring your own device for Technology Help. iPads, Tablets, Smart phones, laptops or learn with a laptop onsite. Bookings are required, call 55937006.	1 hr session By Appointment	Gold Coin Donation appreciated. Bookings required, limited spots.
Fri	PLAYGROUP	For 0-5yrs during school terms; indoor and outdoor play equipment available. Morning tea provided. School term only, 0-5 years. If your child is unwell, please do not attend.	9:30am - 11:30am	\$6 per family Weather permitting School terms only
Fri	SOCIAL ART	Learn Water colour painting or do your own. Most materials are supplied. For more details, please contact Melanie on 0437 049 993.	11:30pm – 2:30pm	Donation requested Community Centre Membership required \$10

Other activities at the Centre

GC Tool Library repair Café Saturday August 9th at 12pm-3pm

Free Community event bringing together volunteers skilled in repair & mending, to fix household items that are brought in by the Community with coffee and cake on the side. For more information on what can be fixed check out the link to their Facebook page <https://www.facebook.com/share/1FAPMsJow8/>

2 Day Mental Health First Aid Course - Monday the 25th August & 1st September. \$30 for MHFA textbook

Facilitated by Holly from GC Health and hosted at VLCRC Activity Centre. Gain valuable insights and skills to recognise and respond to mental health challenges effectively. Please note this is a 2-day course, you will need to attend both days to gain your accreditation. Follow the link to book tickets <https://events.humanitix.com/2-day-mental-health-first-aid-3meg29n>

INSPIRE! Dementia Friendly Community Choir Thursdays, 1:30pm-3pm August 7th & 21st.

Do you like to sing? Inspire! is a new community choir where we sing, connect, and inspire. No experience required. Everyone is invited, especially people living with dementia and their families. Come along and see for yourself at our free warm- up events. Stay for a chat and a cuppa. \$5 entry. For information & RSVP Email inspirechoirdf@gmail.com

Gold Coast's Estonian Children's playroom Sunday fortnightly, 930-1130am August 3rd, 17th & 31st

All children & parents interested in Estonian-language activities, games, songs & crafts are welcome to come. Children of all ages welcome! Fortnightly basis. Please bring a small meal for you & your child and a water bottle. Single ticket \$8 or 3 months \$35. For more information <https://www.eestilapsed.com.au>

Gold Coast TOASTMASTERS - 2nd & 4th Tue of the month

A great opportunity to improve your public speaking and communication skills, have fun and be inspired. Everyone is welcome. For enquiries, please contact Olga olga.safronova.au@gmail.com

Matt Fiddes Martial Arts - Gold Coast South for all ages

Every Monday starting at 3:45pm for 4/7 years and 4:30pm for 7/12 years and above. Free two-week trial classes. For more information, please call Shane on 0437949782.

Brazilian Forro Dancing - Every Wednesday 6:30-8:00pm

Come along and learn from experienced Brazilian dance teachers, Luciana & Carolina. Classes commence from 6:30pm -715pm with Social Dance from 7:15- 8pm. BYO Drinks & snacks, wear comfy clothes, non-grip shoes & don't forget your water bottle. Entry is \$10 class only or \$15 class & social dance with live music, cash at the door. (Intermediate classes coming soon) For more info call Luciana Soares on 0447 300 288

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