Varsity Lakes Community Resource Centre

WHAT'S ON? November 2026

Mon, Wed & Thurs	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. *We do not provide brokerage via vouchers or financial assistance. We do not offer crisis intervention, we can refer.*	Mondays, Wednesdays & Thursdays	Free Bookings Essential
By appoint	HELP WITH FILLING OUT FORMS	***<u>**This is NOT a legal or tax service.**</u> Do you require help filling in forms or applications? Onsite assistance with filling in a passport, Centrelink forms, Lease applications, online applications and more.	By appointment only	Free Call 5593 7006
Thurs	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 -Thurs
Mon to Friday	BEAN WAITING FOR YOU	"Bean Waiting for You" is 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.	Mon - Friday 8:30am-12:30pm	Coffees / Drinks from $4
Mon	FOCUS FITNESS WITH NORM	A great class for varying degrees of fitness. Come along and boost your energy. All ages welcome.	9:15-10:15am	$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. Currently Full	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) Please do not bring nuts.
Mon	MAHJONG	A great way to strengthen and stimulate your mind. Some experience preferred. Tea & coffee provided. *Training available, for details speak with Lee or admin*.	10:45 -1:15pm	$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 and other groups. Tea & coffee provided.	9am -12pm	Free – Currently full 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
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	RECREATIONAL TABLE TENNIS	Come along and enjoy a recreational game of table tennis, experience not required. Tea and coffee provided.	12pm -230pm	$3 members $5 non-members
Mon to Thurs	BE CONNECTED TECH HELP	Bring your own device for Technology Help, iPad, tablets, smart phones, laptops or learn with a laptop onsite. Bookings required call 55937006	1 hr. session by appointment	Gold Coin donation appreciated Bookings required, limited spots.
Tue	CALM & CONFIDENT ME PROGRAM	Supportive, fun & engaging program for children aged 5-12. Includes playful yoga poses, breathwork, mindfulness games & more.	3:45 - 4:30pm	Book your Childs spot today call 0433 053 253. $8 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, toys and Storytime for little ones in a secure area. Bring your friends or make some new ones.	9:00-12:00pm	Coffees / Drinks from $4 10:00am Storytime (If your child is unwell, please do not attend)

$10.00 Membership Jan-Dec 2026
Address: Jim Harris Park; Mattocks Road, Varsity Lakes 4227
Ph: (07) 5593 7006
Web: www.varsitylakes.org.au **Email:** info@varsitylakes.org.au

Varsity Lakes Community Resource Centre

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.	9:15-10:15am	$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.	9:30-11:30am	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. Suits 2-5yrs old.	10:30am - 11:15am	Free. **School terms only** Bookings required online. Geckosports.com.au
Wed	TEEN FITNESS	VLCRC Teen Fitness. Boxing, HIIT, Cardio. Improve fitness and gain confidence. Suitable for ages 10+. Facilitated by Luke www.koreankarate.com.au 0418 813 843	5:15pm-6pm	$5 per session
Thurs	STAMPING WITH FRIENDS	Come and create beautiful cards on the 2nd and 4th Thursday of the month. Some experience preferred. Currently full	9:30am - 1pm	$6 members $8 non-members 12th & 26th November
Thurs	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
Thurs	QIGONG	Experience balance & harmony in life. Regulate hormones naturally, Boost immunity & vitality, Reduce stress & anxiety, Strengthen core & posture, Improve sleep quality and more.	10am -10:45am	Free
Thurs	DIGITAL LITERACY	Learn how to get online safely, connect with family, friends & view community activities. Join us for a free, friendly session where we'll help you build your digital skills & stay safer online.	12pm -1pm	Free
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	$6.50 per family Weather permitting Please do not bring nuts
Fri	SOCIAL ART	Learn Water colour painting or do your own. Most materials are supplied. Afternoon tea provided. For more details, contact the centre on 5593 7006.	11:45pm – 2:45pm	$5 Donation requested Community Centre Membership required **School terms only**

Yoga and Somatics (with Chilli) Mondays 7:45-8:45am $8 per class cash preferred.
A gentle & inclusive class blending Yoga, Qi Gong, somatic exploration & breathwork. Grounded in organic movement principles, the practice invites participants to listen inward, honour their body's signals, & move in a way that feels supportive & safe while improving strength & flexibility.

INSPIRE! Dementia Friendly Community Choir Thursdays 1st & 3rd Thursdays of the month November 5th & 19th
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

Tang Soo Do "Traditional Korean Karate classes on Tuesday, Wednesday, Thursday and Saturdays suitable for kids, teens and adults.
Our focus of training is discipline and structure while improving your physical and mental health and well-being. We also offer group fitness classes and PT for 11+. Chief instructor Master Luke Reinhardt has been teaching martial arts for over 30 years. All new students are welcome at any time to come and have a FREE trial class.
0418813843 www.koreankarate.com.au

Gold Coast's Estonian Children's playroom Sunday fortnightly, 930-1130am November 22nd away on the 8th
All children & parents interested in Estonian-language activities, games, songs & crafts are welcome to come. Children of all ages are welcome! On a 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- November 10th & 24th
A great opportunity to improve your public speaking and communication skills, have fun and be inspired. Everyone is welcome.
For enquiries, please contact Olga ollga.safronova.au@gmail.com

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

Varsity Lakes Social Rock "n" Roll – Every Thursday night doors open from 6pm
R&R/ Partner/ Line Dancing. Lessons from 6:30-7:30pm followed by Social Dancing till 930pm. BYO food and drinks. $10 per person. For more information, please call Annette on 0412 292 757 or Nevis on 0419 652 739

$10.00 Membership Jan-Dec 2026
Address: Jim Harris Park; Mattocks Road, Varsity Lakes 4227
Ph: (07) 5593 7006
Web: www.varsitylakes.org.au **Email:** info@varsitylakes.org.au