Varsity Lakes Community Resource Centre

WHAT'S ON? May 2023

Mon, Wed & Fri	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 & Fridays	Free Bookings Essential Please call 5593 7006
By appoint	HELP WITH FILLING OUT FORMS	***<u>**This is NOT a legal, tax or JP service**</u>. Do you require help filling in forms or applications? Onsite help with filling in passport, Centrelink forms, Lease applications, online applications and more.	By appointment only	Free Call 5593 7006
Mon	WALKING GROUP Heart Foundation Approved	Meet at the Centre for a gentle walk. All ages welcome. Chat and coffee/tea after the walk.	8am - 9am Summer	Free 9am - 10am Winter
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	$4 members
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	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*. *Next beginners 4 day course in May -Mon 15th 930-12pm, Tue 16th 1215-215pm, Mon 22nd 930-12pm, Tue 23rd 1215-215pm	10.30am - 1:00pm	$6 members $8 non-members Beginners course $50 includes membership from Oct 22-Sep 23.
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. (Currently full)
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 Counsellor Emma 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. 0417 041 808 or 5579 6087	9am-12pm	Free Drop-in service
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 - 12.00pm	$6 members $8 non-members
Tue	RECREATIONAL TABLE TENNIS	Come along and enjoy a recreational game of table tennis, experience not required. Tea and coffee provided.	12.30pm - 2:30pm	$3 members $5 non-members
Tue New day	KIDS YOGA	Come along and try our kid's yoga class with instructor Michelle! All ages & levels welcome.	3:30 - 4:15pm *NEW DAY*	$5 **School terms only**
Wed	BEGINNERS YOGA	Come along and try our Beginners Yoga Class. Nicole the instructor will adapt the moves for your ability. Please bring a firm mat, water and towel.	9:15am - 10:15am	$5 all welcome
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

Centre Membership is $10.00
Address: Jim Harris Park; Mattocks Road, Varsity Lakes 4227
Ph: (07) 5593 7006 Fax: (07) 5593 8043
Web: www.varsitylakes.org.au **Email:** info@varsitylakes.org.au

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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 Bookings required online thelittlesportingcompany.com.au
Thur	STAMPING WITH FRIENDS	Come and create beautiful cards the 2nd Thursday of the month. Some experience preferred.	9:30am - 1pm	$6 members $8 non-members
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.	9.00 -12.00pm	Free Community Centre Membership required per year Oct - Sep
Thur	TECHNOLOGY HELP	Bring your own device for Technology Help. iPads, Tablets, Smart phones, laptops or learn with computers onsite. Bookings required call on 55937006. Tea and coffee provided.	10:00am or 11:00am appointments	Gold Coin Donation. Community Centre Membership required per year Oct - Sep **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**.	9:30am - 11:30am	$6 per family Weather permitting.
Fri	SOCIAL ART (Currently full)	Learn Water colour painting or do your own. Most materials supplied. For more details please contact Melanie on 0437 049 993.	12:00pm - 3:00pm	Gold coin donation Community Centre Membership per year Oct - Sep is required. (Currently full)
Sun Fortnightly	GOLD COAST'S ESTONIAN CHILDREN'S PLAYROOM	All children & parents who are interested in Estonian-language activities, games, songs and 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. https://www.eestilapsed.com.au	9:30am - 11:30am	Single ticket $8 or 3 months $35.00 Bookings required please call 5593 7006 May 14th & 28th

Other activities held at the centre

Yoga -Mondays 6:15pm-7:15pm

Karli from Earth Heart Soul Yoga will guide you through breathwork and a steady vinyasa flow to ground your energy, open your body & quiet your mind. All welcome & beginner friendly. Bring a yoga mat, water bottle & any favourite props. Blocks provided. Bookings not required. Cost $15, cash only.

Open Group Yoga Therapy with Nicole - Saturdays 7:30am-8:30am

Please bring a firm mat, towel and water bottle. Casual $15 per person or 4 week investment $48. Bookings essential on 0400 294 142 FB -Yoga with Nicole

***Little Kickers- Fridays 8:15am-11:00am*:**

For info or bookings please call Little Kickers on 07 5535 8640 or email: goldcoast@littlekickers.com.au. Website: www.littlekickers.com.au

133 Army Cadet Unit-Wednesday evenings:

For enquiries, please contact 0491 620 307 Captain (AAC) Seona Gray Officer Commanding.

Currumbin Calorie Counters – Mondays 1:30pm-2:30pm

For enquiries, please contact Jenny on 07 5535 2115

Gold Coast TOASTMASTERS - 2nd & 4th Tuesday of the month - Arrive at 6:15pm for a 6:30pm - 8:30pm evening.

A great opportunity to improve your public speaking and communication skills, have fun and be inspired. Everyone is welcome.
For enquiries, please contact Nic baldwinicola@gmail.com or phone 0411 510 363

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 2 week trial classes.

Mighty Mess Kids - Thursdays once a month

Messy sensory play for babies and toddlers aged 6 months to 4 years. The benefits of sensory play are endless. Little ones explore, play and have the most amazing fun while they learn through touch, sight, sound, smell and taste. All products are taste safe. A warm bubbly bath provided at the end of each session. Come along and leave the mess to us. For more information, please contact Megan on 0428477588 or mightymesskids@gmail.com

Thursday Night Gatherings -2nd & 4th Thursday of the month -7pm-9pm

Ivana and Craig invite you to connect with other local like minded humans. Sacred Cacao Ceremony. A guided evening of discussion, empowerment, ceremony, breathwork and meditation. Bring your drum or music makers, yoga mat, water and loving intentions. For more information SMS Craig on 0404477522 or message on FB: Thursday Night Gatherings.

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