

Varsity Lakes Community Resource Centre

WHAT'S ON? February 2024

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, tax or JP service. 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	NOURISHING OUR NEIGHBOURHOOD	Available to everyone. Food provided by SecondBite. Grab some food and do your part in reducing food wastage. Ending waste and ending hunger.	9am-2pm or until all taken	Free
Mon	WALKING GROUP Heart Foundation Approved	Meet at the Centre for a gentle walk. All ages welcome.	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	\$5 all welcome
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. <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.
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	KIDS YOGA	Come along and try our kid's yoga class with instructor Michelle! All ages & levels welcome.	3:30 - 4:15pm	\$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 Please call Nicole for details 0400 294 142

Centre Membership is \$10.00

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

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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 Bookings required online thelittlesportingcompany.com.au
Thur	STAMPING WITH FRIENDS	Come and create beautiful cards the 2 nd 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 \$10 Jan -Dec 2024
Tue & Thur	TECHNOLOGY HELP	Bring your own device for Technology Help. iPads, Tablets, Smart phones, laptops or learn with a laptop onsite. Bookings required call on 55937006. Tea and coffee provided.	1 hr session Various start times	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.	9:30am - 11:30am	\$6 per family Weather permitting.
Fri	SOCIAL ART	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 required. \$10 Jan-Dec 2024
Sun Fortnightly	GOLD COAST'S ESTONIAN CHILDREN'S PLAYROOM	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. https://www.eestilapsed.com.au	9:30am - 11:30am	Single ticket \$8 or 3 months \$35.00 Bookings required please call 5593 7006

Other activities at the Centre.

INSPIRE! Dementia Friendly Community Choir Thursdays, 1:30pm-3pm. Feb 1, 15, Mar 7, 21, Apr 18, May 2, 16, June 6, 20, July 18, Aug 1, 15, Sep 5, Oct 3, 17, Nov 7, 21, Dec 5th.

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

Line Dancing with Leah. Wednesdays 1:30-3:30pm

If you are looking for a fun way to burn off some calories, come & join us at our new beginner's improver Line Dancing classes. \$15 per session. Bookings not required. For more information, please call Leah on 04033 406 365.

Dance Central, Rock'n'Roll & Swing Dancing Thursday nights 6:30pm

Cadillac Rockers & Rock Swingz present Dance Central Rock'n'Roll and Swing Dancing. Big Dance floor, Weekly DJ's, Live Band monthly, Raffles, All Ages welcome, BYO food & drink, Dance Lessons available. DJ nights \$10, Band Nights \$20.

Yoga -Wednesday Nights 6:30pm-7:30pm & Saturday mornings 7:30am-8:30am

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.

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

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

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

For enquiries, please contact Jenny on 07 5535 2115

Gold Coast TOASTMASTERS - 2nd & 4th Tue 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 0411510363.

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.

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