

## Varsity Lakes Community Resource Centre

### WHAT'S ON? August 2022

Mon & 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. <i>We do not provide brokerage via vouchers, or financial assistance. We do not offer crisis intervention, we can refer.</i>	Mondays & Fridays	Free Bookings Essential Please call 5593 7006
By appoint	HELP WITH FILLING OUT FORMS	<b>***This is NOT a legal, tax or JP service.</b> 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 07 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.	9am-10am winter	Free 8am-9am Summer
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	\$3 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 \$7 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 \$7 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. (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 \$7 non-members
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 \$7 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 \$4 non-members
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	Free
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 <a href="http://thelittlesportingcompany.com.au">thelittlesportingcompany.com.au</a>
Wed	KIDS YOGA	Come along and try our kid's yoga class with instructor Michelle! All ages & levels welcome.	3:30-4:15pm NEW TIME **	\$5 <b>School terms only</b>

Centre Membership is \$5-

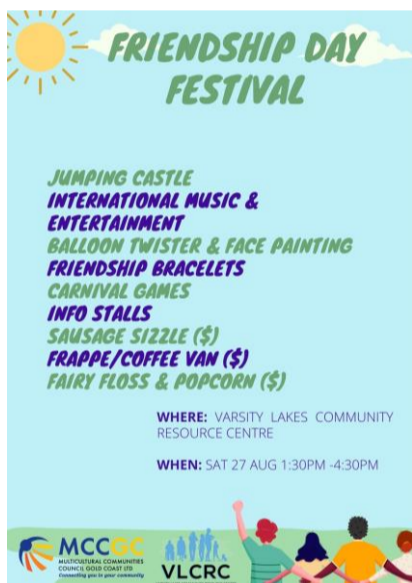
Address: Jim Harris Park; Matlocks Road, Varsity Lakes 4227

Ph: (07) 5593 7006 Fax: (07) 5593 8043

Web: [www.varsitylakes.org.au](http://www.varsitylakes.org.au) Email: [info@varsitylakes.org.au](mailto:info@varsitylakes.org.au)

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Thur	STAMPING WITH FRIENDS	Come and create beautiful cards the 2 <sup>nd</sup> Thursday of the month. Some experience preferred.	9:30am- 1pm	\$6 members \$7 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 \$5 per year.
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-11.00am or 11.00am to 12.00pm	Gold Coin Donation. Community Centre Membership required \$5 per year. <b>Bookings required limited spots</b>
Fri	PLAYGROUP	For 0-5yrs during school terms; indoor and outdoor play equipment available. Morning tea provided. <b>School term only 0-5 years.</b>	9:30am-11:30am	\$6 per family members \$7 per family non-members Weather permitting
Fri	PAINT SNIP 'N' CLIP WATERCOLOURS	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 \$5 per year.



### Friendship Day festival

Saturday 27<sup>th</sup> August 1:30-4:30pm.

### Other Activities held at Varsity Lakes Community Resource Centre

#### Yoga with Nicole - Saturdays 7:30am-8:30am

Please bring a firm mat, towel and water bottle. \$12 per person

#### 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](mailto:goldcoast@littlekickers.com.au). Website: [www.littlekickers.com.au](http://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](mailto: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](mailto:mightymesskids@gmail.com)

Centre Membership is \$5-

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