

Varsity Lakes Community Resource Centre

WHAT'S ON? August 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 & Thur	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 until all taken	Free
Mon, Wed & Fri	BEAN WAITING FOR YOU	"Bean Waiting for You" is now open to indulge your caffeine needs. Our café space hosted by barista Juliano offers friendly vibes & a welcoming atmosphere. Come for the coffee, stay for the connection.	9-1230pm Mondays 830-1230pm Wed & Fri	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
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 not a learn to sew class. 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 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
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 Membership is \$10 Jan-Dec.
Tue	KIDS YOGA	Come along and try our kid's yoga class with instructor Michelle! All ages & levels welcome.	3:45 - 4:30pm	\$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. Cash preferred. 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

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. School terms Bookings required online. thelittlesportingcompany.com.au
Thur	GET SET FOR PREP	Join in structured, fun activities to help prepare your child to enjoy a smooth transition into prep year. Delivered by a retired specialist educator. Suitable for children who are not already attending kindergarten or who are learning English as a second language. Held in our fully fenced playground dedicated to children under 5 years old.	9:30am-11:30am	Fees are kept to a minimum \$5 per session for 5 sessions (\$25) 25 th July- 22 nd August Bookings Essential
Thur	STAMPING WITH FRIENDS	Come and create beautiful cards on 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
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.	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 detail, please contact Melanie on 0437 049 993.	11:30pm – 2:30pm	Gold coin donation weekly. Community Centre membership required. \$10 Jan-Dec School terms only

FEEL GOOD MINI FEST Saturday 10th August from 10am-1pm

Mental Health Workshops/Talks, Breathwork & Ice Bath, Kids Fun (balloon twisting/ face painting), Art & Creative Art Therapy, Yoga, Pilates, Rowing Challenges, Coffee Cart & Free Snag sizzle, Live Entertainment.

Other activities at the Centre.

INSPIRE! Dementia Friendly Community Choir Thursdays, 1:30pm-3pm. 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 inspirechoir@gmail.com

Gold Coast's Estonian Children's playroom Sunday fortnightly, 930-1130am

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>

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 from \$20. For more info call Mark Tippett on 0466 270 952

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

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 Olga ollga.safronova@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 Dance Class & Social Night -Wednesdays 6:30-8:00pm

Come along and learn from experienced Brazilian dance teachers, Luciana & Carolina. Classes commence at 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 Mark Tippett on 0466 270 952.

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