

Varsity Lakes Community Resource Centre

WHAT'S ON? October 2022

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| 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. <i>We do not provide brokerage via vouchers, or financial assistance. We do not offer crisis intervention, we can refer.</i> | Mondays, Wednesdays & Fridays | 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 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. | 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 New price |
| 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. (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. | 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 |
| 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 thelittlesportingcompany.com.au |

Centre Membership is \$10-

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 | 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 School terms only |
| 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 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-11.00am or 11.00am to 12.00pm | 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 | 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 |

Other Activities held at Varsity Lakes Community Resource Centre

GC FLAG Anti-Poverty Week, Seniors Connect – Thursday 20th October 10am-1pm. Door prizes, Health Checks, Financial Wellbeing info, Community Connection, Tech help for your device, Morning tea and sausage sizzle, 10 Min neck & shoulder massage. Lots of different services with info stalls. Free event.

Family Halloween Event 3:30-7pm Saturday 29th October. (FULLY BOOKED) Waiting list available please check our Facebook page for the link.

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

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

Yoga with Natalie – Mondays 6:30pm-7:30pm

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. 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

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