

Varsity Lakes Community Resource Centre

WHAT'S ON? August 2021

Mon & Fri	COMMUNITY SUPPORT	Community Support 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	***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.	9am-10am	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	\$5 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	\$5 members \$7 non-members
Mon	YOUTH FITNESS 8-16 YEARS	Get the kids active with Norm in a fun and friendly atmosphere. For ages 8-16 years. Bring a water bottle.	4:00pm-4:45pm	\$3 School terms only
Mon	MENS WELLBEING	Mens Wellbeing -men supporting men. 2 nd and 4 th Mondays of the month. RSVP Peter- 0418 985 232 or Hunter – 0403 046 911	6:45pm-9:00pm	Free Will resume on the 23rd August
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. Limited spaces
Tue	TABLE TENNIS	Come and join in the fun of this great activity. All ages welcome. Tea & coffee provided.	9am-12pm	\$5 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	\$5 all welcome
Tue	INTRODUCTION TO SEWING FOR KIDS	Learn basic skills like how to hem, sew a button on, different styles of stitching and more. All materials & equipment provided. Bring along a water bottle.	3:30pm-4:30pm In the library	\$5.00 per person Bookings essential call 55937006 School terms only. No class on the 15th, 22nd, 29th June & 6th July.
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 English will resume on the 25th August 2021

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 Email: info@varsitylakes.org.au

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Wed	40s PLUS FITNESS	Safe low impact exercises to improve balance, flexibility, strength, mobility, mental alertness and cardiovascular health by a fully accredited instructor.	10.30am-11.30am	\$4 GCCC Active & Healthy \$7 during school holidays
Wed	TABLE TENNIS	Come and join in the fun of this great activity. All abilities welcome from beginners to advanced. All ages welcome. Tea and coffee provided.	12.30pm-2.30pm	Gold coin donation. Community Centre membership required \$5 per year. (Oct-Sep)
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 **	\$3 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	\$5 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-12.00pm	Gold Coin Donation Community Centre Membership required \$5 per year. Bookings required limited spots
Thur	AFTER SCHOOL THEATRE KIDS	Music -Acting -Dancing -Singing – Self-expression. Prep to Year 6.	4:00pm-5:00pm	\$5 per week School terms only
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	\$5 per family weekly Community Centre Membership \$5 per year. Oct-Sep.
Fri	PAINT SNIP 'N' CLIP WATERCOLOURS	Learn Watercolour painting or do your own. Most materials supplied. For more details please contact Melanie on 0437 049 993.	11:15am-2:30pm	Gold coin donation
Fri	COMMUNITY ART & CRAFT	Community Art & Craft classes for adults with Esme & Maureen. Bookings essential limited places. Please call 55937006 to book.	10:00am-12:00pm	\$5 per lesson **occasionally a small cost for materials Bookings essential

Seniors Expo Thursday 26th August 10am-1pm

Health, lifestyle and wellbeing stalls plus Technology help. Light refreshments provided.

Other Activities held at Varsity Lakes Community Resource Centre

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

Please bring a firm mat, towel and water bottle. \$10 per person

Little Kickers- Fridays 8:45am-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 John on john@johndaley.com.au or 0488 227185.

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