

Third Term Newsletter 2007

Monday – Women Connect- Sessions to be covered this term include; Sex Stuff, Stress less, Zone therapy, Tai Chi, Positive Affirmations, Video Clips, Parent Child Communication, Lawn bowls, Declutter your Life, Anger Management, Christmas Cooking – 10am -12noon – cost \$3.00 - Child Care available on request

Mondays – Tai Chi sessions with Jean Walters - 1pm -2pm - \$3.00

Tuesday – Group Exercise – Low Impact -10.30am -11.30am with Lyn Cook (Qualified Instructor) - \$3.00

Tuesday – Card Making – 12.45pm – 2.45pm - Cost \$6.50 includes kit to make 4 cards

Tuesday 9.30am – 11.45am – Photo Scrapbooking - Amy Unit

Community Garden – Working Bee and teaching sessions held Tuesday afternoon 1pm – 3pm at 11 Moore Street

Tuesday Evening - Bridge Club meets at 7.20pm

Wednesday - Scrabble Club 10.15am – 3pm

Parent Involved Playgroup - 10am –11.30am
50 cents plus your child's morning tea

Thursday Belly Dancing – commences 4th October for 9 weeks.
\$3.00 per session. Child care available

The Ulverstone Garden Club meets the 1st Thursday in the month 1pm – Please phone centre in case a bus trip or garden visit has been organized.

Friday 029T Gym sessions– special sessions for the Lifestyle Challenge 10.30am – Cost \$5.00. You must be a member of the Lifestyle Challenge

See below for further information

EATING WITH FRIENDS

Eating with Friends aims to bring people together to enjoy a meal, to make new friends and to delight in new experiences. We meet at 12 midday the 3rd Friday of the month and visit varies eateries around the Central Coast

Bookings are essential for classes for further information collect newsletter from the centre. Free Back Up Child Care is available for most sessions

OTHER GROUPS & SERVICES THAT USE OUR CENTRE

Adult Education

Advocates for Survivors of Child Abuse (ASCA) meets of an evening fortnightly in Warrina Unit

Art Group – Thursday and Friday in Amy Unit

Australian Breastfeeding Association – Fridays once a month

Textile Art – meets once a month

Crafty Stitches

Grandparents Raising Grandchildren – Family Support Worker – Therese Ryan – 64259623 Mobile – 0427 259623 Available at the Community House

Housing Tenancy Officer – visits Community House every Wednesday 1pm –3pm

Multicultural Service Providers

NW Cricket Club

NW Residential Services

No Interest Loan Scheme – appointments held on Wednesday

Roland Children Services

Scrapbooking Classes

Sunday Scribblers

Tax Help – July, August, September, October

Ulverstone Ladies Probus