

UPCOMING EVENTS AND COURSES AT THE CENTRE

Free Financial Counselling. Available to people who are experiencing financial hardship. Financial counselling can be provided to the person who has the financial problem, their families, friends or work colleagues or anyone whose life is affected by financial stress.

Available Tuesdays & Wednesdays. Call Robyn directly to make an appointment on Ph: 4331 9630 or see the Ladies in the Centre Front Office.

The **Career Pathways** program is successfully helping people train and move into jobs. Skills covered include literacy, numeracy, communication, dressing for interviews & other practical aspects of gaining employment. If you live in public, community or Aboriginal housing, are homeless, receiving rental assistance or on a NSW Housing wait list you could be eligible. For further information or to check your eligibility:

Email: career.pathways@industry.nsw.gov.au or Phone: 02 4974 8535

safeTALK Suicide Prevention Awareness Program

LivingWorks safeTALK is a three and a half hour presentation to increase Suicide Awareness. Learn how to recognise when someone may have thoughts of suicide and how to respond in ways that link them with further suicide intervention and help. Sponsored by North Gosford Rotary – Save Our Kids project. Limited places are available so reserve your place now on 4341 9333. When: Thursday 30th March 2017 6:00pm – 9:00pm



Feb 2017



Activities & Services for ADULTS



Peninsula Community Centre

93 McMasters Road
Woy Woy NSW 2256
P: 02 4341 9333

Woy Woy Physical Culture Club

TIMES: Ladies Classes all welcome. Tuesday 9:30 -11:30am & 6:30 - 9:00pm and Thursdays 7:00 - 9:00pm. Children's classes are also available each week.
COST: \$6.00 adult, 50 cents surcharge for casual payments
CONTACT: Tracey 0417 694 514 www.woywoyrecphysie.com

Gentle Exercise Classes

Catering for all levels of fitness and program is a part of the active over 50's program; qualified instructor, friendly welcoming group.
TIME: 9:00am - 10:00am Monday, join us for a cuppa and chat afterwards.
COST: \$6.60 CONTACT: 4341 9333

Kempo Karate

Classes for all ages - Zen Bu Kan Kempo Karate
"A Positive Way of Life"
Learn combined skills in self defense, Kick Boxing & Ground Fighting
TIME: 5:30 – 7:00pm Tuesday & 5:30 – 7:00 pm Friday
COST: \$10.00 Family & Group Discounts may apply
CONTACT: Marco 0407 752 411

Tai Chi for Beginners

Traditional style Tai Chi classes each week.
TIME: Wednesday 10:30am – 11:30am COST: \$8.00
CONTACT: Eileen 4325 4071 or 0423 310 752

Coastal Bootscoters

Fun and Fitness through Line dancing
TIME: 9:30 am Wednesdays COST: \$6.00
CONTACT: Daphne 0409 150 518

COAST COMMUNITY CONNECTIONS SERVICES

Gambling Solutions Central Coast

Free specialist counselling for everyone affected by problem gambling
Call for an appointment,
CONTACT: 4344 7992 TIME; Monday to Friday - NO COST

Free Financial Counselling.

For people affected by financial stress.
TIMES: Tuesdays & Wednesdays
CONTACT: Ph: 4331 9630 or see the Ladies in the Centre Front Office

Evolution Youth Service

Services and programs for young people 12 -17 years and their families.
These include support, advice and referral, case management, skill focused groups, training, personal development programs, alcohol and drugs counseling and education.
TIME: 9:00am - 5:00pm Monday-Friday CONTACT: 4342 3684

Vacation Care

Operates during school holidays from 2 locations. WOY WOY & GOSFORD
7:00am - 6:30pm. Children enjoy a range of exciting activities & excursions.
BOOKINGS ARE ESSENTIAL. Call **WOY WOY**: 4344 3018 or GOSFORD 4324 5675. **Childcare rebate is available through Centrelink.**

Before & After School Care

A program providing quality care for infants and primary school children
Our mini bus takes children to and from school. Afternoon tea and activities are provided in a homely atmosphere. BOOKINGS ESSENTIAL
WOY WOY. Call 4344 3018. Hours 6:30 - 9:00 am and 2:30 - 6:30 pm
GOSFORD. Call 4324 5675. Hours 7:00 - 9:00 am and 2:30 - 6:30 pm
[6:30 am by arrangement]
POINT CLARE. Call 0409 787 84. Hours 7:00 - 9:00 am and 2:30 - 6:30 pm
[6:30 am by arrangement]

Weight Watchers

Get weekly support and motivation from people just like you.

Meetings held here at the Centre 3 times every week.

TIME: Wednesday 6:00pm and Friday 9:30am

CONTACT: 13 19 97 or 4341 9333

Interrelate Family Counselling

Committed to providing low cost personal and family counselling, relationship support and family dispute resolution.

TIME: Monthly on Tuesday – appointments necessary.

CONTACT: 4363 8050

Community College Courses

Day and Evening classes including languages, craft, special interests and cooking are held each term here at the Community Centre.

CONTACT: Tuggerah Lakes/Kincumber Community College 4388 4574

www.tlcc.nsw.edu.au AND Central Coast Community College 4348 4300

www.cccc.nsw.edu.au for all of their class details and costs.

Other Services at the Centre

JP available – Monday, Thursday and Friday

Typing Service – Letters, resumes etc. Every Wednesday.

Photocopying, fax and internet services are also available at a low cost.

Free community information and referral service available - please ask for our help.

Room Hire - Our air conditioned rooms are available for hire for meetings, training, birthday parties, community functions or presentations at reasonable rates and are suitable for 2 – 500 people.

PA systems, whiteboards, DVDs and TVs with HDMI capabilities are also available.

Zumba and Exercise Classes with Vicki

TIMES: Zumba Gold - Monday 11:00am -12:00 & Friday 11:00am-12:00

Zumba Gold – Fun and friendly low impact class for active older adults.

COST: From \$11.00 CONTACT: Vicki 0419 958 379

Zumba Evening Classes with Vicki

Fun and Fitness - a fusion of Latin music, dance & exercise.

Evening Class

TIME: Thursday Nights 7:00pm - 8:00pm

COST: Only \$11.00 CONTACT: Vicki 0419 958 379

Insight Gentle Exercise Classes

Classes designed to assist with fitness, strength and balance, work at your own pace with the help of qualified exercise physiologists.

TIME: Friday 9:30 to 10:30 am

COST: \$12.00. Medicare, DVA or health fund rebates may apply

CONTACT: Danielle 0423 174 921, Rochelle 0404 467 001 – Exercise Physiologists

Yoga

Experienced teacher, classes twice weekly.

TIME: Monday and Thursday 9:30 - 11:00am

COST: Casual class \$15.00 – concessions are available

Full term fees 10 weeks - 1 class pw - \$110, 2 classes pw - \$170

Half term fees 5 weeks - 1 class pw – \$70 (avail. week 1 & 6)

CONTACT: Sandra 4341 8663

Francis Health and Fitness

Fitness Boxing Class 7:00pm – 8:00pm Wednesday evening

TIME: Monday and Thursday morning 6:00am – 7:00am

Monday, Tuesday & Wednesday 7:00pm – 8:00pm, excl. public hols.

COST: Please confirm with Dylan

CONTACT: Ph: 4341 0550 Email: dylan.fcf@outlook.com

Social Shindigs

A variety of activities and a social club for adults with a disability.

TIMES: Thursday 6:15 – 9:15pm. Social Club Night. Social activities in house and some fun excursions to local venues.

Saturday 9:00am -12:00pm. Fit, Fun, Dance – Games, exercise & dance

Saturday 12:00 - 2:30pm. Drumbala Jam Session –drumming & percussion

CONTACT: Lauren 0424 176 411 or Abbey 0425 305 420

Scrabble Club

New players welcome! Group meets weekly on Wednesdays evenings

TIME: 6:30 - 9:00 pm

COST: \$5.00

CONTACT: Patricia 4341 9929

Weekly Housie (Bingo)

Cash Prizes! All proceeds go to Woy Woy Catholic Parish and support their community programs.

TIME: 7:30 pm Every Saturday Night (tickets on sale from 6:30pm)

CONTACT: Rob 0427 990 818

Brisbane Water Bridge Club

For weekly playing times, Monday to Saturday, day and evening,

CONTACT: 4346 1305, 4342 3849 or 4341 9333

Or on the website: www.brisbane-water.bridge-club.org

Learn to play and supervised groups also available

Hope UC Church

Christian Service every Sunday Morning, including children's and youth activities.

TIME: From 9:30 am

CONTACT: Sam 4393 3764 OR 0408 945 743

Look Good Feel Better

FREE helpful workshops for men, women & teens to help manage the appearance related side effects of cancer treatment.

TIME: Tuesday 10:00am

2017 dates – 6th March , 5th June, 4th September and 4th December

COST: No cost. CONTACT: Joanne 0459 060 571 or 1800 650 960

ARAFMI Carers Group – Support Group for Carers of People with Mental Illness. All welcome.

TIME: 9:30am – 11:30am last Wednesday of each month.

CONTACT: 0413 468 981 COST: Free

Alcoholics Anonymous Big Book Study

If you want to drink that's your business. If you want to stop that's ours

TIME: Group meets every Friday from 6:00 pm

CONTACT: 4323 3890

Overeaters Anonymous

Is your weight or your eating habits affecting the way you live your life? We offer real solutions, acceptance, hope and understanding for all who have problems with food.

TIME: 8:00pm – 9:00pm Fridays

COST: Free CONTACT: Lucy 0412 756 446

Coast Care Counselling

Support for families, couples and singles by trained counsellors.

CONTACT: 4341 9333. Very affordable cost.

Appointments needed