

Peninsula School for Seniors - Since 1989 Social - Friendship - Support Group

If you think you are too old to have fun then the School for Seniors will soon change your mind.

We learn something new all the time and have a whole lot of fun to boot!

UPCOMING EVENTS AND PROGRAMS 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 mates 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.

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

The **Career Pathways** program is successfully helping people train and move into jobs. 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 this program. For further information.

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

ARAFMI Carers Group – Support Group for Carers of People with a Mental Illness. TIME: 9:30am – 11:30am last Wednesday of each month.

CONTACT 0413 468 981 COST: Free



Feb 2017



Peninsula School for SENIORS



Peninsula Community Centre

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



www.coastcommunityconnections.com.au

E: communitycentre@coastcommunityconnections.com.au
www.coastcommunityconnections.com.au

TUESDAY

HAVE A CHAT MEETING

TIME: 10:00 am

Involves all members making decisions for the School, plus arranging theatre parties and weekend outings throughout the year

DISCUSSION GROUP

TIME: 11.00 am – 12.00 noon

A tutored self discussion group on the 'pros & cons' of current affairs with guest speakers featured on a regular basis

LUNCH BREAK

TIME: 12 noon – 1.00 pm

Followed by a fun afternoon of Rumikin. Come along to play or learn to play.

COST: \$4.00 per day including Tea & Coffee in the Seniors Room

WEDNESDAY

OIL PAINTING

TIME: 9:00 am – 12:00 noon

Join a painting group - our experienced teacher will help you to find your hidden talents

MULTI CRAFT - NEEDLEWORK

TIME: 10:00 am – 12:00 noon

Lessons on Tapestry, Crochet, Knitting, Sewing, Lace making, and Card making.

COST: \$4.00 per day including Tea & Coffee in the Seniors Room

THURSDAY

AUSTRALIANA

TIME: 10:15 am – 11:45am

Interesting group discussions on the history of Australia - with a tutor in attendance.

COST: \$4.00 per day including Tea & Coffee in the Seniors Room

FRIDAY

SOCIAL OUTING

On the fourth Friday of the month, join us for a fun outing. Suitable for the over 50's

A Community Bus is available on these days. We meet in the Community Centre car park

TIME: 9:30am-1:30pm

COST: \$6.00

Please note: IT IS ABSOLUTELY ESSENTIAL TO BOOK FOR ANY OUTINGS AS NUMBERS ARE LIMITED

WHO TO CONTACT IF YOU HAVE ANY QUESTIONS:

General Enquiries: Call the Community Centre on 4341 9333

School Co-Ordinator: Diana Johnston Ph: 4341 8171

Painting and Arts and Crafts: Dee Ph: 4343 1903

Australiana: Diana Johnston Ph: 4341 8171

Outings/Walks: Diana Johnston Ph: 4341 8171

Outings and Theatre groups: Denise Ph: 4341 5984