

## Zumba Gold

Fun and Fitness – a fusion of Latin Music, Dance and Exercise  
Designed especially for over 50's TIME: Monday & Friday 11:00am  
COST: \$11.00 CONTACT: VICKI 0419 958 379

## Yoga

TIME: Mon & Thurs 9:30 - 11:00am CONTACT : SANDRA 4341 8663  
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)

## Tai Chi for Beginners

TIME: Wednesdays 10:30am – 11:30am  
COST: \$8.00 per week CONTACT: Eileen 0423 310 752

### 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 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 Front Office.

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](mailto: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 30<sup>th</sup> March 2017 6:00pm – 9:00pm



Feb 2017



## Activities & Services for OVER 55's



### **Peninsula Community Centre**

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

## U3A University of the Third Age

An exciting program of learning for the over 55's. Courses are available at the Centre & various locations on the Central Coast. CONTACT: 0408 704 701 or go online to [www.u3accnsw.org.au](http://www.u3accnsw.org.au) for membership and course details.

### Scrabble Club

Meets weekly Wednesdays from 6:30 – 9:00 pm. new players welcome.  
COST: \$5.00 CONTACT: Patricia 4341 9929

### Coastal Bootscooters

Fun and Fitness through Line dancing  
TIME: 9:30 am Wednesdays COST: \$6.00  
CONTACT: DAPHNE 0409 150 518 or LEAN 0408 242 887

### Brisbane Water Bridge Club

TIMES: Weekly Session times for your information:  
Monday, Tuesday, Thursday & Friday 12:30 - 4:00 pm  
Wednesday 9:30 am - 1:00 pm and Supervised Bridge from 1pm  
Saturday 12:30 - 4:00 pm CONTACT: 4346 1305, 4342 3849 or 4341 9333

### 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 - 10:30 am. COST: \$10.00. Medicare, DVA or health fund rebates may apply. CONTACT: Danielle 0423 174 921 & Rochelle 0404 467 001

### Coast Care Counselling

Help with grief, loss and relationship issues. CONTACT: 4341 9333  
Coast Care Counselling is available at a very low cost, by appointment only.

### Gentle Exercise Classes

Catering for all levels of fitness and with a trained instructor  
TIME: 9:00 - 10:00am Mondays  
COST: \$6.70 CONTACT: 4341 9333

## School for Seniors

The School for Seniors was created over 25 years ago as a support group which offers friendship, recreation and learning.

- Tuesday : Have a Chat and Discussion Group All members join in to decide & arrange future outings, discuss current affairs, followed by the fun of Rumikin or cards .
- Social Outings - Exciting activities regularly like Theatre Parties ~ Shopping Trips ~ Weekend Outings
- Wednesday Oil Painting - Experienced teacher on hand to guide you.
- Wednesdays Multicraft & Needlework: Enjoyable lessons in Tapestry, Crochet, Knitting, Sewing
- Thursday Australiana: A discussion on the history of early Australia. The 2nd Thursday of the month there are also outings.
- Social Outing: Fourth Friday of every month, suitable for over 55's

For more details on all of these above activities, pick up a copy of the Peninsula School for Seniors Brochure. CONTACT: 4341 9333

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

TIME: 9:30am – 11:30am last Wednesday of each month.  
CONTACT 0413 468 981 COST: Free

### Free Seniors Internet Kiosk

Learn basic computer skills, the internet & sending emails.  
TIME: Tutoring is available Monday, Wednesday, Thursday and Fridays.  
Free monthly iPad courses are also now available- Booking essential, classes limited to 10 people. The Kiosk is funded by the Australian Government's Broadband for Seniors Initiative. NO COST.  
CONTACT: Centre Front Office on 4341 9333 **Book Now!**

### Multicultural Social and Support Group

A social and support group for people over 65 years from culturally and linguistically diverse backgrounds. CONTACT: 4334 3877.  
TIME: Thursdays 10:00 am. No cost