

## Contact Numbers

|   |                           |   |              |
|---|---------------------------|---|--------------|
| Able Futures                                    | 1800 788 884              | Little Kickers  | 0421 234 521 |
| Ageless Grace                                   | 0425 316 848              | Multicultural Social Group - Northern Settlement Services | 4334 3877    |
| Alcoholics Anonymous                            | 4323 3890                 | Occasional Care   | 4343 1001    |
| All Areas Speech Pathology                      | 0403 110 888              | Overeaters Anon   | 0412 756 446 |
| Autism Spectrum Aust. (Building Tots Playgroup) | 0435 658 129              | ParentsNext (Wesley Family)                               | 1300 911 486 |
| ARAFMI Mental Health                            | 0413 468 981              | Physical Culture Club                                     | 0417 694 514 |
| At Work Australia                               | 1300 080 856              | Playgroup - CCCL  | 4341 9333    |
| Awesome Driving School                          | 4369 2230                 | School for Seniors  | 4341 9333    |
| Be Connected Seniors Technology                 | 4341 9333                 | Sch of Practical Philosophy                               | 9489 4333    |
| Before/After School Care                        | 4344 3018                 | Scrabble Club   | 4341 9929    |
| Belly Dancing                                   | 0434 677 539              | Social Shindigs   | 0424 176 411 |
| Bridge Club                                     | 0416 138 698              | Spanish Classes   | 0452 461 815 |
| Centre Stage School of Dance                    | 0425 382 383              | Sydney Distance Education HS                              | 9383 0235    |
| Coastal Boot Scooters                           | 0409 150 518              | Tai Chi Beginners   | 0423 310 752 |
| Coast Community Connections (CCCL) Programs     | 4341 9333                 | Tax Help July to October only                             | 4341 9333    |
| Dementia Carers                                 | 1300 725 565<br>4344 8587 | The Gals Tap Dance  | 4382 1297    |
| Events & Courses                                | 4341 9333                 | U3A   | 0408 704 701 |
| EWON Energy Bill Support                        | 4341 9333                 | Vacation Care   | 4344 3018    |
| Forms and Letters Help                          | 4341 9333                 | Volunteering Central Coast                                | 4329 7122    |
| Francis Health & Fitness                        | 4341 0550                 | Weight Watchers   | 13 19 97     |
| Gambling Solutions                              | 4344 7992                 | Wiggle and Giggle Music                                   | 0448 293 650 |
| Gentle Fitness                                  | 4341 9333                 | WWCP Housie/Bingo   | 0427 990 818 |
| Hope UC   | 4393 3764                 | Yoga  | 4341 8663    |
| Kempo Karate                                    | 0423 288 171              | Youth Service - CCCL                                      | 4342 3684    |
| Kindy Gym- CCCL                                 | 4341 9333                 | Zumba Gold and Zumba Fitness                              | 0419 958 379 |

## Rooms for Hire

Did you know that you can hire rooms here at the centre? Our hall is available for all family or community celebrations: Weddings, Birthdays, Christenings, Sports Presentations & Community Events. We also have meeting rooms available. Ask at the office or email the Centre: [communitycentre@coastcommunityconnections.com.au](mailto:communitycentre@coastcommunityconnections.com.au)

February 2020



## Peninsula Community Centre Activities & Services Timetable



Peninsula Community Centre | 93 McMasters Road Woy Woy NSW 2256  
 p 02 4341 9333 | e [communitycentre@cccl.com.au](mailto:communitycentre@cccl.com.au)  
[coastcommunityconnections.com.au](http://coastcommunityconnections.com.au)

# Peninsula Community Centre Program of Activities

|     | UNDER 5'S  | KIDS / TEENS  | ADULTS   | OVER 55'S   |
|-----|--|---|--|---|
| MON | Occasional Childcare<br>8:30am – 4:30pm<br>Physical Culture (5yrs)<br>4:00 - 4:30pm  | Distance Education 9:00 -3:00pm<br>Centre Stage Dance 3:45 -9:00pm<br>Physical Culture 4:00 – 9:00pm<br>*Before & After School Care 6:30-9:00am/2:30-6:30pm &<br>*Vacation Care 7:00am - 6:30pm<br>*CCCL Youth Services.<br>Assistance 9:00am - 5:00pm  | ParentsNext 9:00am-4:30pm<br>Gentle Exercise 9:00 -10:00am<br>Yoga 9:30 -11:00am<br>Zumba Gold 11:00am -12:00 noon<br>Bridge 12:30 pm – 4:00pm<br>Francis Health & Fitness 7 – 8:00pm<br>Centre Stage Dance Adult Ballet<br>7:30pm - 8:15pm<br><br>*Gambling Solutions Counselling   | Gentle Fitness Class<br>9:00 -10:00 am<br>Yoga 9:30 -11:00am<br>Dementia Carers Support 10am -12:00pm monthly.<br>Zumba Gold 11:00am -12:00<br>Bridge Club 12:30 - 4:00pm<br>U3A Courses weekdays check for each term courses   |
| TUE | Occasional Care<br>8:30am – 4:30pm<br>Playgroup 9:00 - 11:00am<br>Building Tots Playgroup - (Autism Spectrum Australia)<br>9:30am- 11:00am   | Centre Stage Dance 3:45-8:20pm<br>Kempo Karate 5:30pm -6:30pm<br><br>*Before & After School Care 6:30-9:00am/2:30-6:30pm & *Vacation Care 7:00am - 6:30pm<br>*CCCL Youth Services.<br>Assistance 9:00am - 5:00pm  | ParentsNext 9:00am-3:00pm<br>EWON Energy Bill Support 9:00am-3:00pm Last Tuesday of month<br>Ladies Physical Culture 9:30am<br>Volunteering Interviews 9:30am<br>Bridge 12:30- 4:00pm<br>Kempo Karate 5:30pm - 6:30pm<br>School of Philosophy 7:00-9:30pm<br>Physical Culture 7:00 - 9:00pm<br>Francis Health Fitness 7:00-8.00pm<br>Centre Stage Adult Tap 7:45pm | School for Seniors 9:30 am<br>U3A Courses weekdays<br>Bridge Club 12:30 - 4:00 pm<br>Be Connected Computer and Phone Skills 10:00-12:30pm<br><br>*CCCL Gambling Solutions Counselling by appointment  |
| WED | Occasional Care<br>8:30am - 4:30pm<br>Physical Culture<br>3:30 - 4:00pm (3 & 4yrs)<br>4:00 - 4:30 pm (5yrs)  | ARAFMI Mental Health Carers<br>9:30-11:30am last Weds monthly<br>Centre Stage Dance<br>3:40pm - 8:50pm<br>Physical Culture 3:30pm - 8:00pm<br><br>* Before & After School Care 6:30-9:00am/2:30-6:30pm & Vacation Care 7:00am - 6:30pm<br>*CCCL Youth Services.<br>Assistance 9:00am - 5:00pm | ARAFMI Mental Health Carers 9:30-11:30am last Weds monthly<br>Coast Bootscooters 9:30-11:30am<br>Bridge Club 9:30am & 1:00pm<br>Tai Chi Beginners 10:00am -11:30am<br>Belly Dancing 12:15pm -1:15pm<br>Social Shindigs Bake & Take 12.30-2:30pm<br>Weight Watchers 5.30pm<br>Scrabble Club 6:30pm -9:30pm<br>School of Philosophy 7:00pm -9:00pm                   | School for Seniors:<br>Multi-craft Social Group 9:00am -12:00pm<br>Bridge Club 9:30am & 1.00pm<br>Coast Bootscooters 9:30-11:30am<br>Tai Chi Beginners 10:00 –11.30am<br>Be Connected iPad Class 12:30 pm<br>Scrabble Club 6:30 - 9:30pm<br>U3A Courses weekdays<br><br>*CCCL Gambling Solutions Counselling by appointment |
| THU | Occasional Care<br>8:30am – 4:30pm<br>Little Kickers<br>9:30- 11:15am  | Centre Stage Dance<br>3:45pm - 8:35pm<br><br>* Before & After School Care 6:30-9:00am/2:30-6:30pm & Vacation Care 7:00am - 6:30pm<br>*CCCL Youth Services Assistance<br>9:00am - 5:00pm   | ParentsNext 9:00am – 4:30pm<br>At Work Australia 9:00am - 3:00pm.<br>Yoga 9:30 am - 11:00am<br>Bridge 12:30- 4:00pm<br>Social Shindigs 6:00pm– 9:00pm<br>Zumba with Vicki 6:30 pm – 7:30pm<br>Ladies Physical Culture 7:00- 9:00pm<br><br>*CCCL Gambling Solutions Counselling by appointment  | Yoga 9:30am -11:00 am<br>Multicultural Group 10:00am<br>Be Connected Computer and Phone Skills 10:00-2:30pm<br>School for Seniors History 10:15 am<br>Bridge 12:30- 4:00pm<br>U3A Courses weekdays<br><br>*CCCL Gambling Solutions Counselling by appointment   |
| FRI | Occasional Care<br>8:30am – 4:30pm<br>Kindy Gym<br>0 - 3's 9:15 am-10:15am<br>3 - 5's 10:20am-11:20am<br>Wiggle and Giggle Music<br>9:30am – 10:30am<br>Centre Stage Dance :<br>No classes today | * Before & After School Care 6:30-9:00am/2:30-6:30pm & Vacation Care 7:00am - 6:30pm<br><br>*CCCL Youth Services.<br>Assistance 9:00am - 5:00pm<br><br>Centre Stage Dance No classes<br>Kempo Karate 5:30pm-7:00pm  | The Gals Tap Training 9:30am-12pm<br>Weight Watchers 9:30 am<br>Able Futures 10:30am – 2:30pm<br>Zumba Gold- 11:00 am -12:00pm<br>Bridge Club 12:30 pm – 4:00pm<br>Kempo Karate 5:30pm – 7:00pm<br>Alcoholics Anon 6.15pm – 7.45pm<br>Overeaters Anon 7.45pm-9.15pm<br>Filipino Group 10:00am -12:00pm   | Seniors Outing 4 <sup>th</sup> Friday 9:30am<br>The Gals Tap 9.30am-12:00pm<br>Be Connected Computer and Phone Skills 10:00-12:30pm<br>Zumba Gold 11:00 - 12:00pm<br>Ageless Grace Brain &Body Health 11:00am – 12:00<br>Bridge Club 12:30 – 4:00pm<br>Alcoholics Anon 6.15pm-7.45pm<br>Overeaters Anon 7.45pm-9.15pm       |
| SAT | Centre Stage Dance<br>Preschool Tap, Ballet,<br>Jazz 2-5 years<br>8:30am – 11.15am   | Centre Stage Dance<br>8:30am -12.50pm<br>Spanish Lessons 9:00-12:30pm<br><br>*CCCL Youth Service and Before and After School Care CLOSED  | Social Shindigs 9:00am -2:30 pm<br>Bridge Club 12:30pm - 4:00pm<br>Housie/ Bingo 6:30pm - 10:30pm  | Bridge Club 12:30 - 4:00pm<br>Housie/ Bingo 6:30-10:30pm<br>School for Seniors:<br>Social Outings arranged throughout the year  |
| SUN | Hope UC Church 9:30am  | Hope UC Church 9:30am   | Hope UC Church 9:30am<br>Belly Dancing 11:00am -12:00 pm   | Hope UC Church 9:30am   |

\*Asterisk denotes Coast Community Connections programs located in or near the Community Centre