

UPCOMING EVENTS & COURSES AT THE CENTRE

ENERGY BILL SUPPORT- Provided by the Energy & Water Ombudsman and Coast Community Connections. Get info on rebates, resolve complaints, set up payment plans and more. Free Service. Starts on 26th February, then the last Tuesday of each month. **BOOKINGS REQUIRED.** Call the Community Centre 4341 9333 to book.

DV ALERT AWARENESS SESSIONS-

Training provided by Lifeline supported by Coast Community Connections. Interactive presentation where individuals and groups can talk about the issue of domestic violence and learn what they can do to help make a difference.

TIME: 9.30am-11.30am Wednesday 13th March 2019. COST: Free
https://lifeline.jobreadyplus.com/terminal/online_book_course/2333 to book.

SAFETALK- By Lifeline, supported by Coast Community Connections.

This is a half day presentation to increase suicide awareness and prevention.

Become a vital link in connecting those at risk with further help

TIME: 9.30am – 1.00pm Wednesday 10th April 2019. COST: Free

CONTACT: Louise Manson 4341 9333 to book or book online www.lifelinecc.org.au

Other Services at the Centre

Free JP Service Available at the Centre Monday, Thursday and Friday.

No Appointment necessary. **Free Help with understanding forms and Letters**

For assistance with completing forms, writing understanding My Gov & Centrelink requirements. Please call for an appointment. Available on Tuesdays from 9am - 12.30pm. **Photocopying And Internet** Both available at a low cost. We can also scan and email documents for you **free**. Our office is open Monday to Friday 8.30am-4.30pm. **Community Information & Referral** Please ask for our help. We are happy to assist with any information about our local area & the services, help & programs available. **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.



FEB 2019



Activities & Services for Adults



ParentsNext – Preparing Parents for Future Employment

Wesley Mission helps parents to set and achieve personal goals for education and employment by connecting you to a range of practical activities and services in your local community.

TIME: Monday, Tuesday & Wednesday 9.00am – 4.30pm

By Appointment Only CONTACT: Wesley Support Office 1300 911 486

Woy Woy Physical Culture Club

Ladies Classes - all welcome.

TIMES: Tuesday 9:30 -10.30am & 7:00 - 9pm, and Thursdays 7.00 - 9pm.

Children's classes are also available on Mondays and Wednesdays.

COST: \$7.00 Seniors, Ladies \$8.00, 50 cents surcharge for casual payments

CONTACT: Tracey 0417 694 514 www.woywoyrecphysie.com

Gentle Exercise Classes

Catering for all levels of fitness. 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: \$7.00 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 & 5:30pm – 7:00 pm Friday COST: \$10.00

Family & Group Discounts apply. CONTACT: AMY 0423 288 171

Tai Chi for Beginners

Traditional style Tai Chi classes. COST: \$8.00

TIME: Wednesday 10 –11:30am CONTACT: Eileen 4325 4071/0423 310 752

AimBig Employment

Disability Employment Service. Dynamic employment service provider.

TIME: 9am-5pm Thursday & Friday. CONTACT: 1300 034 997

WEB: www.aimbigemployment.com.au

COAST COMMUNITY CONNECTIONS SERVICES

Gambling Solutions Central Coast

If you or someone you know is affected by problem gambling you can seek help from one of our Free Professional Counselors. Call now for an appointment.

TIME: Monday to Friday - NO COST. CONTACT: 4344 7992

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

Aged and Disability Services

We offer a range of supports and services including:

- Support Coordination

- Assistance with household tasks
- Community access and social support

- Facilitation and support to achieve individual goals
- Flexible respite
- Home modifications

- Home maintenance
- Lawn and garden maintenance
- Transport.

CONTACT: Aged and Disability 4343 1888 Email: ads@cccl.com.au

Vacation Care

Operates during school holidays from our 2 locations -WOY WOY & GOSFORD
7:00am - 6:30pm. Children enjoy a range of exciting activities and excursions.

BOOKINGS ESSENTIAL. Call WOY WOY 4344 3018 or GOSFORD 4349 3610.

Child Care Subsidy is available through Centrelink.

Before & After School Care

Providing quality care for primary school children. BOOKINGS ESSENTIAL

WOY WOY. Call 4344 3018. Hours 6:30am - 9:00am and 2:30pm - 6:30pm

GOSFORD. Call 0451 371 713 or 4349 3610. Hours 6:30am - 9:00am and

2:30pm - 6:30 pm

POINT CLARE. Call 0401 976 537. Hours 6:45am - 8:45am and 2:30pm - 6:30pm

UMINA. Call 0413 849 927. Hours 6:30am - 9:00am and 2:30pm - 6:30pm

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 & Friday 9:30am CONTACT: 13 19 97 or 4341 9333

Community College Courses

Day and Evening classes are held each term here at the Community Centre.

CONTACT: Tuggerah Lakes/Kincumber Community College 4388 4574

C.C. Community College 4348 4300 for details and costs.

Dementia Carer Support Group

Support group for people who are caring for/supporting people in the community living with dementia. TIME: 1st Monday of the month 10am-12.00pm.

No cost. CONTACT: 1300 725 565

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

Belly Dancing – with Christina

The most fun you will have burning off calories, improving your posture, strengthening your muscles and stretching. The class includes a meditation to help relieve stress. Beginners and those who want to get their groove back welcome.

TIME: 12: 15pm – 1:15pm Wednesdays.

COST:Casual \$20 on the day or \$60 for 4 classes.

CONTACT: Christina 0434 677 539 to check class dates and availability

Coastal Bootscoters

Fun and Fitness through Line dancing. All dancers welcome

TIME: 9:30 am Wednesdays COST: \$6.00

CONTACT: Daphne 0409 150 518

Zumba and Exercise Classes with Vicki

Exercise with music, dance & low impact classes for active older adults.

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

TIME: Fun & Fitness Thursday Nights 6:30pm-7:30pm

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

The Gals Dance Troupe

Have you danced before? Revive your talents and join the Gals for an hour of dance and song. The Gals are a local dance troupe with 20 years experience in entertaining at senior venues.

TIME: Friday 9.30am to 12.00pm. CONTACT: Denise Kelly 4382 1297

Insight Exercise Physiology – Gentle Exercise Class

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

TIME: Friday 9:30am to 10:30am

COST: \$15.00. Medicare, DVA or health fund rebates may apply

CONTACT: Ingrid Jeffries 0404 269 018

Yoga

Experienced and qualified teacher.

TIME: Monday & Thursday 9:30 - 11:00am COST: \$16.00. Concession:

\$14.00 CONTACT: Sandra 4341 8663 sandrawoodis@optusnet.com.au

Francis Health & Fitness

Various fitness classes including boxing are available.

TIME: Thursday 6:00am–7:00am Monday & Tuesday 7:00pm – 8:00pm,

excluding public hols. COST: Please confirm with Dylan

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

Social Shindigs

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

TIMES: Wednesday 12:30 – 2:30pm. Cooking - Bake and Take.

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.

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

All welcome. Contact the Club for all weekly playing times, Monday-Saturday.

CONTACT: President: 0416 138 698; Secretary: 0401 598 812:

Learn to play & supervised groups available.

www.brisbane-water.bridge-club.org

atWork Australia

A Disability Employment Service - Job coaching, health and well being, employee access, job support and much more.

TIME: 9am-5pm Thursday fortnightly. CONTACT: 1300 080 856 for appointment. EMAIL: contactDES@atworkaustralia.com.au

Scrabble Club

New players welcome! Group meets weekly on Wednesdays evenings

TIME: 6:30 - 9:00 pm COST: \$5.00 CONTACT: Patricia 4341 9929

ARAFMI Carers Group

A support group for carers of people living with mental illness. All welcome.

TIME: 9:30am – 11:30am on the 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: Every Friday from 6:00 pm CONTACT: 4323 3890

School of Practical Philosophy

Our doors have been open for 50 years so we're offering places in the

Mindful Wisdom Course for a \$15 admin charge.

Our gift to you – 2.5hrs a week to re-charge, revitalize and renew yourself.

TIME: 7:00pm – 9:30pm Tuesday & Wednesdays.

COST: \$15 (admin charge) CONTACT: 9489 4333

Centre Stage School of Dance

Dance Classes for Adults, offering quality tuition for students wanting to explore their passion for Dance.

Adult Tap and Ballet: TIME: Monday and Tuesday Evenings

Please see our enrolment pack for all class times and costs.

www.centrestageschoolofdance.com.au

CONTACT: Lacey 0425 382 383 EMAIL:

centrestageschoolofdance@live.com.au

Hope UC Church

Christian Service, Children & Youth Activities Sunday Morning, all welcome

TIME: From 9:30 am

CONTACT: 4393 3764