

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 forms, writing letters and 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.

Save the date:

Mosaic Workshop by Mosaic Mania

Includes all the tiles, tools and materials you need to create your own dragonfly. Morning tea provided. Discover your creative side through mosaics

TIME: Saturday 29th February 2020 9:30-1:30pm COST: \$95

CONTACT: Leonie 0401 524 773 or Sue 0404 010 068 or book your ticket online @ [eventbrite.com.au/e/mosaic-workshop-tickets-91568845883](https://www.eventbrite.com.au/e/mosaic-workshop-tickets-91568845883)

Cancer Council Australia's Biggest Morning Tea.

TIME: Thursday 28th May 10:00am till 12:30pm

If you are interested in volunteering in any way, please call Louise on 0401 765 950



February 2020



Activities & Services for Adults



Francis Health & Fitness

Various fitness classes including boxing are available.

TIME: Monday & Tuesday 7:00pm – 8:00pm, excluding public hols.

COST: Please confirm with Dylan

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

Woy Woy Physical Culture Club

Ladies Classes - all welcome.

TIMES: Tuesday 9:30 -10:30am & 7:00 – 9:00pm, and Thursdays 7:00 – 9:00pm. 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: \$8.00

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 – 6:30pm 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. Experienced teachers

TIME: Wednesday 10 –11:30am

COST: \$8.00

CONTACT: Eileen 4325 4071/0423 310 752

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

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 option 1 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

WW (Weight Watchers)

Get weekly support and motivation from people just like you.
Meetings held here at the Centre 3 times every week.
TIME: Wednesday 5:30pm & Friday 9:30am
CONTACT: 13 19 97 or 4341 9333

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 10:00 am-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

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

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 9.00am – 3.00pm and Thursday, 9:00am – 4:30pm
By Appointment Only CONTACT: Wesley Support Office 1300 911 486

Coastal Bootscooters

Fun and Fitness through Line dancing. All dancers are 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

Belly Dancing – with Christina

The most fun you will have burning off calories, improving your posture, strengthening your muscles and stretching. Includes a meditation to help relieve stress. Beginners and those who want to get their groove back welcome.
TIME: 12:15pm – 1:15pm Wednesdays. 11:00am – 12:00pm Sundays
COST: Casual \$20 on the day or \$60 for 4 classes.
CONTACT: Christina 0434 677 539 to check class dates.

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

Yoga

Classes weekly by an experienced and qualified teacher.
TIME: Monday & Thursday 9:30 - 11:00am
COST: \$16.00. Concession: \$14.00
CONTACT: Sandra 4341 8663 Email: sandrawoodis@optusnet.com.au

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 6:00 – 9:00pm - 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: 0416 074 688

Learn to play & supervised groups available.

www.brisbane-water.bridge-club.org

atWork Australia

A Disability Employment Service. Optimising work and life participation for people with injury, illness, disability and disadvantage.

TIME: 9:00am-3:00pm Thursday. CONTACT: 1300 080 856 for appointment.

EMAIL: contactDES@atworkaustralia.com.au

Hope UC Church

Christian Service with Children and Youth Activities. Every Sunday Morning.

Everyone most welcome.

TIME: From 9:30 am

CONTACT: 4393 3764

EWON Energy Bill Support

Individual appointments available with the Energy and Water Ombudsman NSW to assist you with understanding your bill, checking for rebates, advocating with your energy provider about issues and complaints, help with getting payments plans and links to special support programs.

TIME: 9:00am-3:00pm. Last Tuesday of the month, booking essential.

COST: Free CONTACT: 4341 9333

Scrabble Club

New players welcome! Friendly group meets weekly on Wednesday evenings.

TIME: 6:30 - 9:30 pm

COST: \$5.00 CONTACT: Patricia 4341 9929

School of Practical Philosophy

Our doors have been open for 50 years **Our gift to you** – 2.5hrs a week to re-charge, revitalize and renew yourself in our **Mindful Wisdom** Course.

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

COST: \$15 (administration charge). CONTACT: 9489 4333

Centre Stage School of Dance

Adult Tap and Ballet. Adult classes offering quality tuition for students wanting to explore their passion for Dance.

TIME: Thursday Evenings. Children's classes are also available.

For all class times and costs see our enrolment pack at

www.centrestageschoolofdance.com.au

CONTACT: Leanne 0425 382 383

EMAIL: info@centrestageschoolofdance.com.au

Ageless Grace (NEW in 2020)

Stay fit and joyful with Ageless Grace Brain Health Program. You will be literally dancing in your chair! Build strength, flexibility & coordination, with great music and lots of fun to build your spirits.

TIME: Friday 11:00am- 12:00pm. CONTACT: Rosemary 0425 316 848

COST: \$75 for 5 classes (\$65 concession).