

Gambling Solutions Central Coast

A Coast Community Connections Program. 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

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 & 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.

Other Services at the Centre

Free JP Service - available at the each Centre Monday, Thursday and Friday, no appointment necessary. **Free Help with understanding forms and letters** -assistance with completing forms or writing and understanding your My Gov or your Centrelink requirements. Each Tuesday 9am -12.30pm. Call for an appointment on 4341 9333.

Photocopying & Internet - Both available at a low cost. We can also scan & email documents free. **Community Information and Referral-** please ask for our help. We are happy to assist with any information about our local area and the services, help and programs that are available. **Room Hire** Our air conditioned rooms are available for hire for meetings, training, birthday parties, community functions or presentations at reasonable rates.

FEB 2019



Activities & Services for over 55s



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 to www.centralcoast.u3anet.org.au for membership and course details.

Scrabble Club

A friendly group that meets weekly. Wednesdays from 6:30 – 9:00 pm. New players are 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

For Monday to Saturday playing times, CONTACT: President 0416 138 698 Secretary 0401 598 812 website: www.brisbane-water.bridge-club.org Learn to play and supervised groups also available.

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 9:30 - 10:30 am. COST: \$15.00. Medicare, DVA or health fund rebates may apply. CONTACT: Ingrid Jeffries 0404 269 018

Gentle Exercise Classes

Catering for all levels of fitness and with a trained instructor TIME: 9:00 - 10:00am Mondays COST: \$8.00 CONTACT: 4341 9333

Tai Chi for Beginners

TIME: Wednesdays 10:00am – 11:30am
COST: \$8.00 per week CONTACT: Eileen 0423 310 752

Dementia Carer Support Group

Support group for people who are caring for or supporting people living with dementia. TIME: 1st Monday of the month 10am-12.00pm. No cost. CONTACT: 1300 725 565

School for Seniors

The School for Seniors was created over 25 years ago as a support group which offers friendship, recreational activities and learning. For more details on our weekly activities, see the Peninsula School for Seniors Brochure. CONTACT: 4341 9333

ARAFMI Carers Group

A support group for carers of people living with mental illness. All welcome. TIME: 9:30am – 11:30am last Wednesday of each month. CONTACT: 0413 468 981 COST: Free

Be Connected - Free computer & technology classes

For Seniors - Learn basic digital literacy skills for your computer or mobile devices including the internet & sending emails. TIME: Individual Tutoring is available on weekdays for 1 -1 ½ hours. Free monthly iPad courses are also available - booking essential, small classes. We are supported by the Australian Government's Be Connected 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.

Volunteering Central Coast

Would you like to try volunteering? Interviews are available here every Monday. CONTACT: 4329 7122 for more information.

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

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