

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 Counsellors. Call now for an appointment.

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

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

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, 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 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.



February 2020



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.

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

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 0416 074 688 website: www.brisbane-water.bridge-club.org Learn to play and supervised groups also available.

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

Traditional style Tai Chi classes. Experienced teachers. TIME: Wednesdays 10:00am – 11:30am COST: \$8.00 per week CONTACT: Eileen 4325 4071/0423 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

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

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

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. Cost: \$4. Fridays 10:00am Filipino Group.

Volunteering Central Coast

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

Zumba and Exercise Classes with Vicki

Exercise with music, dance & low impact classes for active older adults. Especially designed for over 50's. TIMES: Zumba Gold : Monday & Friday 11:00am-12:00pm Fun & Fitness :Thursday Nights 6.30-7.30pm COST: from \$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

Ageless Grace (NEW in 2020)

Stay fit & joyful with Ageless Grace Brain Health Program. You will be literally dancing in your chair! Build strength, flexibility & coordination, great music & fun. TIME: 11:00am- 12:00pm. CONTACT: Rosemary 0425 316 848 COST: \$75 for 5 classes (\$65 concession).