



# NORTH SHORE COMMUNITY CENTRE TIMETABLE



## November 2018

ACTIVITY	MON	TUES	WED	THURS	FRI
<b><u>YOGA CHI GUNG</u></b> Gentle yoga class incorporating Tai Chi, Chi Gung, & Pilates - Tony - 0419 791 860 www.spirit3h.com.au/yoga-chi-gung	9:30 - 10:30am 6:30-7:30pm		3:00 - 4:00pm		
<b><u>TWIN WATERS STRENGTH &amp; STABILITY - EXERCISE CLASS FOR OVER 50'S</u></b> The Strength and Stability program supported by the Twin Waters Residents Association is for over 50s focuses on developing practical strength, mobility and balance, in a fun and social atmosphere. <b>(Only \$5 per class)</b> Andy - Independence Movement - 0452255527	9:30am - 10:30 am 10:30am - 11:30am				
<b><u>JUNIOR &amp; INTERMEDIATE ACROBATICS</u></b> Jump, cartwheel, spin and play whilst boosting confidence and having fun! Darren - 5493 3987www.justacrobatics.com.au	3:30 - 6:30pm	3:45 - 6:15pm			
<b><u>FIRST POINTE DANCE SCHOOL</u></b> Learn how to dance in a relaxed & safe atmosphere. Dance Classes Ages 2-12yrs, Ballet, Jazz Laura - 0435079108 Facebook : firstpointdance	3:30 - 5:30pm			3:30 - 5:30pm	
<b><u>CORE ESSENTIALS</u></b> Combined PhysioYoga and PhysioFit class with additional focus and learning of Core Essentials - Ideally suited to sufferers of chronic pain and poorly performing core muscles - 6 Week program Packages. Sarah -0411 470 916 www.facebook.com/AkashaPhysioYoga	4:00pm - 5:30pm	4:00pm - 5:30pm			
<b><u>SUNSHINE COAST SINGING ACADEMY</u></b> Learn diaphragmatic breathing, vocal techniques (placement, projection, diction), physical expression, interpretation, characterisation, improvisation (singing & acting) and much more. Loic - 0411 346 562 www.loicvalmy.com	6:15pm - 7:45pm				
<b><u>LINE DANCING - EVENING CLASS</u></b> Beginners Class - Fun, Fitness, Friendship & Great Music! Carmen - 0402 640 457	7:00pm - 8:00pm				
<b><u>ZUMBA WITH AMY</u></b> Fun fitness dance class, all ages & levels welcome, kids welcome with parents too! Amy - 0418 721 011 Facebook - zumbafitnesswithamy		9:15 - 10:15am			
<b><u>BASIC BEGINNERS COMPUTER CLASSES - **FREE**</u></b> Casual class, BYO Device if possible - Ph NSCC - 54509700		10:30 - 12:00pm			
<b><u>TEMPO TROUPE</u></b> - Music, Movement & Drama Session for people with disabilities and their carers. Wonderful opportunity to develop music skills, socialise and meet new people. Lunch @12pm -Mikey -0428 326 283		10:30am - 1:30pm			
<b><u>L'ARMOUR DANCE ACADEMY</u></b> Jazz, Tap, Ballet, Contemporary & Tiny tots Dance Classes New Class - "Reach for the Stars" for children with disabilities. Emma - 0414 916 662 Facebook - lamourdanceacademy		3:30pm - 7:00pm	3:30 - 5:30pm		3:30 - 6:15pm
<b><u>FREESTYLE KARATE - Anderson Bushi Kai</u></b> Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary. Brett - 0412 987 179		6:30 - 8:00pm		6:00 - 7:30pm	4:00- 5:00pm Kids class
<b><u>LINE DANCING</u></b> Fun, Fitness, Friendship & Great Music! Beginners 9am & Easy dancing @ 10am Barbara Ph 0407 733 280 or 5476 3302			9:00 - 11:00am		
<b><u>MULTIPLE BIRTHS PLAYGROUP</u></b> A chance to meet up with other mums who know what having multiples is like! Chat and meet new friends while bubs and little ones play in a safe, friendly environment. Come & try then to continue must become a member of SC Multiple Births Association for insurance purposes. Gold coin donation. See reception for more details.			9:30am - 11:30am		

ACTIVITY	WED	THUR	FRI	SAT	SUN
<b>MAHJONG</b> Have a chat, cuppa and play mah-jong together! Come & try and then must become a member of University of the Third Age to continue - Come & Try for 1st session then Membership Essential <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> 5430 1123	1:00 - 4:00pm				
<b>PHYSIOFIT</b> Ideal for the over 50's - class incorporates strength, stamina, stability, balance and coordination, training, relaxation, yoga, meditation (and breathing practise) Sarah - 0411 470 916 FB - akashaphysioyoga	4:30 - 5:45pm	9:15am- 10:30am			
<b>JAPANESE KARATE</b> Traditional Shotokan style - Non aggressive self defence martial arts. Heidi 0424 642 443 JKA Australia Facebook - Karate-Kata-Kumite-and-Koan-JKA-Sunshine-Coast	5:00- 6:00pm Kids 6:00-7:30 mixed			9:30 - 12pm	
<b>PHYSIO YOGA</b> Run by a qualified Physiotherapist and Yoga teacher this "moving meditation" is suitable for all ages and abilities. Sarah - 0411 470 916 - Facebook-Akasha Physio Yoga	6:00 - 7:15pm	10:45am - 12:00pm			
<b>JAPANESE KARATE</b> Traditional Shotokan style - Non aggressive self defence martial arts. Heidi 0424 642 443 JKA Australia Facebook - Karate-Kata-Kumite-and-Koan-JKA-Sunshine-Coast	5:00- 6:00pm Kids 6:00-7:30 mixed			9:30 - 12pm	
<b>ZUMBA GOLD (Seniors Class)</b> Low intensity easy and effective workout class designed for the active, older adult, male or female. It focusses on all elements of fitness: cardio, muscular conditioning, flexibility and balance. Amy - 0418 721 011 Facebook - zumbafitnesswithamy		9:15am - 10:00am			
<b>MUDJIMBA LECTURE GROUP</b> A series of 2 hour talks held each week. The speaker and topic change every two weeks. Term topics are listed in the U3A handbook. Come & try first & then must become a member of the U3A to continue. <a href="http://www.U3asunshine.org.au">www.U3asunshine.org.au</a> - 54301123		1:00pm - 3:00pm			
<b>YOGA FOR KIDS</b> Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! Stacey - 0417 371 144		3:30 - 4:15pm & 4:15-5pm			
<b>YOGA FOR TEEN GIRLS (Ages 13-17)</b> Yoga, partner yoga, acrobatic flying, fun & relaxation! Stacey - 0417 371 144 <a href="http://www.staceynelson.com.au">www.staceynelson.com.au</a>		5:00- 6:15pm			
<b>LONG SLOW DEEP YOGA CLASS (Once Monthly 3rd Thurs of Month)</b> This class is designed to reach the inner layer of the physical body, in particular, joints and connective tissue. Cultivating mindfulness, patience and acceptance is weaved throughout the class. Petra - 0409 532 940 <a href="http://www.facebook.com/BodyHealthBowenTherapyAndYoga">www.facebook.com/BodyHealthBowenTherapyAndYoga</a>		6:40pm - 8:30pm			
<b>GOLDEN CROWN HEALING (Bi monthly 4th Thurs of Month + Special Events)</b> Movement, meditation and energetic healing for individual and group needs. BYO yoga mat, blanket and open heart. Angela - 0411 734 446 <a href="http://www.facebook.com/GCHSunshineCoast">http://www.facebook.com/GCHSunshineCoast</a>		6:30 - 8:00pm			
<b>READY STEADY GO KIDS! (Ages 1.5 - 6 years)</b> Fun multi sports program teaching age appropriate range of sports. **Free Trial** <a href="http://www.readysteadygokids.com.au">www.readysteadygokids.com.au</a> or call 1300 766 892			3 classes 9:15- 11:00am		
<b>KIDS AND EMOTIONS - creating a happy and confident me.</b> Workshops run by a registered teacher, doterra wellness advocate, massage therapist and mum! Kids will learn basic yoga poses, the power of affirmations and positive words, breathing techniques, meditation and the power of essential oils. For ages 6+. Leah Guest : 0417 032 372				10am - 12am	
<b>THEATRE OF THE OPPRESSED - Training for Action **FREE**</b> 4 Week Workshop starting on the 19th October based on the system created by Augusto Boal to put though into action. Acting, Performance and Debate to confront and understand issues in society and self. Course if offered FREE - Gold Coin donation welcome for room hire. To register contact Catherine - 54764 376			11:00am - 12:30pm		
<b>GERMAN CLASS</b> - Come & Try first, then must become a member of the University of the Third Age to continue - Bookings Essential- <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> - 5430 1123			2:00- 3:30pm		
<b>BETHANY GROUP (Once monthly - last Friday of every month)</b> Making items for charities. Work from home at your own pace and bring items once month. Get together for cuppa, swap ideas and socialize. Norma - 5443 1902 or 0409 208 455			11:30 - 1:30pm		
<b>CHRISTIAN COMMUNITY CHURCH</b> All Welcome whether Christian or simply searching for spiritual direction. Pastor Dan Boshard - 0439 708 092					9:30- 1:00pm