



# NORTH SHORE COMMUNITY CENTRE - MARCH TIMETABLE



Due to COVID-19 concerns, some of these classes may have been cancelled, please contact the Class Facilitator for up to date information

ACTIVITY	MON	TUES	WED	THURS	FRI
<b><u>ORIENTAL YOGA</u></b> Gentle yoga class incorporating Tai Chi, Chi Gung, & Pilates - Tony - 0419 791 860 www.spirit3h.com.au	9:20 - 10:30am 6:30-		3:00 - 4:00pm		
<b><u>TWIN WATERS STRENGTH &amp; STABILITY CLASS FOR OVER 50'S</u></b> The Strength and Stability class (proudly supported by Sunshine Coast Council's Grants Program ) Focus on developing practical strength, mobility and balance in a fun and social atmosphere. <b>(Only \$5 per class)</b> Andy - Independence Movement - 0452255527	8:30am 9:30am & 10:30 am Classes				
<b><u>INNER U</u></b> - Move. Meditate. Make - Classes for children teaching lifelong skills to connect to their inner self, build resilience and coping strategies through movement, stillness and art. 3+ years. Michelle Mc Kenzie Ph 0401 295 235 Facebook: inneruholisticwellbeing	10:00am - 11:30am				
<b><u>CARD PLAYING SOCIAL GROUP</u></b> - Canasta, Bolivia and Hand and Foot players are invited to join a social group at the NSCC! Experienced and learning players welcome. Contact Janette on 0419 750 857	10:45am - 2:00pm				
<b><u>JUNIOR &amp; INTERMEDIATE ACROBATICS</u></b> Jump, cartwheel, spin and play whilst boosting confidence and having fun! Darren - 5493 3987 www.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>SUNSHINE COAST SINGING ACADEMY</u></b> Glee Club— Loic - 0411 346 562 www.loicvalmy.com	6:15pm - 7:45pm				
<b><u>SUNSHINE COAST WRITERS GROUP</u></b> - (1st & 3rd of month) Members are encouraged to write original prose and poetry to the best of their ability and in their chosen field. When work is read during the workshops, members are offered helpful comments and advice. New members are most welcome . Joy -5441 6363	1:30pm - 4:00pm				
<b><u>LINE DANCING - EVENING CLASS</u></b> BEGINNERS class. Keep your mind active and body fit with dance. Fun Fitness, friendship and great music. Carmen - 0402 640 457	7:00pm - 8:00pm				
<b><u>Social Art Group</u></b> Mingle with like minded art enthusiasts, share advice & enjoy techniques with one another , enjoy a cuppa		8:30– 10.:15am			
<b><u>ZUMBA</u></b> - Fun fitness dance class, all ages & levels welcome, kids welcome with parents too! Amy - 0418 721 011 Facebook - Za'Flow Dance Fitness		9:15 - 10:15am			
<b><u>SOCIAL COMPUTER CLUB</u></b> Coffee, Chat & Problem Solve anything to do with Laptops, tablets, I pads & Phones together as a group. 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 – Kellie 0439 344 465		10:00am - 1:30pm			
<b><u>PASSIONATE LYFE</u></b> Explore what truly lies in your mind, body and soul with yoga. Lorraine - 0476 130 705		6:00pm- 7:00pm			
<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 - 8:00pm	3:30 - 6:00pm		3:30 - 6:45pm
<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 - 7:30pm		6:00 - 7:00pm	4:00- 5:00pm Kids class

ACTIVITY	WED	THUR	FRI	SAT	SUN
<b>LINE DANCING</b> Keep your mind active and body fit with dance. Fun, Fitness, Friendship & Great Music! Beginners 9am & Improvers/Easy dancing @ 9:45am Barbara Ph 0407 733 280	9:00– 11:00am				
<b>NORTH SHORE PLAYGROUP</b> All parents, grandparents and carers are welcome to come along on a weekly or casual basis, connect with others, have a cuppa, morning tea and play! Loads of toys, water play, nature based play, arts and crafts, singing dancing and more! Great air conditioned space adjoining an enclosed playground area. Just \$2 pp to cover costs. Contact NSCC 5450 9700	9:30am - 11:30am				
<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 -Membership Essential www.u3asunshine.org.au Lyn - 0421 853 007	1:00 - 4:00pm				
<b>JAPANESE KARATE</b> Traditional Shotokan style - Non aggressive self defence martial arts. Kids –5-6 & Mixed 6-7:30pm. Noel - 0419 850 406 JKA Australia Facebook - Karate-Kata-Kumite-and-Koan-JKA-Sunshine-Coast	5:00- 7:30 pm (2 Classes)			9:30 - 12:00pm	
<b>COMMUNITY AUSLAN INTRODUCTION CLASSES</b> Learn Basic Auslan to communicate to with deaf and hard of hearing people. 8 Week Courses available. Program Run by Deaf Services Pty Ltd. Contact - 3892 8540 or email auslan@deafservices.org.au	6:00pm - 8:00pm				
<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. www.U3asunshine.org.au - Bob 5478 9006		1:00pm - 3:00pm			
<b>YOGA FOR KIDS</b> Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! Stacey - 0417 371 144 Kids 4-8 , Tweens age 8-12		4:00pm - 5:00pm			
<b>YOGA FOR TEEN GIRLS (Ages 13-17)</b> Yoga, partner yoga, acrobatic flying, fun & relaxation! Stacey - 0417 371 144 www.staceynelson.com.au		5:05 - 6:15pm			
<b>MENS YOGA CLASS</b> Come along and have a good stretch with the new mens yoga group David - 0414 325 427		6:45pm - 7:45pm			
<b>COOLUM COMMUNICATOR TOASTMASTERS</b> Meeting on the 2nd & 4th Wednesday of each month to practice impromptu & prepared speaking skills, communication & leadership skills all of which leads to greater self confidence and personal growth. Marilyn - 0411 249 253	7:00– 9:00pm				
<b>VERA FLOW</b> Dance, stretch and find your true <i>flow</i> n this class like none other you have ever experienced. Enquiries to Amy – at Za’Flow - 0418 721 011			9:15 - 10:15am		
<b>A HISTORY OF ANCIENT GREECE</b> - Come & try the course out and then become a member of University of the Third Age to continue -Membership Essential www.u3asunshine.org.au Darrel 0428 348 965.			9:30 - 11:30am		
<b>RAINBOW FAMILIES PLAYGROUP</b> his playgroup is a space for LGBTQIAP parents and their kids to get together, chat, have a cuppa, and have some fun! The mission of Rainbow Families Sunshine Coast (Qld) is to nurture a community which fosters resiliency by connecting, supporting, and empowering LGBTQIAP families. Kat 0419 858 552			10:00am - 12:00pm		
<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			9:30 - 12:30pm		
<b>*NEW GROUP*SWAY BABY SWAY (Starting 8th February)</b> Group and individual music sessions for parents and their children aged 0-5. Live music, singing, instrumental play, movement and musical improvisation to increase engagement, enrich relationships, learning, build confidence and support growing brains. Lisa - 0439 647 566 www.lisadowlingmusic.com/sway-baby-sway. FB and Insta - @musicmovesunshinecoast AND @swaybabysway				9:00— 10:00am	
<b>PASSIONATE LYFE</b> Explore what truly lies in your mind, body & soul with yoga - Lorraine - 0476 130 705				7:30— 8:30am	
<b>CHRISTIAN COMMUNITY CHURCH</b> All Welcome whether Christian or simply searching for spiritual direction. Pastor Dan Boshard - 0439 708 092					9:30am - 1:00 pm