



# NORTH SHORE COMMUNITY CENTRE

## STAGE 3 – 3 July 2020 TIMETABLE

**PLEASE NOTE: CLASS NUMBER RESTRICTIONS STILL APPLY**

**PLEASE SEE CONTACT DETAILS AND PHONE TO BOOK IN PRIOR TO ATTENDING**

701 David Low Way, Mudjimba Ph: 54509700 Email: [info@northshorecommunitycentre.org](mailto:info@northshorecommunitycentre.org) Web: [www.northshorecommunitycentre.org](http://www.northshorecommunitycentre.org) Facebook: [www.facebook.com/NorthShoreCommunityCentre](https://www.facebook.com/NorthShoreCommunityCentre)

TARGET	ACTIVITY / DESCRIPTION	CONTACT	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>OVER 50'S</b>	<b>STRENGTH &amp; STABILITY</b> Focus on developing practical strength, mobility and balance in a fun and social atmosphere. (Only \$5 per class due to support by SCC)	Independence Movement Andy – 0452255527	7:30am 8.30am (1hr each)						
<b>ALL AGES</b>	<b>ORIENTAL YOGA</b> Gentle yoga class incorporating Tai Chi, Chi Gung, & Pilates	<a href="http://www.spirit3h.com.au">www.spirit3h.com.au</a> Tony - 0419 791 860	9.20am 6.30pm (1hr each)		3.00pm (1hr)		7:45am (45mins)		
<b>ADULTS</b>	<b>SOCIAL CARD GROUP</b> Play Canasta and Hand and Foot. Beginners and experienced players welcome.	Shirley – 0407 753 191	10:30 (3hrs)						
<b>CHILDREN</b>	<b>ACROBATICS</b> Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.	Darren – 54933987 <a href="http://www.justacrobat.com.au">www.justacrobat.com.au</a>	3.30pm (3hr) <b>EXCEPT S/HOLS</b>	3.30pm (2.5hr) <b>EXCEPT S/HOLS</b>					
<b>CHILDREN 2-12yrs</b>	<b>DANCE</b> Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.	First Pointe Dance School Laura – 0435079108 Fb: firstpointdance	3:30pm (2hrs)		3:30pm (2hrs)				
<b>ALL AGES</b>	<b>GLEE CLUB</b> Come along and sign your heart out! Beginners and experienced singers welcome.	SC Singing Academy Loic - 0411 346 562 <a href="http://www.loicvalmy.com">www.loicvalmy.com</a>	6:15pm (1.5hr)						
<b>ALL AGES</b>	<b>WRITERS WORKSHOP</b> You are encouraged to write original prose and poetry and receive comments and advice. New participants are most welcome!	SC Writers Group Joy - 5441 6363	12.00pm (2.5hr) (1st & 3rd)						
<b>ALL AGES</b>	<b>BEGINNERS LINE DANCING</b> Keep mind active and body fit with dance. Fun, fitness, & friendship.	Carmen - 0402 640 457	7.00pm (1hr)						
<b>ALL AGES</b>	<b>MANDALA ART THERAPY</b> Supporting people with mental health through the therapeutic tool of Mandala painting.	NSCC - 54509700	13 July 10.00am (1.5hr)						
<b>ALL AGES</b>	<b>ZUMBA</b> Fun dance class, kids welcome with parents. All levels of fitness.	Amy - 0418 721 011 Fb: Za'Flow Dance Fitness To book in visit <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a>		9.15am (1hr)					
<b>ALL AGES</b>	<b>SOCIAL COMPUTER</b> Problem solve anything to do with Laptops, tablets, I pads & Phones.	NSCC - 54509700		9:30am (1.5hr)					
<b>ALL AGES DISABILITIES &amp; CARERS</b>	<b>MUSIC, MOVEMENT &amp; DRAMA</b> A wonderful opportunity to develop music skills, socialise and meet new people. Includes lunch break at 12noon.	Tempo Troupe Kellie - 0439 344 465		10:00am (3.5 hrs)					
<b>TINYTOTS with DISABILITIES</b>	<b>DANCE</b> "Reach for the Stars" - children with disabilities. Jazz, Tap, Ballet & Contemporary dance.	L'Armour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy		4.00pm (2.5hr) <b>EXCEPT S/HOLS</b>	3.30pm (2hr) <b>EXCEPT S/HOLS</b>		3.30pm (3.15hr) <b>EXCEPT S/HOLS</b>		

TARGET	ACTIVITY / DESCRIPTION	CONTACT	MON	TUE	WED	THUR	FRI	SAT	SUN
ALL AGES	<b>FREESTYLE KARATE</b> Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary. ^Kids Class	Anderson Bushi Kai Brett - 0412 987 179		6.30pm (1hr)		6.00pm (1hr)	4.00pm^ (1hr) <b>EXCEPT S/HOLS</b>		
ALL AGES	<b>LINE DANCING</b> Keep your mind active and body fit with fun & friendly dance! *Beginners / **Improvers	Barbara - 0407 733 280				9.00am 10.00am (1hr each)			
TINYTOTS & CARERS	<b>NORTH SHORE PLAYGROUP</b> All parents, grandparents and carers come along to connect with others, have a cuppa, and play! Indoor & outdoor fun, arts & crafts and more.	NSCC 5450 9700 \$2 per person to cover costs				9.00am (2hr) <b>EXCEPT S/HOLS</b>			
ALL AGES	<b>MAHJONG</b> Have a cuppa and play mahjong! Come & try and then become a member.	University of the Third Age Lyn - 0421 853 007 <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>				11.30am (3hr)			
ALL AGES	<b>PUBLIC SPEAKING SKILLS</b> Practice impromptu & prepared speaking skills, communication & leadership skills, leading to greater self-confidence and personal growth.	Coolum Communicators & Toastmasters Marilyn - 0411 249 253				7:30pm (1.5hr) (2nd & 4th of Mth)			
SENIORS	<b>ZUMBA GOLD</b> Low intensity easy and effective workout, designed for the active older adult, male or female. Focusses on all elements of fitness.	Amy - 0418 721 011 Fb: zumbafitnesswithamy To book in visit <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a>					9.15am (45min)		
ALL AGES	<b>LECTURES</b> A series of talks where the speaker and topic change every two weeks. Term topics are listed in the U3A handbook. Come & try and then become a member to continue.	University of the Third Age Bob - 5478 9006 <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>					23 <sup>rd</sup> July 1.00pm (2hr)		
KIDS & TEENS	<b>YOGA FOR KIDS</b> Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! <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>					4:05pm (1hr) 5:05pm (1hr) <b>EXCEPT S/HOLS</b>		
MENS	<b>YOGA CLASS</b> Men's yoga class lead by David Kinnane. Join this men's group for a stretch.	David - 0414325427					6:45pm (1hr)		
ALL AGES	<b>VERA FLOW</b> Dance, stretch and find your true flow in this class like no other you have ever experienced.	Amy - 0418 721 011 To book in visit <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a>					9.15am (1hr)		
SENIORS	<b>HISTORY OF ANCIENT GREECE</b> Travel into history and learn about all about Ancient Greece	Darrel – 0428 348 965					24 <sup>th</sup> July 10:30am (2hr)		
ALL AGES	<b>CRAFT WORKSHOP</b> Making items for charities. Work on craft projects at home and bring items to the gathering for cuppa, swapping ideas and socialising.	Bethany Group Norma - 5443 1902 / 0409 208 455					9.30am (3hrs) (last of mth)		
ALL AGES	<b>SUNDAY SERVICES</b> All are welcome whether Christian or simply searching for spiritual direction.	Christian Community Church Pastor Dan - 0439 708 092							12 <sup>th</sup> July 9.30am (3.5hr)