



NORTH SHORE COMMUNITY CENTRE

STAGE 5 – 1 November 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 Web: www.northshorecommunitycentre.org Facebook: www.facebook.com/NorthShoreCommunityCentre

TARGET	ACTIVITY / DESCRIPTION	CONTACT	MON	TUE	WED	THUR	FRI	SAT	SUN
OVER 50'S	STRENGTH & STABILITY 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)						
ALL AGES	ORIENTAL YOGA Gentle yoga class incorporating Tai Chi, Qi Gung, & Pilates	www.spirit3h.com.au Tony - 0419 791 860	9.20am & 6.30pm (1hr each)		3.00pm (1hr)		7:45am (45mins)		
ALL AGES	MANDALA ART THERAPY Supporting people with mental health through the therapeutic tool of Mandala painting. (\$10 per class to cover materials)	NSCC - 54509700	10.00am (2.5hr)						
ADULTS	SOCIAL CARD GROUP Play Canasta and Hand and Foot. Beginners and experienced welcome.	Shirley – 0407 753 191	10:30 (3hrs)						
ALL AGES	WRITERS WORKSHOP 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) (1 st +3 rd Mth)						
CHILDREN	ACROBATICS Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.	Darren – 54933987 www.justacrobatics.com.au	3.30pm (3hr) NOT S/HOLS	3.30pm (2.5hr) NOT S/HOLS					
CHILDREN 2-12yrs	DANCE Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.	First Pointe Dance School Laura – 0435079108 Fb: firstpointdance	3:30pm (2hrs) NOT S/HOLS			3:30pm (2hrs) NOT S/HOLS			
ALL AGES	GLEE CLUB Come along and sign your heart out! Beginners and experienced singers welcome.	SC Singing Academy Loic - 0411 346 562 www.loicvalmy.com	6:15pm (1.5hr)						
ALL AGES	BEGINNERS LINE DANCING Keep mind active and body fit with dance. Fun, fitness, & friendship.	Carmen - 0402 640 457	7.00pm (1hr)						
ALL AGES	ZUMBA Fun dance class, kids welcome with parents. All levels of fitness.	Amy - 0418 721 011 Book at https://bookwhen.com/zaflowdance Fb: zumbafitnesswithamy		9.15am (1hr)					
ALL AGES	SOCIAL COMPUTER Problem solve anything to do with Laptops, tablets, Ipad's & Phones. On a short break – re-commencing 10 Nov – 8 December 2020	NSCC - 54509700		9.30 (1.5hr)					
ALL AGES	EXCEL Advanced Spreadsheets	University of the Third Age Bob - 0490 124 602 www.u3asunshine.org.au		10.am (2hr)					
ALL AGES DISABILITIES & CARERS	MUSIC, MOVEMENT & DRAMA A wonderful opportunity to develop music skills, socialise and meet new people. Includes lunch break at 12noon.	Tempo Troupe Kellie - 0439 344 465		10:30am (3 hrs)					
ALL AGES	INTERMEDIATE LEVEL ADULT BALLET The class will include a barre warm up, centre work and a short dance routine which we'll add onto every week for FUN!	First Pointe Dance School Laura – 0435079108 Fb: firstpointdance		10.45am (1hr)					
ALL AGES	DANCE Ballet, Jazz, Tap, Contemporary, Acro, hip hop, tiny tots and "reach for the stars" a specialised dance class for children with special needs.	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy		4.00pm (2.5hr) NOT S/HOLS	3.30pm (2.5hr) NOT S/HOLS		3.30pm (2.5hr) NOT S/HOLS		
ALL AGES	FREESTYLE KARATE 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 (1.5hr)	4.30pm^ (1.5hr)	6.00pm (1.5hr)	4.00pm^ (1hr) NOT S/HOLS		

TARGET	ACTIVITY / DESCRIPTION	CONTACT	MON	TUE	WED	THUR	FRI	SAT	SUN
ALL AGES	MENTAL SILENCE MEDITATION A simple method to take us beyond worries and over thinking, to connect us with our own innate pace, joy, love and deeper meaning of our lives.	Sahaja Yoga Meditation Leela - 0412 442 557			7.00am (1 hr)				
ALL AGES	LINE DANCING 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	NORTH SHORE PLAYGROUP All parents, grandparents and carers come along to connect with others, have a cuppa, and play! Indoor & outdoor fun, arts & crafts and more.	NSSC 5450 9700 \$2 per person to cover costs			9.30am (2hr) NOT S/HOLS				
ALL AGES	MAHJONG Have a cuppa and play mahjong! Come & try and then become a member.	University of the Third Age Lyn - 0421 853 007 www.u3asunshine.org.au			12.00noon (3hr)				
MENS	YOGA CLASS Men's yoga class lead by David Kinnane. Join this men's group for a stretch.	David - 0414325427			4.30pm (1hr)	6:45pm (1hr)		7.30am & 9.00am (1hr)	
ALL AGES	QI FIT Strengthen the body and declutter the mind using the principles of Japanese Yoga & Qi-Gong	Ella Moon - 0437 822 347 info@feelgoodgang.com			6.15pm (1 hr)				
ALL AGES	PUBLIC SPEAKING SKILLS Practise impromptu & prepared speaking skills, communication & leadership skills, leading to greater self-confidence and personal growth.	Coolum Communicators & Toastmasters Anne- 0403 062 518			7:30pm (1.5hr) (2 nd +4 th Mth)				
SENIORS	ZUMBA GOLD 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 Book at https://bookwhen.com/zaflowdance Fb: zumbafitnesswithamy				9.15am (45min)			
ALL AGES	LECTURES 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 www.u3asunshine.org.au				1.00pm (2hr)			
ALL AGES	GENEOLOGY – Tracing your Family's History Come & try and then become a member to continue.	University of the Third Age Mac - 0407 624 598 www.u3asunshine.org.au				1.00pm (2hr)			
KIDS & TEENS	YOGA FOR KIDS Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! YOGA FOR TEEN GIRLS (Ages 13-17) Yoga, partner yoga, acrobatic flying, fun & relaxation!	Stacey - 0417 371 144 www.staceynelson.com.au				4:05pm & 5:05pm (1hr each) NOT S/HOLS			
ALL AGES	IN & OUT BREATHWORK Correct breathing can have major effects on physical and mental health, improve sleep and so much more. Learn the In's and Out's of (Wym-Hoff) Breathwork and have a great time doing it.	Zachary Vale 0403 650 651				6.00pm (1 hr)			
ALL AGES	VERA FLOW Dance, stretch and find your true flow in this class like no other you have ever experienced.	Amy - 0418 721 011 Book at https://bookwhen.com/zaflowdance Fb: zumbafitnesswithamy					9.15am (1hr)		
ALL AGES	CHARITY SEWING CIRCLE Get together with your sewing machine & materials to create gorgeous unique & colourful clothing to donate to children & families in need.	Sheila – 5444 5308					9.30am (3hr)		
ALL AGES	CRAFT WORKSHOP 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)		
ADULTS	SOCIAL CARD GROUP Play Canasta and Hand and Foot. Beginners and experienced welcome.	Wendy – 0490 129 204						1.00pm (2.5 hrs)	
ALL AGES	SUNDAY SERVICES All are welcome whether Christian or simply searching for spiritual direction.	Christian Community Church Pastor Dan - 0439 708 092							9.30am (3.5hr)