



## NORTH SHORE COMMUNITY CENTRE 4 JANUARY 2021 TIMETABLE

**PLEASE NOTE: CLASS NUMBER RESTRICTIONS STILL APPLY - PRE-BOOK VIA CONTACT LISTED**

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Day	Time	Target Age	Commencing	Activity	NSCC Contact	MNS Realty Contact	Description
NB: Other programs normally offered by University of the Third Age, as well as NEW and exciting groups, will be returning in February 2021 and will be on our next Timetable.							
<b>SUNDAY</b>	9.30am (3.5hr)	All Ages	From 3/1/2021	SUNDAY CHURCH SERVICES	Christian Community Church Pastor Dan - 0439 708 092	Pastor Dan - 0439 708 092	All are welcome whether Christian or simply searching for spiritual direction.
<b>MONDAY</b>	7.30am (1hr)	Over 50's	From 18/1/2021	STRENGTH & STABILITY	Independence Movement Andy - 0452 255 527	Andy - 0452 255 527	Focus on developing practical strength, mobility and balance in a fun and social atmosphere.
	8.30am (1hr)						
	9.20am (70m)	All Ages	From 4/1/2021	ORIENTAL YOGA	Tony - 0419 791 860 <a href="http://www.spirit3h.com.au">www.spirit3h.com.au</a>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	6.30pm (1hr)						
	10.00am (2.5hr)	All Ages	From 4/1/2021	MANDALA ART THERAPY	NSCC - 5450 9700	NSCC - 5450 9700	(\$10 per class to cover materials) Supporting people to better mental health through the therapeutic tool of Mandala painting.
	10.30am (3hr)	Adults	From 18/1/2021	SOCIAL CARD PLAYING GROUP	Shirley - 0407 753 191	Shirley - 0407 753 191	Play Canasta and Hand and Foot. Beginners and experienced players welcome. Gold Coin Donation
	11.00am (1hr)	Bubs 0-3 & Carers	From 11/1/2021	SWAY BABY SWAY <b>NEW GROUP</b>	Sway Music Services Lisa - 0439 647 566	Lisa - 0439 647 566	Group music sessions facilitated by a Registered Music Therapist. Bespoke sessions use live and interactive musical experiences to enhance meaningful parent-child interactions in a fun, personable and stimulating environment.
	1.30pm (2.5hr) 1st & 3rd mth	All Ages	From 15/2/2021	WRITERS WORKSHOP	SC Writers Group Joy 5441 6363	Joy 5441 6363	You are encouraged to write original prose and poetry and receive comments and advice. New participants are most welcome!
	3.45pm (2.75hr) <b>Not school hols</b>	Children	From 1/2/2021	ACROBATICS	Darren - 5493 3987 <a href="http://www.justacrobatics.com.au">www.justacrobatics.com.au</a>	Darren - 5493 3987	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
3.30pm (2hr) <b>Not school hols</b>	Children 2-12yrs	From 1/2/2021	DANCE CLASS	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Laura - 0435 079 108	Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.	
7.00pm (1hr)	All Ages	From 1/2/2021	LINE DANCING BEGINNERS CLASS	Carmen - 0402 640 457	Carmen - 0402 640 457	Keep mind active and body fit with dance. Fun, fitness & friendship.	
<b>TUESDAY</b>	9.15am (1hr)	All Ages	From 2/2/2021	ZUMBA DANCE FITNESS	Amy - 0418 721 011 Book: <a href="https://bookwhen.com/zafflowdance">https://bookwhen.com/zafflowdance</a> Fb: zumbafitnesswithamy	Amy - 0418 721 011	Fun dance class, kids welcome with parents. All levels of fitness.
	9.30am (1.5hr)	All Ages	From 12/1/2021	SOCIAL COMPUTER GROUP (BASIC)	NSCC - 5450 9700	NSCC - 5450 9700	Problem solve anything to do with Laptops, tablets, iPads & Phones.
	10.30am (3hrs)	All Ages Disabilities & Carers	From 12/1/2021	MUSIC, MOVEMENT & DRAMA	Tempo Troupe Kellie - 0439 344 465	Kellie - 0439 344 465	A wonderful opportunity to develop music skills, socialise and meet new people. Includes lunch break at 12noon.
	10.45am (1hr)	All Ages	From 2/2/2021	INTERMEDIATE LEVEL ADULT BALLET	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Laura - 0435 079 108	The class will include a barre warm up, centre work and a short dance routine which we will add onto every week for FUN!
	3.30pm (3hr) <b>Not school hols</b>	Children	From 1/2/2021	ACROBATICS	Darren - 5493 3987	Darren - 5493 3987	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	3.30pm <b>Not school hols</b>	All Ages	From 2/2/2021	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	Emma - 0414 916 662	Ballet, Jazz, Tap, Contemporary, Acro, hip hop, tiny tots. "Reach for the Stars" is a specialised dance class for children with special needs.
	6.30pm (1.5hr)	All Ages	From 12/1/2021	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary.



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Day	Time	Target Age	Commencing	Activity	NSCC Contact	MNS Realty Contact	Description
WEDNESDAY	7.00am (1hr)	All Ages	From 6/1/2021	MENTAL SILENCE MEDITATION	Sahaja Yoga Meditation Leela - 0412 442 557	Leela - 0412 442 557	A simple method to take us beyond worries and over-thinking, to connect us with our own innate peace, joy, love and deeper meaning of our lives.
	9.00am* & 10.00am** (1hr each)	All Ages	From 3/2/2021	LINE DANCING	Barbara - 0407 733 280	Barbara - 0407 733 280	Keep your mind active and body fit with fun & friendly dance! *Beginners/**Improvers.
	9.30am (2hr)	Tiny Tots & Carers	From 13/1/2021	NORTH SHORE PLAYGROUP	NSCC - 5450 9700	NSCC - 5450 9700	All parents, grandparents and carers come along to connect with others, have a cuppa and play! Indoor & outdoor fun, arts & crafts and more. Gold Coin Donation.
	12noon (3hr)	All Ages	From 13/1/2021	MAHJONG	University of the Third Age Lyn - 0421 853 007 <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	Lyn - 0421 853 007	Have a cuppa and play mahjong! Come and try, and then become a member.
	1.00pm (2hrs) fortnightly	All Ages	From 10/2/2021	MEMOIR WRITING WORKSHOPS NEW GROUP	Portraits of the Past Pam Wood - 0402 857 965	Pam Wood - 0402 857 965	A series of 5 fortnightly sessions to guide you on your memoir writing journey. No previous writing experience required.
	3.00pm (1hr)	All Ages	From 4/1/2021	ORIENTAL YOGA	Tony - 0419 791 860 <a href="http://www.spirit3h.com.au">www.spirit3h.com.au</a>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	3.30pm Not school hols	All Ages	From 2/2/2021	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	Emma - 0414 916 662	Ballet, Jazz, Tap, Contemporary, Acro, hip hop, tiny tots. "Reach for the Stars" is a specialised dance class for children with special needs.
	4.30pm (1.5hr)	Kids class	From 12/1/2021	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	4.30pm (1hr)	Men	From 6/1/2021	YOGA	David - 0414 325 427	David - 0414 325 427	Men's yoga class led by David Kinnane. Join this men's group for a stretch.
	6.30pm (1hr)	All Ages	From 6/1/2021	QI FIT YOGA	Ella Moon - 0437 822 347 <a href="mailto:info@feelgoodgang.com">info@feelgoodgang.com</a>	Ella Moon - 0437 822 347	Strengthen the body and declutter the mind using the principles of Japanese Yoga & Qi-Gong.
7.00pm (1.5hr) 2nd&4th of mth	All Ages	From 27/1/2021	PUBLIC SPEAKING SKILLS	Coolum Communicators & Toastmasters Anne - 0403 062 518	Anne - 0403 062 518	Practise impromptu & prepared speaking skills, communication & leadership skills, leading to greater self-confidence and personal growth.	
THURSDAY	9.15am (45min)	Seniors & Beginners	From 28/1/2021	ZUMBA GOLD	Amy - 0418 721 011 Book: <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a> Fb: zumbafitnesswithamy	Amy - 0418 721 011	Low intensity easy and effective workout, designed for the active older adult, male or female. Focusses on all elements of fitness.
	3.30PM (2hr) Not school hols	Children 2-12yrs	From 1/2/2021	DANCE CLASS	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Laura - 0435 079 108	Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.
	4.05pm (1hr) +	12 & under	From 28/1/2021	YOGA FOR KIDS	Stacey - 0417 371 144	Stacey - 0417 371 144	Yoga for Kids: Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more!
	5.05pm (1hr) Not school hols	Ages 13-17		YOGA FOR TEEN GIRLS	<a href="http://www.inspiredkidsyoga.com.au">www.inspiredkidsyoga.com.au</a>		Yoga for Teen Girls: Yoga, partner yoga, acrobatic flying, fun & relaxation!
	6.00pm (1.5hr)	All Ages	From 12/1/2021	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary.
6.00pm (1hr)	All Ages	From 7/1/2021	IN & OUT BREATHWORK	Zachary Vale - 0403 650 651	Zachary Vale - 0403 650 651	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 Breathwork and have a great time doing it.	



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FRIDAY	6.15am (1hr)	All Ages	From 15/1/2021	PILATES	Inspire Pilates Narelle - 0417 194 323	Narelle - 0417 194 323	Join our Pilates Mat class for a great early morning stretch and preparation for the day.
	7.45am (1hr)	All Ages	From 4/1/2021	ORIENTAL YOGA	Tony - 0419 791 860 <a href="http://www.spirit3h.com.au">www.spirit3h.com.au</a>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	9.15am (1hr)	All Ages	From 29/1/2021	VERAFLOW (DANCE, STRETCH, RELAX)	Amy - 0418 721 011 Book: <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a> Fb: zumbafitnesswithamy	Amy - 0418 721 011	Dance, stretch and find your true flow in this class like no other you have ever experienced.
	9.30am (3 hr)	All Ages	From 8/1/2021	CHARITY SEWING CIRCLE	Sheila - 5444 5308	Sheila - 5444 5308	Get together with your sewing machine & materials to create gorgeous unique & colourful clothing to donate to children & families in need. Gold Coin Donation
	10.30am (2hrs) Last Fri of mth	All Ages	From 29/1/2021	SOCIAL GET-TOGETHER	Circle of Friends Ann - 0466 405 870	Ann - 0466 405 870	Gathering for a cuppa, swapping ideas and socialising.
	3.30pm Not school hols	All Ages	From 2/2/2021	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	Emma - 0414 916 662	Ballet, Jazz, Tap, Contemporary, Acro, hip hop, tiny tots. "Reach for the Stars" is a specialised dance class for children with special needs.
	4.00pm (1hr)	Kids class	From 12/1/2021	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
SATURDAY	7.30am (1hr)	Men	From 6/1/2021	YOGA	David - 0414 325 427	David - 0414 325 427	Men's yoga class led by David Kinnane. Join this men's group for a stretch.
	11.00am (1hr)	Kids with Disabilities	From 9/1/2021	INCLUSIVE KIDS CLUB	Advocate Lifestyle Support Isabel - 0428 383 273 <a href="mailto:admin@advocatels.com.au">admin@advocatels.com.au</a>	Isabel - 0428 383 273	Bringing together children with disabilities, their families and friends to relax, share experiences and play.
	1.00pm (2.5hrs)	Adults	From 2/1/2021	SOCIAL CARD PLAYING GROUP	Wendy - 0490 129 204	Wendy - 0490 129 204	Play Canasta and Hand and Foot. Beginners and experienced players welcome. Gold Coin Donation.