



## NORTH SHORE COMMUNITY CENTRE OCTOBER 2021 TIMETABLE

PLEASE NOTE: CURRENT MANDATORY MASK WEARING & RESTRICTIONS ON CLASS NUMBERS MAY AFFECT SOME BOOKINGS - CHECK IF GOING AHEAD VIA CONTACT LISTED

Day	Time	Target Age	Activity	Contact	Description
SUNDAY	9.30am (3.5hr)	All Ages	SUNDAY CHURCH SERVICES	Christian Community Church Pastor Dan - 0439 708 092	All are welcome whether Christian or simply searching for spiritual direction.
MONDAY	7.30am (1hr) 8.30am (1hr)	Over 50's	STRENGTH & STABILITY	Independence Movement Andy - 0452 255 527	Focus on developing practical strength, mobility and balance in a fun and social atmosphere.
	9.20am (70m) 6.30pm (1hr)	All Ages	ORIENTAL YOGA	Tony - 0419 791 860 www.spirit3h.com.au	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	10.00am (3hr)	Adults	SOCIAL CARD PLAYING GROUP	Shirley - 0407 753 191	Play Canasta and Hand and Foot. Beginners and experienced players welcome.
	11.00AM (1.5hr)	Over 60's	INTERMEDIATE GERMAN	University of the Third Age www.u3asunshine.org.au Karen Leivesley – 0411 144 086	Improve on your existing language skills at this intermediate level Course for U3A Members.
	1.30pm (2.5hr) 1st & 3rd	All Ages	WRITERS WORKSHOP	SC Writers Group 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) Not school hols	Children	ACROBATICS	Darren - 5493 3987 www.justacrobatics.com.au	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	3.30pm (2hr) Not school hols	Children 2-12yrs	DANCE CLASS	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.
	7.00pm (1hr)	All Ages	LINE DANCING BEGINNERS CLASS	Carmen - 0402 640 457	Keep mind active and body fit with dance. Fun, fitness & friendship.
TUESDAY	9.15am (1hr)	All Ages	ZUMBA DANCE FITNESS	Amy - 0418 721 011 Fb: zumbafitnesswithamy	Fun dance class, kids welcome with parents. All levels of fitness. Book: <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a>
	9.30 (2hr) Not School Hols	Children 0-6 yrs + Carers	PLAYGROUP (ASD focus)	PlayConnect Brooke - 0435 169 476	PlayConnect is a great way for families to connect with others who are experiencing challenges of ASD or similar.
	10.30am (3hrs) Not School hols	All Ages Disabilities & Carers	MUSIC, MOVEMENT & DRAMA	Tempo Troupe 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	INTERMEDIATE LEVEL ADULT BALLE	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	The class will include a barre warm up, centre work and a short dance routine which we will add onto every week for FUN!
	1.30pm (1.5hr)	Over 60's	GERMAN CONVERSATION	University of the Third Age www.u3asunshine.org.au Rolf Grob - 0414 238 179	Come & try and then become a member to continue.
	3.30pm (3hr) Not school hols	Children	ACROBATICS	Just Acrobatics Darren - 5493 3987	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	3.30pm Not school hols	All Ages	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	Ballet, Jazz, Tap, Contemporary, Acro, hip hop, tiny tots. "Reach for the Stars" is a specialised dance class for children with special needs.
	6.00pm (2hrs) Not School Hols	All Ages	INTRODUCTORY AUSLAN	<a href="mailto:auslan@deafservices.org.au">auslan@deafservices.org.au</a>	An introduction to Australian Sign Language for anyone.
	6.45pm (2 hrs)	All Ages	ACRO YOGA	Ivan - 0492 876 606	A combination of Yoga and Wellness
	6.30pm (1.5hr)	All Ages	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary.

Day	Time	Target Age	Activity	Contact	Description
WEDNESDAY	6.30am (1.5hr)	All Ages	MENTAL SILENCE MEDITATION	Sahaja Yoga Meditation 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)	All Ages	LINE DANCING	Dancing with Barb Barbara - 0407 733 280	Keep your mind active and body fit with fun & friendly dance! *Beginners/**Easy Dancing.
	9.30am (2hr) Not School hols	Tiny Tots & Carers	NORTH SHORE PLAYGROUP	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.
	1.00pm (1.5hr)	Over 60's	HISTORY OF MEDICINE	University of the Third Age www.u3asunshine.org.au Steve - 0429 621 936	New course - exploring the history of medicine. Come and try and become a member to continue.
	1.00 pm (3hr)	Over 60's	MAHJONG	University of the Third Age www.u3asunshine.org.au Lyn Lovell - 0421 853 007	Have a cuppa and play mahjong! Come and try, and then become a member.
	3.00pm (1hr)	All Ages	ORIENTAL YOGA	Tony - 0419 791 860 www.spirit3h.com.au	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	4.30pm Not school hols	All Ages	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	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	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	4.30pm (1hr)	Men	YOGA	Men's Yoga Project 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	QI FIT YOGA	info@feelgoodgang.com Ella Moon - 0437 822 347	Strengthen the body and declutter the mind using the principles of Japanese Yoga & Qi-Gong.
THURSDAY	7.00pm (1.5hr) 2nd & 4th of mth	All Ages	PUBLIC SPEAKING SKILLS	Coolum Toastmasters coolumtoastmasters@gmail.com Anne - 0403 062 518	Toastmasters is a proven program for developing your public speaking, communication and leadership skills. Attend as our guest and see if Toastmasters is for you!
	9.15am (45min)	Seniors & Beginners	ZUMBA GOLD	Amy - 0418 721 011 https://bookwhen.com/zaflowdance Fb: zumbafitnesswithamy	Low intensity easy and effective workout, designed for the active older adult, male or female. Focusses on all elements of fitness.
	10.30am (3hrs)	All Ages	ART CLASS	Karen Gemming - 0402 285 161	Beginners Watercolour Art Class
	10.30am (2hrs)	Over 60's	INTERMEDIATE / ADVANCED UKULELE	University of the Third Age www.u3asunshine.org.au Gerry Schouten - 0448 820 016	A Musical get together for Intermediate to Advanced Musicians. Come & try and then become a member to continue.
	1.00pm (2hr)	Over 60's	LECTURE SERIES	University of the Third Age www.u3asunshine.org.au Lyn Lovell - 0421 853 007	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.
	1.00pm (2hr)	Over 60's	GENEALOGY	University of the Third Age www.u3asunshine.org.au Mac Cooper McKenzie 0407 624 598	Tracing your Family's History. Come & try and then become a member to continue.
	1.30pm (1.5hr) 1st & 3rd of mth	All Ages	SOCIAL COMPUTER GROUP (BASIC)	Robyn - 5450 6659	Problem solve anything to do with Laptops, tablets, iPads & Phones.
	3.30pm (2hr) Not school hols	Children 2-12yrs	DANCE CLASS	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Learn how to dance Ballet & Jazz in a relaxed & safe atmosphere.
	4.05pm (1hr) Not school hols	Children to 12yrs	YOGA FOR KIDS	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	www.inspiredkidsyoga.com.au	Yoga for Teen Girls: Yoga, partner yoga, acrobatic flying, fun & relaxation!
	6.00pm (1hr)	All Ages	IN & OUT BREATHWORK	Zachary Vale - 0403 650 651	Correct breathing can have major effects on physical and mental health, improve sleep and so much more. Learn the
	6.00pm (1.5hr)	All Ages	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary.
	6.30pm (2hr)	All Ages	ACRO YOGA	Ivan - 0492 876 606	A combination of Yoga and Wellness

Day	Time	Target Age	Activity	Contact	Description
FRIDAY	6.30am (1hr)	All Ages	PILATES	Inspire Pilates 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	ORIENTAL YOGA	Tony - 0419 791 860 www.spirit3h.com.au	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	9.15am (1hr)	All Ages	VERAFLOW (DANCE, STRETCH, RELAX)	Amy - 0418 721 011 Fb: zumbafitnesswithamy	Dance, stretch and find your true flow in this class like no other you have ever experienced. Book: <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a>
	9.30am (3 hr)	All Ages	NORTH SHORE SEWING CIRCLE	Kathleen 0402 042 315	Get together with your sewing machine & materials to create gorgeous unique & colourful clothing to donate to children & families in need.
	10.45am (3hrs)	All Ages	ART CLASS	Karen Gemming - 0402 285 161	Beginners Watercolour Art Class
	11.00 (1hr)	All Ages	INCLUSIVE YOGA	Equity Works Allison Dean - 5441 2122	Chairs are used to assist participation by all mobility abilities. All are welcome, disability support persons are free.
	3.30pm Not school hols	All Ages	DANCE CLASS	L'Amour Dance Academy Emma - 0414 916 662 Fb: lamourdanceacademy	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	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
SATURDAY	7.30am (1hr)	Men	YOGA	Men's Yoga Project David - 0414 325 427	Men's yoga class led by David Kinnane. Join this men's group for a stretch.
	1.00pm (4hrs)	Adults	SOCIAL CARD PLAYING GROUP	Roslyn 0411 448 359	Play Canasta and Hand and Foot. Beginners and experienced players welcome.

Thanks to our Sponsors



Raine & Horne®

