



## NORTH SHORE COMMUNITY CENTRE MARCH 2022 TIMETABLE

\*PLEASE CALL CONTACT LISTED FOR MORE INFORMATION. CURRENT RESTRICTIONS MAY AFFECT SOME BOOKINGS - PLEASE CHECK WITH CONTACT LISTED

Day	Time	Target Age	Activity	Contact	Description
<b>SUNDAY</b>	9.30am (3.5hr)	All Ages	<b>SUNDAY CHURCH SERVICES</b>	Christian Community Church Pastor Dan - 0439 708 092	All are welcome whether Christian or simply searching for spiritual direction.
<b>MONDAY</b>	7.30am (1hr) 8.30am (1hr)	Over 50's	<b>STRENGTH &amp; STABILITY</b>	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	<b>ORIENTAL YOGA</b>	Tony - 0419 791 860 www.spirit3h.com.au	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	10.00am (3hr)	Adults	<b>SOCIAL CARD PLAYING GROUP</b>	Shirley - 0407 753 191	Play Canasta and Hand and Foot. Beginners and experienced players welcome.
	1.30pm (2.5hr) 1st & 3rd	All Ages	<b>WRITERS WORKSHOP</b>	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	<b>ACROBATICS</b>	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	<b>DANCE CLASS</b>	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	<b>LINE DANCING BEGINNERS CLASS</b>	Carmen - 0402 640 457	Keep mind active and body fit with dance. Fun, fitness & friendship.
<b>TUESDAY</b>	9.15am (1hr)	All Ages	<b>ZUMBA DANCE FITNESS</b>	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	<b>PLAYGROUP (ASD focus)</b>	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	<b>MUSIC, MOVEMENT &amp; DRAMA</b>	Tempo Troupe Kellie - 0439 344 465	A wonderful opportunity to develop music skills, socialise and meet new people. Includes lunch break at 12noon.
	3.30pm (3hr)	Children	<b>ACROBATICS</b>	Just Acrobatics Darren - 5493 3987	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	6.00pm (2hrs) Not School Hols	All Ages	<b>INTRODUCTORY AUSLAN</b>	<a href="mailto:auslan@deafservices.org.au">auslan@deafservices.org.au</a>	An introduction to Australian Sign Language for anyone.
	6.30pm (1.5hr)	All Ages	<b>FREESTYLE KARATE</b>	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	9.00am* & 10.00am* (1hr ea)	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.
	9.15am (30mins) 9.45am (45mins)	15mths - 3yrs 3 - 5yrs	DANCE EMPIRE	Miranda 0405 478 909 miranda@ danceempire sunshinecoast.com .au	The Sunshine Coast's most loved introduction to Classical ballet for toddlers and preschoolers.
	1.00pm (2 hrs) fortnightly Starting 9 February	All ages	MEMOIR WRITING	Pam Wood - 0402 857 965	Five fortnightly workshops to help you get started on your life story telling. Friendly, supportive group of beginner writers. No previous writing experience required.
	1.00pm (1.5hr)	Over 60's	HISTORY OF MEDICINE	University of the Third Age www.u3asunshine.org.au Steve - 0429 621 936	Exploring the fascinating stories in the history of medicine and infectious disease and the consequences for us today.
	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.
	1.30pm (1.5hrs) fortnightly starting 2 February	All ages	SOCIAL COMPUTER GROUP (BASIC)	Robyn Harm 5450 6659	Solving problems with laptops/tablets/smart phones.
	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 (30min) 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.
	6.00pm (2hrs)	All Ages	PSYCHIC DEVELOPMENT AWARENESS	Mel - 0431 223 707	Learn how to unlock your hidden potential and become more of who you truly should be!
	6.30pm (1hr)	All Ages	QI FIT YOGA	Ella Moon - 0437 822 347	Strengthen the body and declutter the mind using the principles of Japanese Yoga & Qi-Gong.
7.00pm (2hr) 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!	

Day	Time	Target Age	Activity	Contact	Description
THURSDAY	9.15am (45min)	Seniors & Beginners	ZUMBA GOLD	Amy - 0418 721 011 <a href="https://bookwhen.com/zaflowdance">https://bookwhen.com/zaflowdance</a> 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 - 1:00pm	Adults	SOCIAL MAHJONG GROUP	Pam - 0414 499 064	Beginners welcome, come along meet new people and have some fun!
	10.45am (2hrs)	Over 60's	HISTORY OF WORLD RELIGIONS	University of the Third Age <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> Darryl Roche C/-5430 1123	Fascinating exploration of 5,000 years of religious and anti-religious activity, from 3000 BCE to 2000 CE.
	1.15pm (2hr)	Over 60's	LECTURE SERIES	University of the Third Age <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> 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 <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> Mac Cooper McKenzie 0407 624 598	Tracing your Family's History. Come & try and then become a member to continue.
	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 <a href="http://www.inspiredkidsyoga.com.au">www.inspiredkidsyoga.com.au</a>	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		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 Ins and Outs of Breathwork and have a great time doing it.
	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.

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 (3hr)	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.
	9.30am (3hr)	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.

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