



## NORTH SHORE COMMUNITY CENTRE JULY 2023

\*PLEASE CALL CONTACT LISTED FOR MORE INFORMATION.

JUNE	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)	All Ages	<b>ORIENTAL YOGA</b>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	9.30am (3hr)	Adults	<b>SOCIAL CARD PLAYING GROUP</b>	Shirley - 0407 753 191	Play Canasta and Hand and Foot. Beginners and experienced players welcome.
	11.00am (1 hr)	Adults	<b>JAZZERCISE</b>	Helen - 0418 398 541	Exercise, Movement and Dance.
	12.00 Noon (1 hr)	Adults	<b>TAP DANCE</b>	Helen - 0418 398 541	Tap dance for beginners. Great for physical & mental well-being.
	1.00pm (2.5hr) 1st & 3rd	All Ages	<b>WRITERS WORKSHOP</b>	SC Writers Group Denzil 0432 347 621 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.justacrobatcs.com.au	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	6.30 pm (1 hour)	All Ages	<b>ORIENTAL YOGA</b>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gong & Pilates
	3.15 (2.5hr) Not School Hols	Children 2-12 yrs	<b>DANCE CLASS</b>	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Co-ordination and wellbeing, while meeting new friends and helping you to feel fabulous.
	6.30pm (1 hour)	All Ages	<b>ORIENTAL YOGA</b>	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	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>
	9.30am (2hr) Not School Hols	Children 0-6 yrs	<b>PALS PLAYGROUP (Free)</b>	Play Matters Brooke - 0435 169 476	The PALS group is a free inclusive playgroup for families with or without a disability to all play together and learn from others
	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.
	5.00pm (1hr)	Kids class	<b>FREESTYLE KARATE</b>	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	6.00pm (1hr)	Adults	<b>FREESTYLE KARATE</b>	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.

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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.
	9.45am (1.5hrs) Not School Hols	0-6 years	NORTH SHORE PLAYGROUP (Free)	For further information contact the NSCC on 5450 9700	Age appropriate activities in a safe, welcoming environment with indoor and outdoor play space. BYO morning tea, drink bottle and hat. FREE from 22 March 2023.
	1.00 pm (3hr)	Over 60's	MAHJONG	University of the Third Age www.u3asunshine.org.au Lyn Lovell - 0421 853 007	Come and try this old Chinese tile-based game for four players.
	2-45pm (1 hr)	All Ages	ORIENTAL YOGA	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	4.00pm (2hr) Not School Hols	Children 2-12 yrs	DANCE CLASS	First Pointe Dance School Laura - 0435 079 108 Fb: firstpointedance	Co-ordination and wellbeing, while meeting new friends and helping you to feel fabulous.
	6.00pm (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. info@feelgoodgang.com/www.feelgoodgang.com
	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!

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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.
	1.15pm (2hr)	Adults	LECTURE SERIES	University of the Third Age <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a> Gaynor Day E: <a href="mailto:gaynoroz69@yahoo.com">gaynoroz69@yahoo.com</a>	A series of talks where the speaker and topic change every two weeks. Term topics are listed on the U3A website. Come & try and then become a member to continue.
	4.30pm (1hr)	Kids class	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	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.
7.30pm (2hr)	Adults	TANGO CLASSES	Nathan Sheppard - Sol Tango 0400 464 479	Improve your physical fitness and connect with others by learning Argentine Tango!	

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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	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates.
	9.15am (1hr)	All Ages	VERA FLOW (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/zafloredance">https://bookwhen.com/zafloredance</a>
	9.00am (3.5hr)	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.
	10.00am	All Ages	JP AVAILABLE	Bill Jackson 0417 102 084	Other hours available by arrangement.
	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.
	4.00 pm (3hr)	Kids class	DRAMA WORKSHOPS FOR KIDS	Goat Track Theatre. Louise 5545 4421	Weekly drama classes for children and young people to help grow confidence and to engage them creatively in the world of theatre. Suitable for children aged 5-12 for our GTKids program and 13-18 for our Fast Track Youth Ensemble.
	7.15pm (1.5 hrs)	Adults	BALLROOM DANCING	Helen 0418 398 541	Co-ordination and wellbeing, while meeting new friends and helping you to feel fabulous.
SATURDAY	9.00am (4hrs)	All Ages	SUNSHINE COAST RUSSIAN SCHOOL	Elena Brennan - 0475 229 770	Learn Russian with experienced teachers.
	9.30am (3hrs)	Adults	SOCIAL CARD PLAYING GROUP	Roslyn 0411 448 359	Play Canasta and Hand and Foot. Beginners and experienced players welcome.

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