



NORTH SHORE COMMUNITY CENTRE NOVEMBER 2023

*PLEASE CALL CONTACT LISTED FOR MORE INFORMATION.

NOVEMBER	Time.	Target Age.	Activity.	Contact.	Description.
SUNDAY	9.30am (3.5hr)	All Ages	SUNDAY CHURCH SERVICES	Christian Community Church Pastor Marcus - 0499110370	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 (70mins)	All Ages	ORIENTAL YOGA	Tony - 0419 791 860	Gentle yoga class incorporating Tai Chi, Qi Gung & Pilates
	9.30am (3hrs)	Adults	SOCIAL CARD PLAYING GROUP	Shirley - 0407 753 191	Play Canasta and Hand and Foot. Beginners and experienced players welcome.
	1.00pm (2.5hrs) 1st & 3rd	All Ages	WRITERS WORKSHOP	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!
	3.15 (2.5hrs) 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.
	3.45pm (2.75hrs) Not school hols	Children	ACROBATICS	Darren - 5493 3987 www.justacrobatix.com.au	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	6.00pm (2 hrs)	All Ages	BRAVE DREAMERS	Sarah - 0402 473 496	This is an all inclusive, all abilities class for those who enjoy the love of dance.
	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: https://bookwhen.com/zaflowdance
	9.30am (2hrs) Not School Hols	Children 0-6 yrs	PALS PLAYGROUP (Free)	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	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.
	3.30pm (3hrs)	Children	ACROBATICS	Just Acrobatics Darren - 5493 3987	Jump, cartwheel, spin and play whilst boosting confidence and having fun! Junior & Intermediate levels.
	5.00pm (1hr)	Kids class	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	6.00pm (1hr)	Adults	FREESTYLE KARATE	Anderson Bushi Kai Brett - 0412 987 179	Affordable weekly classes open to all fitness levels. No prior skills necessary.
	6.00pm (2hrs) Not School Hols	All Ages	INTRODUCTORY AUSLAN	auslan@deafservices.org.au	An introduction to Australian Sign Language for anyone.

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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 Sunshine Coast .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.
	1.00 pm (3hrs)	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 (2hrs) 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 (2hrs) 2nd & 4th of Month	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 https://bookwhen.com/zaflowdance Fb: zumbafitnesswithamy	Low intensity easy and effective workout, designed for the active older adult, male or female. Focuses on all elements of fitness.
	10.30am (2 hrs) Fortightly from 24th August Not school hols	Adults	ART THERAPY WORKSHOP	Rach - 0435 837 555 Tali - 0420 314 425 www.artspacehealing.com	Introducing psycho-therapeutic processes for personal discovery, bringing awareness to all that brings joy, lightness, calm, peace, positivity, happiness, ease & grace into your life.
	1.15pm (2hr)	Adults	LECTURE SERIES	University of the Third Age www.u3asunshine.org.au Gaynor Day E:gaynoroz69@yahoo.com	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.
	1.30pm (1.5hrs) Fortnightly school hols Not	Adults	BREATHWORK	Bec - 0421 289 918 www.becdtransformation.com	Breathwork oxygenates the cells of the body & brain. It is deeply relaxing & can be transformative & healing.
	1.30pm (1.5hr) Fortnightly school hols Not	Adults	MEDITATION	Bec - 0421 289 918 www.becdtransformation.com	Meditation calms the body, mind & spirit. It connects us to our true divine nature and helps us relax, take time out and reset.
	5-6pm (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 www.inspirekidsyoga.com.au	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!
	6pm (1hr)	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 (1.5hrs) Monthly	All Ages	TRANSFORMATIONAL DANCE SOCIAL	Sarah - 0402 473 496	Come join for a night with the dance fam for a dance and dinner after.	

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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: https://bookwhen.com/zaflowdance
	9.00am (3.5hrs)	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 (3hrs)	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.
	7.30pm (1.5hrs)	Adults	BALLROOM DANCING	Helen 0418 398 541	Co-ordination and wellbeing, while meeting new friends and helping you to feel fabulous.
SATURDAY	8.00am (1hr)	Adults	ZUMBA FITNESS	Kristen 0411 121 747 Zumbafitnesswithkristen@gmail.com	Fun fitness classes that burn off calories quickly. Join the party and have a great time.
	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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