



NORTH SHORE COMMUNITY CENTRE JANUARY 2024

*PLEASE CALL CONTACT LISTED FOR MORE INFORMATION.

| JANUARY | 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! |
| | 3.30 (2 hrs) 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.justacrobatics.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. |
| | 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. |
| | 4.05pm (1hr) Not school hols | Children to 12yrs | YOGA FOR KIDS | Stacey - 0417 371 144 www.inspiredkidsyoga.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! |
| | 6.00pm (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 | 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: https://bookwhen.com/zafloflowdance |
| | 9.15am (3.75hr) | Parents & Babies | BABY SENSORY - DEVELOPMENT | Laura Parks - 0478 273 218 | Sensory learning and development from birth to 13 months |
| | 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. |
| | 9.30am (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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