

Whats On at Narara Community Centre Term 1

2 Pandala Rd, Narara – Ph: 43294477 for more information

<p>MON</p>	<p>Arabic Classes – Monday – Thursday 4pm – 7.00pm</p>	<p>Play Around The World RUSSIAN PLAYGROUP for children 0-6 years.</p> <ul style="list-style-type: none"> • Crafts • Morning Tea • Storytime, music • Outdoor play • Fun days- xcursions <p>Time: 10am – 12 noon During school term only Gold coin donation Call the Centre- 43294477</p>	<p>50+ Gentle Exercise Designed to be safe for older people and those with medical conditions. Gentle physical activity program to assist with management of weight, fitness, balance, strength & flexibility. Time: 1.00-2.00pm \$8 per class(1st is free) Call Sandra - 0407940869</p>	
<p>TUES</p>	<p>Everybody Yoga Gentle Yoga and Yin Yoga classes Suitable for all shapes & sizes, All levels of health & fitness Classes 9.45 – 11am During school term only Call Michelle on 0418 631 660</p>	<p>Fontaine Academy of Dance 15mths to Teenagers</p> <ul style="list-style-type: none"> • Baby fun dance • Modern Jazz • Boys Hip Hop • Teenager dance • Tap and Kindy Tap <p>Classes 4.30 – 5.30pm During school term only Call Miss Carmen – 0415 964 688</p>	<p>Theosophical Society The Theosophical Society or 'TS' is dedicated to promoting an awareness of the essential unity of humanity and fostering mutual understanding through the unbiased study of religion, philosophy and science. Meeting 2nd Tuesday of the Month 8pm- 10pm</p>	
<p>WED</p>	<p>Weight Watchers Group Coaching, Smart made Simple, because Smart is creating a new ,healthier lifestyle and Simple is a weight loss program that has it all. Class Time 9am- 11am Call Mandy - 0413300569</p>	<p>Fontaine Academy of Dance Classes 10 – 11.00am 4.15 – 5.15pm During school term only Call Miss Carmen – 0415 964 688</p> <hr/> <p>Community Garden LOVE GARDENING Come - get involved. 10am every Wednesday Call Vivian 43294477</p>	<p>Australasian Native Orchid Society Central Coast Group Inc. promotes the conservation of Australasian native orchids through cultivation and preservation of their natural habitats. Monthly meetings with plant benching, guest speakers, and orchid shows . Meeting 2nd Wednesday of the month – 7.30pm- 9.30pm</p>	<p>Brisbane Waters Outdoor Club Activities include abseiling and canyoning, cycling and mountain biking, kayaking, cross country skiing, snow shoeing and walking. Social activities such as dinners and movies are also popular. Meets 1st Wednesday of the month 7.30pm</p>

<p>THU</p>	<p>Probus Club Active Retirees enjoy the fellowship of like minded people. Meeting monthly for club business, coffee break, followed by a guest speaker and/or discussion on a topic of mutual Interest. Meeting 2nd Thursday of the Month – 9.00am – 12noon</p>	<p>Fontaine Academy of Dance 15mths to Teenagers • Baby fun dance • Modern Jazz • Boys Hip Hop • Teenager dance • Tap and Kindy Tap Classes 4.15 – 5.15pm During school term only Call Miss Carmen – 0415 964 688</p>	<p>Motor Neurone Disease Support Group Working to develop better opportunities for people with disabilities in our community Meets next on 3rd August 12 noon Phone Audree or Deb 0419 225 594</p>	
<p>FRI</p>	<p>The Friday Quilters Class Time: 9.30am- 12.30pm</p>	<p>Scallywags We are a fun loving group of stroke survivors and carers. If you have had a stroke or are the carer and need some company with people who will understand your situation, then come along to a meeting every 2nd Friday 12.45pm-2.30pm Call the Centre for more information - 43294477</p>	<p><u>Other Groups (casual)</u> Look Good Feel Better - dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatment. Women, men and teens participate in a practical workshop which covers skincare, make-up and headwear demonstrations, leaving them empowered and ready to face their cancer diagnosis with confidence. Meets bi-monthly on a Monday from 9am – 12 noon. Next meetings – 24th July and 18th Sept. Central Coast Ugnay Kabayan (CCUK Inc) Filipino Cultural Group – hosting various activities and events.</p>	
<p>SAT</p>	<p>BW Dance Royal Academy of Dance- Registered Teacher. Classical ballet Jazz Contemporary Tap Modern Expressive/Lyrical Hip Hop Classes start from 8.15am through to 12.45pm During school terms only Call Cassie on 0466527599</p>		<p>Malayalee Association (MANGO) Cultural members group hosting various events.</p>	
<p>SUN</p>	<p>Gosford Community Church We are a community church who meet in a local hall and enjoy an informal time of friendship as we read and discuss the Bible together. Time 9.30am- 12.30am</p>			