

U3A

UNIVERSITY OF THE THIRD AGE

An exciting program of learning for over 55's

Courses are available at the Centre and various locations around the Central Coast.

For membership and course details CONTACT : 0408 704 701 or go online to www.u3accnsw.org.au

Woy Woy Stroke Club

Meets 2nd Tuesday of the month 11:00 am - 1:00 pm

CONTACT : 4342 1316

Arthritis Association

Meets 3rd Tuesday of the month 10:00 am - 12:00 noon

CONTACT : 4341 9333

Free Financial Counselling

Budget Help. Creditors on your back? Need someone to talk to?

Free confidential financial counselling and advice

CONTACT : 4329 4477

TIME : Friday *by appointment only*

Smart Recovery

A drug & alcohol abuse support group for all those impacted

CONTACT : 1800 422 599

TIME : 10:00 am Friday

No cost involved

Coast Care Counselling

Help with grief, loss and relationship issues

Coast Care Counselling is available at a very low cost

CONTACT : 4341 9333

Coastal Bootscooters

Fun and Fitness through Line dancing

TIME: 7pm Mondays and 9.30 am Wednesdays

CONTACT: Daphne 0409150 518 or Lean 0408242 887

Free Tax Help

Have your tax returns done for free

Appointments necessary for Tuesdays and Fridays until mid September . Some conditions apply.

CONTACT: 4341 9333

School for Seniors

The School for Seniors was created over 18 years ago as a support group which offers friendship, recreation and learning. The activities are developed for the group, by the members, and offer an opportunity to learn and share a variety of skills.

New activities and programs start at different times during the year

- **Have a Chat and Discussion Group**

All members join in to decide and arrange future outings and trips and then enjoy discussing current affairs and events, followed by the fun of Rumikin or cards - Tuesdays

- **Social Outings**

MEET OLD FRIEND AND MAKE NEW ONES

Exciting activities are arranged throughout the year

Theatre Parties ~ Shopping Trips ~ Weekend Outings

- **Oil Painting**

Find your hidden talents

Experienced teacher on hand to guide you each Wednesday

- **Multicraft & Needlework**

Enjoyable lessons On Wednesdays in

Tapestry ~ Crochet ~ Knitting ~ Sewing

- **Australiana**

An interesting group discussion on the history of early Australia. Every second Thursday of the month there are also various outings.

- **Bushwalking**

Fourth Friday of every month enjoy suitable walks for over 55's

FOR FULL DETAILS ON ALL OF THESE ABOVE ACTIVITIES

PICK UP A COPY OF THE SCHOOL FOR SENIORS BROCHURE

NEW- Free Seniors Internet Kiosk

Discover how the web can play a great part in helping you stay in touch with family and friends. Learn basic computer skills, using the internet & sending emails. Tutoring available Monday.

Wednesday, Thursday and Fridays .

Funded by the Australian Government's Broadband for Seniors Initiative.

CONTACT : Front Office 4341 9333 **Book Now!**

ACTIVITIES & SERVICES FOR OVER 55's

Kempo Karate

Zen Bu Kan "A Positive Way of Life"

Women's self defence daytime classes.

Cardio/keepfit classes

Register your interest with Marco 0407 752 411 Cost \$8.00

Yoga

5 for \$65.00 or \$15.00 casual class – concessions are available for multiple class purchases (10 Or 20 classes)

Mon & Thurs 9:30 - 11:00am

CONTACT : Sandra 4341 8663

Gentle Exercise Classes

Catering for all levels of fitness

TIME : 9:30 - 10:30am Mondays COST : \$6.00

St. Johns Ambulance

CONTACT : Terry 0404 440 803

TIME : 7:30 - 9:30 pm Wednesday

Volunteers Welcome!

Scrabble Club

Meets weekly on Wednesday 6 - 10 pm

CONTACT : Patricia 4341 9929

Low Cost

Brisbane Water Bridge Club

Session times

Monday 12:30 - 4:00 pm & 7:00pm

Tuesday 12:30 - 4:00 pm

Wednesday 9:30 am - 1:00 pm & 7:00 - 10:30 pm

Thursday & Friday 12:30 - 4:00 pm

Saturday 12:30 - 4:00 pm

Chatterbox Group

Meets 2nd Saturday of the month

Time : 2:00 - 5:00 pm

CONTACT : 4341 2332



Peninsula Community Centre

93 McMasters Rd. Woy Woy

Ph.4341 9333

Email : pcc@pccinc.com.au

Website : www.pccinc.com.au

Registered Charity # CC19624



Community Engaged - Community Driven

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