



TERM 3

PENINSULA COMMUNITY CENTRE

NEWS FROM THE CENTRE

July – September 2010

All that is **NEW** for you for term 3.

We welcome Interrelate Family Counselling to the Community Centre. They offer counselling and mediation services for families here each Tuesday. Call 4363 8000 for more information or to book an appointment time. Counselling sessions are low cost and mediation services are free thanks to Government funding.

Great News – Pre and Post Natal exercise classes have now started on Saturday mornings!! Call Rhiannon on 0410 467 179.

Northern Area Settlement Services invite any one who would like to attend their new friendly Multicultural Social and Support group here at the Centre every Thursday from 10am – 2pm. For information- 4334 3877.

Our last exciting new activity is pre and post natal Yoga. Alice is giving a free demonstration on Tuesday 24th August at 10am in the Dance Studio. Call 0401 195 688 to register your interest.

For your convenience we have attached our current timetable of all Activities and Services to this newsletter.

Enjoy your Centre.

TERM 3, 2010 PENINSULA COMMUNITY CENTRE NEWSLETTER!!

A warm welcome back to everyone for the start of a **chilly** Term 3. We are so lucky to have such a warm and welcoming group of regular activities to keep us all active and involved with other members of our wonderful local Peninsula Community.

Exciting News!

The Peninsula Community Centre has been very fortunate in gaining a grant from the Australian Government under the Broadband for Seniors initiative. We are now the hosts of a Seniors Internet Kiosk. The grant involves the supply of 2 NEC computers, support and training software so we can help the over 55's to learn the basic use of computers, email, the internet and word processing- Free ! We are very excited by the possibilities of the Kiosk and invite you to book a time for tutoring. Once training is completed, you can also book for free internet use.

Our kiosk operates Monday, Wednesday Thursday and Fridays each week. See our friendly Front Office staff and volunteers or call 4341 933 to make an appointment.

Free Tax Returns

Our wonderful Tax Help Volunteer –Barb – has returned again this year to help in the preparation of your tax return. This free service comes with the assistance from the Tax Office who train all of the volunteers in Community Centres all over NSW.

PENINSULA COMMUNITY CENTRE

93 McMasters Road
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Phone: 02 4341 9333 Fax: 02 4342 4947
Email: pcc@pccinc.com.au
Website: www.pccinc.com.au

Appointments are necessary so speak with Front Office staff and volunteers. Appointments are available until September on Tuesdays and Fridays.

Just some reminders about Safety In the Centre .

We all need to be aware of the safety and comfort of all members of our community who attend our Centre. So, we all need to observe some simple rules:

No smoking anywhere in or around the Centre. Smoking is only allowed in the car park entry across the road from the Centre .

Please kids – NO playing on the front steps – as this is close to passing traffic and too far away from supervision!!! The gated grass area near dance is much safer and is accessible from inside the Centre. **Remember: NO bikes or scooters to be ridden in the Centre at any time.**

Please observe the 5km speed limit on the road around the Centre and in the car park .

Parking. Please park only in designated parking areas and do not park in the drop off zone at the front of the building. Please remember- No parking in the Community Preschool at any time as these spots are designated for staff and parents from the preschool. We ask that you observe signage in the car park and only holders of RTA Disabled parking passes should use these allocated spots.

Noise. Most afternoons and evenings are very busy so excessive **noise** can interrupt or disturb our activities. We ask all who attend the Centre to consider others and to keep loud noise to a minimum.

A note to all parents: When dropping your children to an activity – for their own safety – please ensure that the activity is definitely on and the teacher is in attendance. When picking your child up they must wait **inside the Centre glass doors** or with their teacher if you are running late. On some afternoons and evenings the Centre may not be as busy and we need to ensure that:

ALL children are safe at ALL times.

More News and Info

Rooms For Hire

Did you know we have rooms for hire here at the Centre? All at very reasonable rates. Rooms suit meetings or training for 2 people up to 350 people! We also have facilities such as whiteboards, projectors, pa systems, screens and data projectors. All rooms are air conditioned.

We also hire our main hall for family celebrations, weddings, birthdays and community events. We recently hosted an Engagement party with over 215 family and friends attending!!!

The hire fee includes use of the air conditioned hall, tables, chairs, crockery, glassware, cutlery, use of our commercial kitchen and it's facilities and rubbish removal.

Talk to the friendly staff and volunteers in the Front Office for help planning your big event—
or call us on
4341 9333.

About Us

A little bit of info about the Centre:
The Peninsula Community Centre Inc is a not for profit Community based local group who not only run your Community Centre, but also the Web Youth Centre, Aged Care and Disability Services, Before and After School Care and Vacation Care Centres all over the Coast, Occasional Childcare (here in the Centre) and Family Day Care. We also have a Problem Gambling Service which runs from our Centre and sites all over the Coast. The Community Centre building was constructed by Gosford Council to whom we pay a semi-commercial lease to use the building each month.

The PCC motto is:

**Community Engaged -
Community Driven.**

We aim to serve our local Community and provide them with opportunities to meet one another, to have fun, to learn and to feel welcome.

In Focus

Get your dancing shoes on!!!

We have many ways to get your toes tapping and your body moving here at the Centre.

Exercise classes include :

Yoga, Gentle Fitness, Tai Chi, pre and post natal yoga and exercise, Kempo Karate, Little Kickers, Bush Walking and off course Zumba.

Dance classes on offer include:

Belly Dancing, Indian Dance, Line Dancing (Boot scooting) and of course Physical Culture. Our own Dance studio (PDTS) have Ballet, Jazz, Tap, Hip Hop and Funk classes plus baby ballet and Jelly Jazzers.

Check Centre brochures for times and contact details or ask at the office.

Contact Us

For any enquiry, please feel free to talk to Front Office staff.

If the Office is closed when you are attending your group or activity, please just slip a note in our window, or call us Monday to Friday on 4341 9333, 8.30 am to 4.30 pm.



Alternatively you can email us direct at: pcc@pccinc.com.au or check out our website at: www.pccinc.com.au

We look forward to hearing from you!!

Michelle - Centre Coordinator

Centre Staff: Louise, Lisa and Daryl

and Volunteers Ron, Doug, Jude, Becky and Brian.