

## U3A

UNIVERSITY OF THE THIRD AGE

An exciting program of learning for over 55's  
with a wide selection of courses on offer.

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](http://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

## 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 THESE ABOVE ACTIVITIES  
PICK UP A COPY OF THE SCHOOL FOR SENIORS BROCHURE

## New - Coastal Bootscooters

Fun and Fitness through Line dancing

TIME: 7pm Mondays and 9.30 am Wednesdays

CONTACT: Daphne 0409150 518 or Lean 0408242 887

# ACTIVITIES & SERVICES FOR OVER 55's

## 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

## Scrabble Club

Meets weekly on Wednesday 6 - 10 pm  
CONTACT : Patricia 4341 9929  
Low Cost

## Brisbane Waters Bridge Club

Session times  
Monday 10:00, 12:30 - 4:00 pm & 7:00pm  
Tuesday 1:00 - 4:00 pm (*beginners classes*)  
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](mailto:pcc@pccinc.com.au)  
Website : [www.pccinc.com.au](http://www.pccinc.com.au)

Registered Charity # CC19624



**Community Engaged - Community Driven**  
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