

## 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

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 ACTIVITIES  
PICK UP A COPY OF THE SCHOOL FOR SENIORS BROCHURE

### Other Services Available

Be sure to have a look at all brochures on the wall in the Centre Foyer  
for information on all the great activities and services available at the  
Peninsula Community Centre - for all ages and interests.

Our handy Timetable lists **all** Centre activities and contact details.

# The Peninsula School of Photography

for details ph : John Herrett 4342 2062 / 0425 231 243

## Yoga

5 for \$60.00 or \$14.00 casual class - \$10.00 trial class

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

## Pilates

Are you stiff, tired, sore or just plain stressed ?

A pilates class is just what you need

TIME : 8:15 am Friday

CONTACT : Sarah 4369 5171 or 0425 265 609

## 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

# ACTIVITIES & SERVICES FOR OVER 55's



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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