

Monday

Heart Foundation Walking Group

7am @ Wanda Beach, Cronulla
Sandra: 0418135306

Orana Women's Health: 9525 2058

Adult Learning Centre

Different classes from 9am to 3pm
Computer/Australian History/Decorative Art / Cardmaking /
Hooks & Needles / More than Sewing / Beaded Jewellery /
French, various levels/ Teddy Bears / World Religion / Tai
Chi Beginners / Line Dancing, various levels,

All enquiries to: Orana Hub Central Ph: 9521 8280
3A Stapleton Ave, Sutherland

French (University of The Third Age)

French Intermediate 10am - 12pm (must book)
French Conversation 12pm - 1pm (must book)
Crossroads Community Care / Ph: 9525 3790
51 Kiara Rd, MIRANDA (Cnr Kiara Lane, next to
Red Cross shop) Call for more info.

Exercise Classes

8am: Men Only Class: \$10
9am: Active Exercise: \$10
10am: Gentle Exercise: \$10

Menai Community Centre (3 Bridges Community)
34-40 Allison Cres, MENAI / Ph: 1300 327 434

English Classes

10am to 12 noon - Gold Coin Donation
GyMEA Community Aid & Information Centre
39 GyMEA Bay Rd, GYMEA / Ph: 9524 9559

Laughter Yoga (1st Monday of month)

10am—gold coin donation - booking essential
Interrelate Ph: 8522 4400
383-385 Port Hacking Rd, CARINGBAH

Tuesday

Various Activities—from 9.30am

Walking Group - Free / Knit & Knatter - \$3
Menai Community Centre (3 Bridges Community)
Ph: 1300327434 / 34-40 Allison Cres, MENAI

Community Garden Club

10am to 12 noon - Gold Coin Donation
GyMEA Community Aid & Information Centre
39 GyMEA Bay Rd, GYMEA / Ph: 9524 9559

University of The Third Age

Rise & fall of ancient civilisations: 10am - 12pm
Crossroads Community Care / Ph: 9525 3790
51 Kiara Rd, MIRANDA Must book/call for more info

Wrap With Love Knitting Group

10am - 12 noon / 9525 2058
Orana Women's Health / 39 GyMEA Bay Rd, GYMEA

Art Therapy Workshops (Fortnightly)

2 - 4pm: Free art group - no experience required
Health One Building (Sutherland Hospital)
Call Pam on 9540 7800 to register
126 Kareena Rd, CARINGBAH

Free for Public/Social Housing Tenants

Activities, workshops, training, resources:
11am - 1pm: Mission Australia / Ph: 93571144
@ Jannali Community Hall, 15 Jannali Ave.

Wednesday

Heart Foundation Walking Group

7am - South Cronulla Esplanade, CRONULLA
Sandra : 0418135306
Orana Women's Health: 9525 2058

Exercise Classes

8am: Active exercises : \$10
Menai Community Centre (3 Bridges Community)
Ph: 1300327434 / 34-40 Allison Cres, MENAI

Adult Learning Centre (9am to 3pm)

Candlewicking & Embroidery/Coffee & Book Club/Counted
Cross Stitch/Creative Tapestry/Crochet/Grub Roses/Baby
Embroidery/More than Sewing/Creative Cards/Dolls, Bears
& Angels/Patchwork/Quilling & Cardmaking/Family History/
Ukulele/Folk Art. Orana Hub Central Ph: 9521 8280
3a Stapleton Ave, SUTHERLAND

Zumba & Fitness Exercise

Zumba: 1.15pm to 2.30pm
Exercise class: 1.15pm to 1.45pm + light lunch
At GyMEA Community Hall
GyMEA Community Aid & Information Centre
Booking Essential: 9524 9559

Book Club (2nd Wednesdays)

1.30pm - 2.30pm (can drop in)
Crossroads Community Care / Ph: 9525 3790
51 Kiara Rd, MIRANDA (Cnr Kiara Lane, next to
Red Cross shop)

Book Club (last Wed each month)

1pm - 2.30pm (can drop in)
Orana Women's Health / Ph: 9525 2058
39 GyMEA Bay Rd, GyMEA (in the park)

Thursday

Various activities

9.30am: Walking Group: Free
2pm: Pilates Plus: \$15

Menai Community Centre (3 Bridges Community)
Ph: 1300 327 434 / 34-40 Allison Cres, MENAI

Wrap With Love Knitting Group

10am - 12 noon / Ph: 9525 2058

Orana Women's Health @ Tradies Caringbah
57 Manchester Rd, GYMEA

University of The Third Age - fortnightly

World history & development: 10am - 12pm
Crossroads Community Care / Ph: 9525 3790
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop) - Must book/call for more info

Friday

Heart Foundation Walking Group

7am - Wanda Beach, CRONULLA
Sandra : 0418135306
Orana Women's Health: 9525 2058

Friday (cont')

Various activities

9am: Tai Chi: Beginners: \$10
10am: Intermediate: \$10

Over 50's Meeting, 1st Friday each month
Menai Community Centre (3 Bridges Community)
Ph: 1300 327 434 / 34-40 Allison Cres, MENAI

Multicultural Women's Group

10am to 12 noon - Gold Coin Donation
GyMEA Community Aid & Information Centre
39 GyMEA Bay Rd, GYMEA / Ph: 9524 9559

Scrabble Group - fortnightly

10am - 12pm / Can drop in

Women's Friendship Group - monthly

10.30am—12pm / call to confirm date
Crossroads Community Care / Ph: 9525 3790
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop) - Call for more info

Live Well Group (1st Friday each month)

10am to 12 noon—fun activities & laughter
Orana Hub Central Ph: 9521 8280
3a Stapleton Ave, SUTHERLAND

Monday to Friday

Activities for seniors

Better Connected Community Services offer a variety of activities suitable for seniors every weekday. Including exercises, tai chi, coffee club, games. Contact your local branch for more information. Another branch also at Rockdale.

Cronulla: 9544 0104 / Caringbah 9525 6806
Jannali: 9528 6299 / Miranda: 9540 2633

Activities Calendar

Activus Transport offers a variety of low cost activities every weekday. Phone 8555 000 for more information

Email: info.transport@activus.org.au

Web: www.activustransport.org.au

Playtime / ESL (learn English)

Playtime is a playgroup 9.30am – 11.30am during school terms for 0 – 5 year olds. Singing, craft and story time.

ESL: Learning/improving English classes in for all levels / 10am—12pm during school term

St Lukes Anglican Church, Miranda / 9540 4558
538 - 540 Kingsway, Miranda

Proudly presented on behalf of St George/Sutherland Housing Interagency.
A St Vincent de Paul Society NSW initiative.



St Vincent de Paul Society NSW
Support Services *good works*

If you would like to add your free or low cost activities support, wish to amend or remove your listed details or be added to the mailing list, please contact Mark at: mark.burgess@vinnies.org.au