

Northern Beaches Community Centres

Courses & Activities 2020



northern
beaches
council

The information in this brochure should not be interpreted as being endorsed or recommended by Northern Beaches Council.



Introduction

Northern Beaches Council presents the 2020 Course and Activity Brochure

There is a diverse choice of activities and courses held in the 39 Community Centres across the Northern Beaches.

Council offers multiple community spaces to hire which are suitable for a variety of functions and regular activities.

For more information please visit

northernbeaches.nsw.gov.au or email

communitycentres@northernbeaches.nsw.gov.au



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NSW Public School Term Dates

Some activities listed in this brochure operate in terms. Please see each listing for details, or contact the group itself for more information.

- Term 1 - Tue 28 Jan - Thu 9 Apr 2020
- Term 2 - Mon 27 Apr - Fri 3 Jul 2020
- Term 3 - Mon 20 Jul - Fri 25 Sep 2020
- Term 4 - Mon 12 Oct - Fri 18 Dec 2020

Centre Locations

Community Centre	Location
Allambie Heights Public Hall	104 Allambie Rd, Allambie Heights
Avalon Recreation Centre	59 Old Barrenjoey Rd, Avalon
Beacon Hill War Memorial Hall	35 Willandra Rd, Beacon Hill
Belrose Community Centre	Cnr of Forest Way and Bambara Rd, Belrose
Brookvale Community Centre	2 Alfred Rd, Brookvale
Collaroy Plateau Youth & Community Centre	36 Blandford St, Collaroy Plateau
Collaroy Swim Club Community Centre	Beach Reserve, Pittwater Rd, Collaroy
Cromer Community Centre	150 Fisher Rd North, Cromer
Curl Curl Sports Centre	Abbott Rd, North Curl Curl
Curl Curl Youth & Community Centre	242 Abbott Rd, North Curl Curl
Elanora Heights Community Centre	49A Kalang Rd, Elanora Heights
Forest Community Arts Centre	6 Darley St, Forestville
Forestville Memorial Hall	Cnr Warringah Rd and Starkey St, Forestville
Forestville Seniors Centre	Cnr Warringah Rd and Starkey St, Forestville
Forestville Community Centre	28 Melwood Ave, Forestville (Behind Forestville RSL)
Griffith Park Sports Facility	7 Anzac Ave, Collaroy
Harbord Literary Institute	Cnr Oliver & Lawrence Sts, Freshwater
Lionel Watts Sports & Community Centre	Blackbutts Rd, Frenchs Forest
Manly Library Ground Floor Meeting Room	Manly Library, 1 Market Place, Manly

Community Centre	Location
Manly Seniors Centre	Corner of Pittwater and Balgowlah Rds, Manly
Manly Vale Community Centre	272 Condamine St, Manly Vale
Manly Youth Centre	Kangaroo St, Manly
Mona Vale Memorial Hall	1 Park St, Mona Vale
Narraweena Community Centre	74 Oceana St, Narraweena
Nelson Heather Centre	4 Jacksons Rd, Warriewood
Newport Community Centre	11 - 13 The Boulevarde, Newport
North Balgowlah Community Centre	10 Bardoo Ave, North Balgowlah
North Curl Curl Community Centre	Cnr Abbott & Griffin Rds, North Curl Curl
North Narrabeen Community & Tennis Centre	2 - 10 Woorarra Ave, North Narrabeen
North Steyne Surf Pavilion	Ocean Beach (opposite Pine St), Manly
Oxford Falls Peace Park	1 Dreadnought Rd, Oxford Falls
Queenscliff Surf Pavilion	Cnr Collingwood St and North Steyne, Queenscliff
Seaforth Community & Sporting Pavilion	Seaforth Oval, Wakehurst Parkway, Seaforth
Seaforth Community Centre	Baringa Ave (cnr Koobilya St), Seaforth
Seaforth Village Community Centre	550 Sydney Road, Seaforth
Ted Blackwood Youth & Community Centre	Cnr Jackson and Boondah Rds, Warriewood
Terrey Hills Community Centre	Yulong Rd, Terrey Hills
Tramshed Arts & Community Centre	1395A Pittwater Rd, Narrabeen
YOYO's - Forest Youth Centre	10 Forest Way, Frenchs Forest

Art, Photography & Cultural



Acrylics, Watercolour and Mixed Media

A different approach to watercolour and mixed media using multiple techniques. Demonstrations given at all stages. Stimulating, friendly atmosphere. Beginners to advanced welcome.

Tue 10am - 12pm
and 12.30 - 2.30pm
Enquiries: Val Kemsley
valkemsley@bigpond.com
0414 580 544
valkemsleyart.com.au

Forest Community Arts Centre

Art with Bernard Devaux

Art classes for all - oils, acrylics, pastels, watercolour, drawing and more. Come along and enjoy! All levels of experience.

Mon 2 - 4.30pm and 7 - 9pm
Enquiries: Bernard Devaux
devaux51@gmail.com
0425 335 276 or 4782 3559
bernarddevaux.com

Forest Community Arts Centre

Artability

Artability is a non-profit organisation providing art and craft classes for people living with disabilities.

Sat 1 - 3.30pm
\$66 per term
Enquiries: Nancy La Mott
0422 081 360

Forest Community Arts Centre

ArtEnabled

ArtEnabled is a fun group of disabled artists and volunteers meeting weekly. Our aim is to provide a friendly, fun environment.

Fri 11am - 2pm
\$100 per term
Enquiries: Stewart
0412 244 126

Forest Community Arts Centre

Australian Native Orchid Society - Warringah Group

Learn to grow Australian native orchids for garden, show or just to enjoy. Everyone welcome.

Third Tue of every month, 8pm
Free
Enquiries: William Dobson
9981 2525
anoswarringah.org.au

Forestville Seniors Centre

Beautiful Bodies Life Drawing

Contemporary and classic approaches to drawing a female/male model every week. Mixed-media, gesture, 3D-tone, anatomy and perspective.

Mon 4.30 - 6.30pm and 7 - 9pm
\$325 per term
Enquiries: Pina Bartolo
pinabartolo@hotmail.com
0401 216 213
pinabartolo.com

Tramshed Arts & Community Centre

Bonsai Society of Sydney - Club Workshops

A club for Bonsai hobbyists of all levels with monthly demonstrations and workshops.

Sat 1 - 3pm
 \$35 per year
 Enquiries: Curtis Smyth
 0484 085 890
bonsaisocietysydney.org.au

Forest Community Arts Centre

Booklovers' Club, Northern Beaches

The Booklovers' Club has an author speak and a book discussion once a month.

Second and fourth Tue, 10am - 12pm
 Library open every Tue and Thu, 10am - 12pm
 \$20 to join and \$35 annual fee.
 Enquiries: Lynn Grierson
 9913 3964

Tramshed Arts & Community Centre

Local History Talk with Manly, Warringah and Pittwater Historical Society

Guest speaker on a topic of local history.

Second Sat of the month, 2 - 4pm
 Free
 Enquiries: Richard Michell
president@mwphs.com
 0417 255 726
mwphs.com

North Curl Curl Community Centre

Lyn - Rose Quilters

A friendly, sociable group that embraces all sorts of needlecraft skills. Experienced or those new to stitching welcome!

Every second Sat of the month
 12.30 - 4pm
 \$65 per year
 Enquiries: Robyn Day
lynrosequilters@gmail.com
 0413 319 479

Tramshed Arts & Community Centre

Mixed Media Art Classes

Explore drawing, painting, printmaking and clay sculpture. Learn new skills and experiment with materials. Individual expression encounters.

Children's class - Mon, Tue, and Wed, 4 - 5.30pm
 High school classes
 Mon and Wed 6.30 - 8.30pm
 8 week term - Children - \$270
 High school - \$320
 Enquiries: Meredith Rasdall
meredith.rasdall@westnet.com.au
 0402 121 184
meredithrasdall.com.au

Avalon Recreation Centre

North Shore Railway Modellers Association Inc

Members meet to discuss, build, run and exhibit model railways. We have an active junior group with their own layout.

Tue 10am - 3pm, Thu 7 - 10pm
and Sat twice a month
Members - \$105 pa,
Associate Member - \$53 pa,
Junior Member - \$22 pa
Enquiries: Bruce Walker
bfwalks2@tpg.com.au
0412 588 719
nsrma.com.au

Collaroy Plateau Youth and Community Centre and Forestville Memorial Hall

Northern Beaches Art Society Inc. Art Workshops

Monthly painting (oils, watercolours etc) or drawing workshops with visiting teachers. BYO materials and lunch. Morning tea supplied.

Last Fri of each month, 9am - 3.30pm
NBAS Members - \$60 per workshop,
Non-members - \$75 per workshop
Enquiries: Heather Macorison
hmacorison@bigpond.com
0403 038 934
northernbeachesartsociety.org

Terre Hills Community Centre

Northern Beaches Watercolour Class

Learn watercolour for adults! Absolute beginners to intermediate. Relaxed, full instruction, lots of demos and take home notes.

Wed 10am - 12.30pm and 6 - 8.30pm,
Fri 10am - 12.30pm
Enquiries: northernbeacheswatercolour
@outlook.com.au
0432 020 440
northernbeacheswatercolour.com.au

Collaroy Swim Club and Tramshed Arts & Community Centre

Patchwork and Quilting

Create lovely patchwork pieces as useful quilts or artwork in a friendly class atmosphere, working at your own pace.

Tue 10am - 12pm and
Thu 10am - 12pm and 12.30 - 2.30pm
\$185 per term
Enquiries: Jeanette Maxwell
jmdesigner@optusnet.com.au
0413 028 147

Forest Community Arts Centre

Pottery

Pottery on the Wheel.

Wed and Thu 6.30 - 9pm
\$399 per term
Enquiries: Northern Beaches
Mosman College
enquiries@nbmc.nsw.edu.au
9970 1000

Forest Community Arts Centre

Pottery Classes

Wheel throwing and hand building courses for beginner and intermediate students.

Mon 6 - 8.30pm,
Tue 12 - 2.30pm and 6 - 8.30pm
and Sat 8.30am - 1.30pm
Prices vary per term
Enquiries: Danielle Gloria
hello@daniellegloriaceramics.com
0413 469 323
daniellegloriaceramics.com

**Forest Community Arts Centre and
Tramshed Arts & Community Centre**

Pottery Classes 'Clay Therapy'

Hand building and wheel throwing.
Day and evening classes.
All levels welcome.

Adults: 2.5hr class 8 weeks - \$400
Children: 1.5hr class 8 weeks - \$280
Enquiries: Godelieve Mols
godelieve.mols@yahoo.com
0403 324 088
@godelievemolspotteryclasses
@godelievemolsceramics

Forest Community Arts Centre

Printmaking - Weekly Programs and Weekend Short Courses

Warringah Printmakers offers courses in a variety of printmaking disciplines including etching, lino and wood cutting.

Weekly 3 hour courses, Mon - Wed
and Sat (some 12 h weekend workshops)
Weekly - \$300 per term or
\$38.50 per casual class
(plus \$25 annual membership),
weekend workshops - \$330
(plus \$25 annual membership)
Enquiries: enquiries@printstudio.org.au
printstudio.org.au

Manly Vale Community Centre

Sakura Bonsai Studio

Monthly workshops provide classes and demonstrations on how to choose, train and repot Bonsai plants. Beginners welcome.

Every second Sun 10.30am - 12.30pm
\$35 annual subscription
Enquiries: Beth Gallimore
0413 632 475
facebook.com/Sakura

Narraweena Community Centre

Scrapbooking

Scrapbooking is the art of preserving our photos and memories together in an artistic manner.

Wed and Thu during school term,
Plus 2 specified Sun workshops
\$350
Enquiries: Suzie Randolph
0414 913 608
randolphgroup@optusnet.com.au

Lionel Watts Sports and Community Centre

Sunday Activities for Adults with Special Needs

Art, craft, music and cooking activities for adults over 25 years with physical or intellectual disabilities.

Volunteers required.

Last Sun of month Jan - Nov, 11am - 3pm
Annual Membership - \$10
Each activity - \$20
Enquiries: Maureen Rutledge
9913 1474

Nelson Heather Centre

Watercolours and Acrylic Painting

Come and join our small friendly group learning to paint in watercolour, acrylic or both. Sue is a fully trained art teacher.

Mon 12 - 2pm and Thu 10am - 12pm
\$264 per term
Enquiries: Sue Richardson
suerichardson91@gmail.com
0409 070 855

North Balgowlah Community Centre and
Tramshed Arts & Community Centre

The Sketch Club - for arts sake

Love drawing and painting? We create amazing images and have learned that our artworks say something about us.

First Sat of the month, 11.45am - 2pm
Gold coin donation
Enquiries: Denice Smith
0409 652 942
denice.smith@bigpond.com

Tramshed Arts & Community Centre

Tramshed Potters Club

Community art group, not for profit. Create and share your ceramic experiences with other potters. No teaching provided.

Wed 9am - 1pm
\$10 per class
Enquiries: Suzanne Davey, Secretary
0403 133 911
suzanne.l.davey@gmail.com
@tramshedpottersclub

Tramshed Arts & Community Centre

Children's Activities



#drawdrawdraw

Drawing and mixed media art classes for children. Years 2 - 6 with practising artist Fiona Verity.

Thu 4 - 5.30pm
 \$240 per 8 week term
 Enquiries: Fiona Verity
 fiona@fionaverity.com.au
 0417 464 475
 fionaverity.com.au

Avalon Recreation Centre

Aikido for kids

Aikido for kids is an amazing martial art that teaches kids a solid self-defence system and lessons for life.

Tue 6 - 6.50pm and Sat 9 - 9.50am
 Please ring for information
 Enquiries: Pablo
 pablocoonan@hotmail.com
 0449 642 434

Avalon Recreation Centre

Baby Sensory

Fun, developmental class for babies 0 - 13 months of age with amazing sensory activities and ideas for play and connection.

Tue in the Annexe
 \$240 per term
 Enquiries: Sheena
 northernbeaches-nsw@babysensory.com
 0424 288 044
 babysensory.com.au

Avalon Recreation Centre

Beacon Hill Community Kindergarten

A preschool for children aged 3 - 5 years focussed on developing creative, independent and 'school ready' children in a warm, nurturing and inspiring environment.

Mon - Fri 8.15am - 3.45pm school terms
 \$46 - \$60 per child per day
 Enquiries: Samm Williams
 or Danielle Kavanagh
 samm@beaconhillcommunity
 kindergarten.nsw.edu.au
 9452 5025
 beaconhillcommunity
 kindergarten.nsw.edu.au

Beacon Hill War Memorial Hall

Bonjour Babies

Fun French classes for carers and their little ones!

Tue and Sat 9am - 12pm
 \$252 per term
 Enquiries: Geraldine Collins
 frenchsforest@bonjourbabies.com.au
 0410 856 655
 Bonjourbabies.com.au

YOYO's - Forest Youth Centre

D.R.E.A.M.

(Drama, Recreation, Educational Arts Movement)

Drama holiday program including dance, pantomime, song and multimedia - film work, with a fully produced stage performance.

For 6 - 14 years
Mon - Fri 9am - 5pm
\$295 Family discounts available
Enquiries: Megan Hanley
hanleyproductions@gmail.com
0410 456 241
dreamholidayprogrammes.com

Avalon Recreation Centre and Newport Community Centre

EarlyEd - Cubby House Toy Library

Access a variety of toys, books and learning aids to help support your child's development. Staffed by early intervention staff.

Mon 12 - 2pm or by appointment
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - Early Learners Group

Helping children aged 18 months - 4 years with a disability or delay in their development to get ready for learning.

Various
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - MyTime Playgroup

For parents worried about their child's development to share experiences while experienced educators provide support and advice.

Wed 9.30 - 11.30am
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - Parent Workshops

Parent workshops in 2020 include hanen, toilet training, key word sign, Triple P-Stepping Stones and augmented communication.

Various
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - School Holiday Programs

EarlyEd offers a range of valuable programs including friendship skills, language and literacy through music and school skills.

Various
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - SportEd Program

Weekly program for children with disabilities to help them prepare for active play or participation in team sport.

Various
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

EarlyEd - Transition to School Group

Supporting the successful transition of children with disabilities or delays in their development into their school community.

Various
Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

Family Day Care Sydney Wide

Qualified early childhood educators offering unique, small and flexible quality care within the comfort of a family home.

Mon - Fri 8am - 6pm
Enquiries: Tammy Edden
0419 161 469
tedden@fdcsydneywide.org.au
theinfantshome.org.au/services/family-day-care/

Newport Community Centre

Gymbaroo

Gymbaroo is a motor development program designed to maximise your child's potential (aged 8 wks - 4 years). Activities include music, dance, instruments, language skills, visualisation skills and rhymes.

Wed 9.30am - 1.30pm
\$234 per term
Enquiries: Carolyn
0400 259 659
Collaroy@gymbaroo.com.au
gymbaroo.com.au

Collaroy Plateau Youth and Community Centre

Irish Dancing Classes

Mcbrearty School of Irish Dancing holds classes for beginners through to championship level. Age 4 years and above.

Thu 4 - 5pm and Sat 9.30-10.30am
\$15 per class
Enquiries: Graceann MacDougall
0422 838 311
mcbreartyirishdance@outlook.com.au
mcbreartyirishdance.com.au

Manly Vale Community Centre and Narraweena Community Centre

Kindermusik with Jenny

Music and movement weekly classes for 0 - 5 years. We sing, dance, play instruments, read stories and have loads of fun.

Tue morning
\$188 per term
Enquiries: Jenny Massingham
0402 013 449
jenny@kindermusikwithjenny.com.au
kindermusikwithjenny.com.au

Newport Community Centre

Kindermusik with Jo Harders

Kindermusik is a fun and educational music and movement activity for toddlers and their parents to enjoy together.

Thu 10.20am
\$180 per term
Enquiries: Jo Harders
0410 685 135
jhpiano.com.au

Avalon Recreation Centre

Kookaburra Playgroup

Playgroup for children aged 0 - 5 with additional needs.

\$3 contribution
Enquiries: Melissa Angelezski
0408 366 806
nbi.org.au

Narraweena Community Centre

Little Easels Art, School for 5 - 12s

Encouraging creative kids since 2005!
Approved Creative Kids provider.

Wed 3.30 - 5pm, Thu 3.30 - 5pm,
Sat 9 - 10.30am and 11am - 12.30pm
From \$225 per term
Enquiries: Jenni Barrand
0422 935 736
jenni@littleeasels.com
littleeasels.com

North Balgowlah Community Centre

Little Kickers

Soccer program for children 18 months - 7 years. 'Play NOT Push', learn skills, make friends and have fun!

See website for details
\$82 per month plus \$45 on initial enrolment, which includes the uniform.
Enquiries: Alison Bateman
02 8006 1839
shore.beaches@littlekickers.com.au
littlekickers.com.au

Avalon Recreation Centre, Forestville Community Centre, Harbord Literary Institute, Manly Vale Community Centre and Ted Blackwood Youth and Community Centre

Manly Vale Playgroup

Playgroup is an informal session where caregivers, children and babies meet up in a relaxed and friendly environment.

Tue 9.30 - 11.30am during school term
\$5 per session or \$25 per term
Enquiries: 1800 171 882
facebook.com/manlyvalepg

Manly Vale Community Centre

Martial Methods

Martial Methods is a specialised martial arts program developed by an OT and Martial Arts Specialist for children 3 - 18 years.

Tue 3.45 - 4.35pm (5 - 7 years)
and 4.45 - 5.35pm (7 - 12 years)
\$340 per term plus one off initial
\$99 joining fee
Enquiries: Jerry Kim
9451 5735
admin@kidsot.com.au
martialmethods.com.au

Tramshed Arts & Community Centre

Messy Play by Learn to the Beat

Art, craft and sensory play session for children of all ages. Paint, slime, water, goop, craft plus more. Different activities each week.

Wed and Fri 9.30 - 11.30am
\$10 per hour
Enquiries: Tanya
info@learntothebeat.com.au
0410 004 238
learntothebeat.com.au

Tramshed Arts & Community Centre

Move and Grow

Move and Grow is an action packed, fun movement program for 0 - 5 year olds. Lessons include age specific obstacle courses, music, dancing and parachute activities.

Tue and Thu
\$195/10 week term
Enquiries: Donna 0412 123 424 or
Kristel 0410 662 369
donnastuart@optusnet.com.au

Ted Blackwood Youth & Community Centre

MoveABILITIES

Fully interactive, engaging movement and dance class specifically designed for those with special needs of all ages.

Every Sat 10.45am - 12pm
(incl. school holidays)
\$30 per person (Carers/family)
Free
Enquiries: Sally Fuller
0412 105 468
youshouldbedancingyeah@gmail.com
youshouldbedancing.com.au

Collaroy Plateau Youth and Community Centre

Narrabeen Community Kindergarten Inc.

High quality education for children aged 3 - 5 years. Nurturing curiosity, friendship and a love of learning.

Daily fee range \$25 - 50
Enquiries: Carmel Stephens
or Janie Wachter 9913 9650
narrabeencommunity
kindergarten.com.au

North Narrabeen Community and Tennis Centre

North Curl Curl Playgroup

Informal gathering of parents and carers with children from birth - 5 years old to learn through play.

Mon 9.30 - 11.30am
Enquiries: Playgroup NSW
1800 171 882
playgroupnsw.org.au

Curl Curl Youth and Community Centre

Ready Steady Go Kids - Northern Beaches

Multi-sport program for 1.5 - 6 year olds alternating 10 sports every two weeks and run indoors.

Tue 9.45 - 11am
 \$205 per term
 Enquiries: Claudia Angelucci
claudia@readysteadygokids.com.au
 0420 978 611
readysteadygokids.com.au

North Narrabeen Community and Tennis Centre

Resilience Building Workshops for K - 6 Children

Build your K - 6 child's resilience in our after school workshops. Fun and play - based we give kids practical tools and strategies.

Wed 3.30 - 4.30pm
 \$292.50 for 9/1hr sessions
 Includes a free, 1hr briefing for parents
 Enquiries: Susie Mogg
hello@resilienceinkids.com.au
 0406 776 800
resilienceinkids.com.au

Curl Curl Sports Centre

Soccajoey's

Australia's favourite non - competitive soccer program for children aged 2.5 to 11 years old.

Forestville: Sat 9 - 11am
 and Seaforth: Sun 9 - 10am
 \$170
 Enquiries: Anthony
 0405 094 901
soccajoey's.com.au

Forestville Memorial Hall and Seaforth Community Centre

The Rising

A youth group for school years 6 - 9 run by Barrenjoey Anglican Churches.

All welcome.
 Fri 6.30 - 8.30pm
 \$3 for dinner
 Enquiries: Zac Miles
zac@barrenjoey.church
 0421 795 815
Barrenjoey.church

Avalon Recreation Centre

Trailbreakers

Engaging STEM-based activities for 3 - 5 year olds.

Fri 10am
 Enquiries: Sally Avakian
info@trailbreakers.com.au
trailbreakers.com.au

Tramshed Arts & Community Centre

Vacation Care

All day care for school age children during NSW public school holidays. A combination of fun, in-centre activities and exciting excursions.

\$72 per day
 Enquiries: Nicky Haynes
 9942 2312
northernbeaches.nsw.gov.au

**Cromer Community Centre,
 Curl Curl Youth and Community Centre,
 Forestville Community Centre and
 Manly Vale Community Centre**

Yoga and Art

These workshops provide children with lots of opportunities to create, move and develop self-esteem through art.

\$75 for one day,
 \$140 for two days in school holidays.
 Longer days available - see website.
 Enquiries: Carly Casey 0413 317 383
 and Pia O'Connor 0424 128 226
blissinsightsco.com

Harbord Literary Institute

Yoga for Kids

Tue and Thu 6 - 7pm
 Enquiries: Alena 0406 707 207
yogaaboutyou.com.au

Tramshed Arts & Community Centre

Young Investigators Science!

Young Investigators Program is engaging, fun hands-on science before school. Catering for K - 6. Igniting young minds to think.

Tue 7.30 - 8.30am
 \$220 per term
 Enquiries: Alana Wylie
info@eyeheartscience.com.au
 0404 150 224
eyeheartscience.com.au

North Balgowlah Community Centre



Community Groups



Aboriginal Support Group Manly Warringah Pittwater

Talks and movies sharing Aboriginal history and experiences with healing and reconciliation.

Bi-Monthly 7.30pm
Free
info@asgmwp.net
asgmwp.net

Mona Vale Memorial Hall

Al-Anon Family Group

A twelve step - help group for the families and friends of alcoholics/ addicts.

Sun 6.30 - 7.30pm
Donation
Enquiries: Sylvie B
1300 252 666
al-anon.org.au

Mona Vale Memorial Hall

Al-Anon Family Group

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking.

All welcome
Sun 10 - 11am
Free
Enquiries: Donna
1300 252 666
al-anon.org.au

Brookvale Community Centre

Alcoholics Anonymous Living Sober Meeting

A support group for those who have a desire to stop drinking.

Sat 12 - 1pm
Enquiries: 9948 9820
aa.org.au

Avalon Recreation Centre

Boomerang Bags Avalon

Help free Avalon of single-use plastic bags by making cloth bags.

Tue 11.30am - 3.30pm
Enquiries: Laurel Wood
0410 608 315
boomerangbags.org

Avalon Recreation Centre

Clean Energy for Eternity (Northern Beaches)

CEFE aims to help the community understand the challenge of climate change and global warming.

Bi-monthly meeting -
Last Mon of month 7pm
Free
Commencing Feb 2020
Enquiries: Kylie Hitchman
0417 196 479
cleanenergyforeternity.net.au/
chapters/northern-beaches

Brookvale Community Centre

EarlyEd

Early childhood intervention service for children with developmental delays and/or disabilities, parents, families and carers. See full listing under Children's Activities

Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

Gamblers Anonymous

Help for gamblers who want to take control and stop gambling.

Tue 8pm
Enquiries: Michael
0414 089 212
gaastralia.org.au

Manly Vale Community Centre - Innes Rd

Manly Warringah Avicultural Society (Bird Club)

Our small club is for members who keep and breed all types of finches, budgies, canaries and parrots. To network and share information.

Meetings on the third Thu of most months 7.30 - 9pm
\$15 annual membership for members/families and \$5 juniors
Enquiries: Susan Heffernan
sueheff@hotmail.com
0413 539 136
Facebook page

Allambie Heights Public Hall

Meditation and Buddhist Study Session

A secular Buddhist group. Meditation and study/discussion of the Buddha's teachings.

Last Thu of the month from January - November
Casual: \$10 per class plus donation to the teacher or one - time payment for whole year
Enquiries: Susanne Weress
susanneweress@gmail.com
0419 439 095
beaches-sangha.org

Oxford Falls Peace Park

Narcotics Anonymous

Narcotics Anonymous 12 Step Fellowship is a program of recovery from addiction. If you want to stop using drugs we can help.

Enquiries: 1800 652 820
na.org.au

Avalon Recreation Centre, Manly Vale Community Centre, North Curl Curl Community Centre and Tramshed Arts & Community Centre

Newport Residents Association

NRA provides a forum for residents and businesses on local issues. It aims to represent them and achieve community awareness.

Third Tue of the month 7pm
Members \$20 per person and \$25 per couple each year
Enquiries: Wendy Dunnet
secretary@newport.org.au
0418 161 074
newport.org.au

Newport Community Centre

Northern Baptist Church

Bible preaching and teaching, hymn singing. Morning tea and lunch provided. Nursery available.

All welcome!
Sun 10am
Free
Enquiries: Jason Koura
0411 291 271
northernbaptist.com.au

Narraweena Community Centre

Northern Beaches Beekeepers Inc

The club provides support and training to amateur beekeepers at its club meetings (Tramshed) and Apiary Days (Oxford Falls)

First Wed of every month except January
Free for members and \$5 per person for guests and visitors
Enquiries: Giles Stoddart
northernbeaches.membership@beekeepers.asn.au
0476 030 762
Facebook - Northern Beaches Beekeepers Inc

Tramshed Arts & Community Centre

OCTEC Employment Services

Assisting the community within the Disability Employment Service Framework to find, keep and enjoy employment.

Thu 9am - 5pm
Enquiries: Kendall Hill - Smith
kp.smith@octec.org.au
0422 024 107

Brookvale Community Centre and
Mona Vale Memorial Hall

Permaculture Northern Beaches

We meet on the last Thu of the month with guest speakers presenting on a variety of environmental and sustainability topics.

Small suggested donation
Enquiries: Rachel Dryden
0401 391 142
permaculturenorthernbeaches.org.au

Tramshed Arts & Community Centre

Radio Skills Workshop Community Radio Radio Northern Beaches 88.7 and 90.3fm

Come learn about community radio at our Radio Skills Workshop. Be involved in community radio or listen in to our local programs.

Broadcasting 24 hours.
Workshops held throughout the year check our website for details
\$120 Radio Skill Workshop, yearly fee for membership to be involved and make a radio program
Enquiries: Sharon, Secretary
9451 4887
Fill in our form on our website rnb.org.au

Terrey Hills Community Centre

Community Groups



Sydney IANDS

(International Association for Near - Death Studies)

An open group for people who have experienced near-death and other spiritually transformative experiences.

Every fourth Sun of the month 2 - 4pm
 Each session: \$5 IANDS members,
 \$10 non - members
 Enquiries: Dr. Nicole Gruel
 hello@drnicolegruel.com
 0427 590 332
 iands.org

Tramshed Arts & Community Centre

Terrey Hills Progress Association

Monthly community meetings.

Second Wed of the month 7 - 9pm
 Enquiries: Diana Pecar
 thprogress@gmail.com
 0401 359 580

Terrey Hills Community Centre

The Compassionate Friends Northern Beaches Support Group

We offer support and friendship to families after the death of a child of any age and for any reason.

Last Wed night of the month 7 - 9pm
 No cost
 Enquiries: Leanne Shanahan
 shanahanleanne@outlook.com
 0408 865 273

Tramshed Arts & Community Centre

The Link Community Food Care Program

Providing affordable groceries and produce at a low recovery fee that can be accessed by any holder of a Centrelink benefit card.

Open every Fri (except public holidays)
 10am - 1pm
 Low fee
 Enquiries: Jodi Newton
 info@link.org.au
 9999 0475
 link.org.au/community - care

Cromer Community Centre

The sex and love addicts anonymous (SLAA) 12 step HOW programme

SLAA is an anonymous 12 step program based on the model pioneered by AA, to help anyone suffering from addictive sex or love relationships.

Thu 7.30 - 9pm
 Donation
 Enquiries: Darryl Drayton
 jdandsvdrayton@bigpond.com
 1300 025 983
 SLAA.org.au

Brookvale Community Centre

Dance & Music



5Rhythms dance/movement

5Rhythms is a transformational dance practice. No steps to learn, we drop into the body and follow its body impulse to move.

First Fri of the month, 7 - 9pm
\$20 per class
Enquiries: Sue Andersen
sueandersen@ozemail.com.au
0427 863 486
facebook.com/pg/URBAN-WAVES-5Rhythms-dance-with-Sue-Andersen-5253108148419368/events/

Mona Vale Memorial Hall

Adult Ballet Classes

Fun and friendly adult ballet classes open to all levels of fitness and experience.

Wed 7 - 8pm
\$200 per term or \$22 casual
Enquiries: Felecity Joy Hoof
0416 606 183
twinkletoesballet.com.au

Newport Community Centre

Adults Authentic Cuban Salsa Dance Classes

Learn Cuban Salsa partner dance four nights a week. All levels welcome and no partner required. Stay fit, have fun and make new friends!

Tue, Wed, Thu and Fri, 7 - 9pm
\$130 - \$144 per 8 week term and casual price first class - \$20
Enquiries: Yarima Gavilan
info@cubabaila.com.au
0424 621 409
cubabaila.com.au

**Curl Curl Sports Centre,
North Curl Curl Community Centre and
Tramshed Arts & Community Centre**

Ballroom Dancing/ Dancesport - Kids/Adults

Learn to latin, salsa, ballroom and bridal dance. Group classes and private lessons. All ages and levels welcome. Fun! Fitness! Friendship!

Mon - Thu, 3 - 7pm and Sat all day
\$180 group class per term
Enquiries: Jason Gauci
jason@1stepforward.com.au
0414 636 826
1stepforward.com.au

Mona Vale Memorial Hall

Belly Dancing Classes

Discover the beautiful art of belly dancing in a fun and friendly environment. 'Let your Inner Goddess Shine!'

Beginners - Intermediate
7 - 9.30pm
\$25 casual or \$165 (8 week term)
Enquiries: Julz Offner
info@bellydancingjulz.com.au
0405 149 595
bellydancing.com.au

Manly Vale Community Centre

Christine's Happy Tapping

TAP4FUN Adult Tap Dancing Classes

Beginners - Intermediate
Wed 9.30 - 11.30am
\$170 per term
Enquiries: Christine Wyton
realcoin@optusnet.com.au
9979 6595 or 0411 324 223

North Narrabeen Community and Tennis Centre

Collaroy Plateau Physical Culture Club

Physical Culture or "Physie" is a fun dance sport-combining dance, floor and standing exercises. Great for fitness and flexibility.

Mon 9.30am and 4 - 9.30pm
\$70 - 130 per term
Enquiries: Nic
collplatphysie@gmail.com
0490 553 396
Physi.com.au

Collaroy Plateau Youth and Community Centre

Dance

Northern Beaches Dance Academy provides classes for all ages in all styles of dance.

Mon 4 - 7pm musical theatre
Enquiries: Northern Beaches Dance Academy
0404 865 304
nbda.com.au

Newport Community Centre

Dance Arena - Academy of Dance

Enjoyable dance classes for children pre-school to advanced. Classical ballet, tap and jazz. Ladies ballet classes.

Terrey Hills - Mon 4.30 - 6pm,
Elanora Heights - Thu 5 - 7.15pm
Fri - 5.15 - 7.30pm
and Sat 8.30am - 3pm
Enquiries: Katherine Ward
info@dancearena.com.au and
kamarena@bigpond.com
0476 248 647
dancearena.com.au

Elanora Heights Community Centre and Terrey Hills Community Centre

Dance North Academy

Dance classes for recreational and performance. From 2.5 years in RAD classical ballet, jazz, modern, tap, hip hop and acrobatics

Mon - Sat
Enquiries: Dance North Academy
info@dancenorthacademy.com.au
8964 2129
dancenorthacademy.com.au

Narraweena Community Centre

DanceSport Classes for Children

Dancesport is the modern ballroom dancing.

3.15 - 4.15pm

\$140 per term

Enquiries: Samantha

support@dancesportconfidence.com

9158 8450

dancesportconfidence.com

Allambie Heights Public Hall,
Avalon Recreation Centre and
Narraweena Community Centre

Elanora Players

Performances in school vacation periods. Visitors welcome
Rehearsals twice weekly.

Tue and Thu 7.30 - 10.30pm.

\$30 per annum

Enquiries: Bill Akhurst

9451 2530

elanoraplayers.com.au

Elanora Heights Community Centre

Hula Hooping

Hooping is a super fun way to stay fit while developing coordination, stamina, balance, and rhythm.

Mon 7.45 - 9.15pm

\$160 per term

Enquiries: Northern Beaches

Mosman College

enquiries@nbmc.nsw.edu.au

9970 1000

nbmc.nsw.edu.au

Tramshed Arts & Community Centre

Hummingong Community Choirs (Karinya Choir)

Non-auditioned and non-exclusive, this wonderful musical community sings, laughs and grows together.

Tue 7.30 - 9.30pm

\$200 per term

Enquiries: The Hummingong Office

enquiries@hummingongchoirs.com

0433 024 354

hummingong.com.au

Nelson Heather Centre

King Tide Community Choir

A fun choir of welcoming and joyful people. No auditions, no performances, just the pleasure of singing together in harmony.

Thu 11am - 12pm (school term only)

\$25 per session or

\$200 for a ten week term

Enquiries: Wendy Twibill

wendytwibill@bodylogic.net.au

0425 807 262

Avalon Recreation Centre

Learn Argentine Tango

Learn Argentine Tango or further your Tango dancing. All ages welcome. Come alone or with a partner and meet new people.

Wed 7.30 - 9.30pm

\$20 per class

Enquiries: Anton

0402 092 382

Mona Vale Memorial Hall

Line Dancing

Teaching line dance classes and a monthly social.

Classes Fri 10am - 2pm and Sunday Social First Sun of each month from 1 - 3pm.

Classes - members \$1, non-members \$2 and social \$3

Enquiries: Yvonne Maureen Marcelle
0429 624 956, 0414 386 852
0406 001 941

Manly Seniors Centre

Line Dancing

Line dancing is a fun and easy way to keep fit and make new friends.

Thu 6.30 - 7.30pm Beginners

7.30 - 9.30pm Intermediate

Enquiries: Linda Burgess
0419 285 389

onelineerbootscooters.com

Terrey Hills Community Centre

Musical Makers Club (5 - 15 years)

The Musical Makers Club (4 - 14 years) is an inclusive youth production based program resulting in quality musical performances.

Mini Stars (4 - 6 years) and

Rising Stars (7 - 14 years)

Sat 11.30am

\$190 - \$280 per term

Enquiries: Josphine Lancuba
info@nextmovestudios.com.au
0410 621 791

nextmovestudios.com.au

Forestville Seniors Centre

Narrabeen Dance Academy

Dance | Express | Impress. We strive to achieve fun in every lesson leaving students with smiling faces! Various Styles. From 2.5 - 18 years.

Every day

Starting as low as \$125 per term

Enquiries: Narrabeen Dance Academy
info@narrabeendance.com

0403 810 920

narrabeendance.com

Mon, Tue and Wed - Tramshed Arts & Community Centre

Thu, Fri and Sat - North Narrabeen Community and Tennis Centre.

Nia Conscious Dance for Women

Nia is a movement practice with a focus on moving to 'feel better'. Movements relax and condition the body, bring feelings of inner - connection and joy.

Thu 6 - 7pm and Sat 10 - 11am

\$20 casual and \$170/10 class pass

(can be used over two terms)

\$15 seniors and concession

Enquiries: Mandy Loveday Blue Belt and Moving to Heal Nia Teacher
mindfulmovementpractice@gmail.com

0411 645 389

niaaustralia.com.au/teacher/
mandy-loveday/

Avalon Recreation Centre



Dance & Music

Nia Dance

Nia integrates dance, martial arts and healing arts combined with great music, balancing body, mind and spirit. No experience needed.

Mon 7pm
\$18 casual \$160/10 classes
Enquiries: Diana Belot
Bodyalch3my@gmail.com
0422 994 036
niaaustralia.com

Collaroy Swim Club Community Centre

Peninsula Physie Club

Physie is a dance sport for girls from 3 years to ladies for physical fitness, strength, flexibility, confidence, coordination and good mental health.

Affordable term classes
Enquiries: Julie Pond
0416 033 785
peninsulaphysie.com.au

Mona Vale Memorial Hall and Ted Blackwood Youth & Community Centre

Scottish Highland Dancing

Learn Scottish Highland Dancing as seen in the Wiggles. A fun and interactive group class welcoming all ages.

Wed 4.30 - 7pm
\$15
Enquiries: Melissa Roughley
melroughley@gmail.com
0403 037 905

Manly Vale Community Centre

Thank Arthur It's Friday on Sunday at Forestville

Ballroom dancing most Sundays starting 12 January, 2020

Sun 6 - 9pm
\$12 per head
Enquiries: Arthur Fong
taifdance@yahoo.com.au
0411 882 916
thankarthur.com.au

Forestville Memorial Hall

The Big Sing Community Singing Group

The Big Sing is for anyone who would love to sing with and for the Northern Beaches community!

Tue 10 - 11am
\$12 per class
Enquiries: Samantha Shaw
thebigsingnb@gmail.com
0401 343 569
thebigsing.wixsite.com/thebigsing

Avalon Recreation Centre

The Dance House

Ballet, jazz, tap and contemporary classes for children and adults, starting with our fabulous toddler classes.

Every day 4 - 8pm and Sat mornings
From \$150 per term
Enquiries: Melissa
melissa@thedancehouse.com.au
9982 1467
thedancehouse.com.au

Manly Youth Centre

The Shack

Live acoustic music in a cabaret atmosphere. BYO refreshments.

The first Sat of each month
\$25 or \$20 for members
(Membership \$25)
Monthly performance
Enquiries: Rhonda Mawer
rhondalmawer@gmail.com
0413 635 856
shackfolk.com

Tramshed Arts & Community Centre

Twinkle Toes Ballet School

Fun-filled ballet classes available from the age of 2+. No uniform required and casual payments welcome.

Classes available Mon - Sat
\$130 - \$210 per term
Enquiries: Felecity Joy Hoof
0416 606 183
twinkletoesballet.com.au

**Avalon Recreation Centre and
Newport Community Centre**

Ukulele NUTS

Ukulele NUTS are a group of ukulele enthusiasts who get together on the first Saturday of every month to sing, strum and have fun!

First Sat of each month, 2 - 4pm.
Free
Enquiries: Les Gordon
gordonl4@hotmail.com
0419 615 041
facebook.com/northsideukuleles

Forestville Seniors Centre

Vanessa Price Dance School

All styles of dance offered in a fun, relaxed and exciting environment for children aged 3 - 12 years old.

Mon - Fri 3.30 - 7pm
and pre-school classes on
Mon and Fri mornings 9.30 - 10.15am
Starting at \$140 per term
Enquiries: Vanessa Price
ozprice@bigpond.net.au
0404 839 291

**Forestville Seniors Centre and
Forestville Community Centre**

Zumba Gold/Beginners

Zumba Gold men and women senior/beginners with great music, low intensity and easy to follow. With focus on balance, range of motion and coordination.

Wed 9.30 - 10.15am
\$110 per term
Enquiries: Galit Marlow
galitmarlow@hotmail.com
0402 326 829
galitmarlow.zumba.com

Forestville Community Centre

Drama & Theatre



Class Act2 Drama School

Experience the joy of creativity!
Build resilience through the
power of play, improvisation
and performance.

Tue, Wed and Thu after school
\$207 per term
Enquiries: Georgia Henry
0405 070 770

Avalon Recreation Centre

O'Grady Drama Classes

Highly engaging, age appropriate
drama classes that develop
collaboration skills, creativity
and social confidence.

Avalon - Mon 4.30 - 5.30pm
Warriewood - Wed 4pm
Lower Primary 5pm, Upper Primary
6pm, Youth,
Harbord Literary Institute - Fri 4 - 7pm
\$199 per term
Enquiries: Mark Hopkins
sydneyinthbeaches@ogradydrama.com.au
0450 107 367
ogradydrama.com.au

**Avalon Recreation Centre,
Harbord Literary Institute &
Ted Blackwood Youth and
Community Centre**

Smarty Pants Drama and English Classes, Workshops and Tutoring

Fabulously fun drama and theatre
classes for children and adults
with annual Christmas Show.

Mon 4.15 - 5pm Infants School,
Tue 3.30 - 4.30pm High School,
Thu 4.15 - 5.15pm Primary School
Adult classes also \$200 per term and
\$20 annual registration
fee
Enquiries: Victoria E. Lockhart
smartypantsdrama@gmail.com
0405 146 345
smartypantseducation.com.au

Newport Community Centre

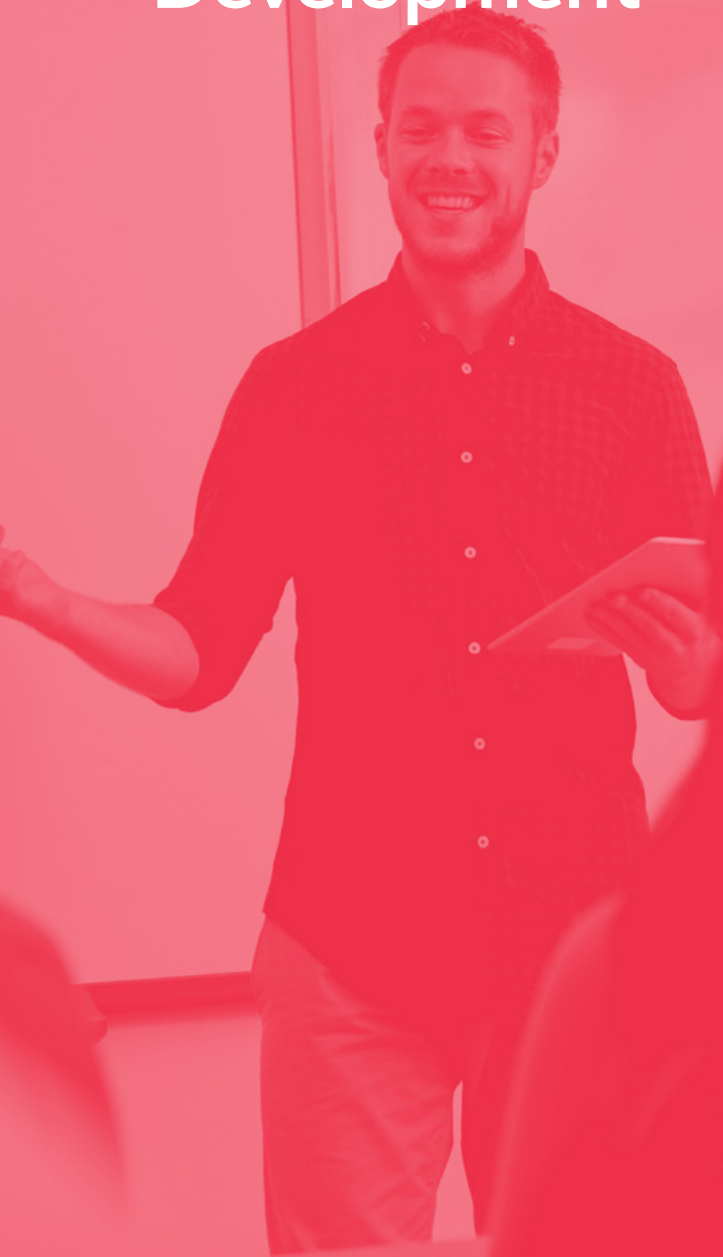
The Talent Co Screen Acting Classes

Screen Acting for kids 9 - 11 years
learning industry techniques
from industry professionals.

Tue and Thu 4 - 5pm
\$300 per term
Enquiries: The Talent Co
thetalentcosydney@gmail.com
9918 3440
thetalentco.biz

Avalon Recreation Centre

Education & Personal Development



Al-Anon Family Group

A mutual support program for the family and friends who have been affected by someone else's drinking.

Sun 6.30 - 7.30pm

Donation

Enquiries: Sylvie Town

0407 454 545

Al Anon Family Groups

Mona Vale Memorial Hall

Australian Investors Association Discussion Group

AIA is a not-for-profit organisation run by investors to assist other investors.

Last Fri of each month (except April)

2.30 - 4.30pm

\$5 per person

Enquiries: Ray Trevisan

0400 186 446

investors.asn.au

Collaroy Swim Club Community Centre

Belrose Terrey Hills Computer Pals

Provide one on one computer training to the over 55's.

Weekdays 9am - 1pm

\$20 joining; \$30 a term

Enquiries: John Spresser

bthcomputerpals@gmail.com

0412 936 667

Terrey Hills Community Centre

Buddhist Meditation and Teachings

Buddhist teachings for training our hearts and minds to embrace the world in more skilful ways.

Thu 7 - 8.45pm

Suggested donation \$15

Enquiries: Jampa Jaffe

sanford_jaffe@yahoo.com.au

0437 061 385

vajrayana.com.au

Tramshed Arts & Community Centre

Coda/Codependents Anonymous

Coda. A guide to creating healthier, happier and more fulfilling relationships, with ourselves and others.

Tue 7 - 8.30pm and

Sat 8 - 9.30am

Donation per meeting

Enquiries: ozcoda@yahoo.com.au

0417 995 111

codependentsanonymous.org.au

Cromer Community Centre

Collaroy Plateau Community Kindergarten Inc.

Community managed, play - based, child initiated, preschool curriculum catering for 3 - 5 year old children.

Enquiries: Susan Sorensen or Jane Sym

cpck.com.au

9982 6167

Collaroy Plateau Progress Hall

EarlyEd

Early childhood intervention service for children with developmental delays and/or disabilities, parents, families and carers. See full listing under Children's Activities.

Please contact EarlyEd for costs
Enquiries: services@earlyed.com.au
9923 2727
earlyed.com.au

Forestville Seniors Centre

Elanora Heights Community Preschool

Community preschool catering for 40 children per day. Rated Exceeding in all seven quality areas by Dept of Education.

Mon - Wed 8.45am - 3.15pm
and Thu - Fri 8.15am - 3.45pm
during school terms
\$45 - \$49 per day
Enquiries: Isobel Gowenlock
9913 9423
elanorapreschool.com

Elanora Heights Community Centre

Forest Toastmasters

Toastmasters will help you build strategies for public speaking and gain confidence in all areas of oral communication.

Second, fourth and fifth Thu of each month 7 - 9.30pm, Guests Welcome
\$70 for six months
Enquiries: Kathryn Iles
ileses@bigpond.net.au
0439 451 127

Lionel Watts Sports and Community Centre

Manly Computer Pals

One-on-one tutoring on smartphones, tablets, PC or Mac. Build competence and confidence.

\$20 annual membership and \$30 per term
Enquiries: Judy Elias
9976 0930 or 0418 288 005
manlycompals.org.au

Manly Seniors Centre

Marianne French Classes

Learn French with Marianne. Small group. Native professional teacher. Fun interactive method. All levels (Beg. to advanced HSC).

Mon, Tue and Wed
Enquiries: Marianne Hurzeler Schranz
mariannefrenchclasses@gmail.com
0409 576 978

Avalon Recreation Centre

New Business Assistance with NEIS

Individuals not in employment, education or training, who are interested in running their business, may be eligible for NEIS.

Free* (funded by Department of Employment)
Enquiries: Denise Fu
info@sydneybusiness.org.au
02 9415 2630
sydneybusiness.org.au

Brookvale Community Centre

Seven Steps to Starting Your Business

Learn and apply the SEVENmile innovative idea validation process over six half-day sessions. This program is for new entrepreneurs.

Tue - Thu 9am - 12pm
\$199 per term
Enquiries: Greg Twemlow
0412 555 416
sevenmile.org.au/accelerator

Seaforth Village Community Centre

Therapeutic Family Constellation Group

A therapeutic method that assists in solving current and ancestral conflicts, unties the "tangled" nodes of the past.

Thu 7.30 - 9.30pm
\$30 per class
Enquiries: Zulmara Camargo
zulmaraaustralia@gmail.com
0422 196 833
fourhandsbodytherapies.com

Brookvale Community Centre

She Leads

A monthly conversation about leadership and development. Meet a community of like-minded women. Collaborate, share and learn.

Monthly Weds 8 - 9.30am
Free
Enquiries: Soo Balbi
soo@uxlcoaching.com
0438 188 202
uxlcoaching.com

Seaforth Village Community Centre

Spanish

Learn Spanish in fun, culturally enriching and well-structured courses based on speaking and communication.

Mon - Thu
Enquiries: Isabel
spanishnorthernbeaches@gmail.com
0413 362 441
spanishnorthernbeaches.com

Brookvale Community Centre

A group of people in a fitness studio, overlaid with a pink gradient. The image shows several individuals in athletic wear, some with their backs to the camera, in a well-lit room with large windows. The overall tone is bright and energetic.

Health, Relaxation & Fitness

A45Plus Fitness Groove

Dance, yoga and pilates fusion: total mind body and balanced empowerment for pro-age women who love to love, live and laugh.

Fri 9.30 - 10.30am

From \$15

Enquiries: Jill Healy - Quintard

jill@bodyandbalance.com.au

0412 422 868

bodyandbalance.com.au

North Steyne Surf Pavillion

About You Yoga

Seasonal Ryoho yoga therapy programs. Classes are tuned to the seasons, the five elements and the meridians.

Tue 6am - 7pm and Thu 7 - 8pm

Book your complimentary class

Enquiries: Alena

alena@YogaAboutYou.com.au

0406 707 207

YogaAboutYou.com.au

Tramshed Arts & Community Centre

Accessible Yoga

A weekly yoga activity for people who use wheelchairs. Accessible transport and assistance for participants is provided.

Thu 11.30am - 12.30pm

\$25 for class and transport

Enquiries: Activities Coordinators -

Dita or Kay

darts@yourside.org.au

8405 4444

yourside.org.au

Forest Community Arts Centre

Active Tai Chi and Qigong with Margaret

Recommended by doctors for balance, strength, fitness, flexibility and relaxation! It's called medication in movement!

Thu 10.30 - 11.30am

\$20 per class or \$160 a term

Enquiries: Margaret Weeks

Nationally Accredited Instructor

compcons@ozemail.com.au

0411 222 388

Activetaichi.com

Newport Community Centre

Awareness group

Awareness group - every two weeks.

Every second Mon 6.30 - 8.30pm

\$50 per class

Enquiries: Maria Dolenc

maria@mariadolenc.com.au

0425 277 279

mariadolenc.com.au

Oxford Falls Peace Park

Back Care

A fusion of Pilates and Yoga for a healthy back and to help alleviate back pain. The class focuses on alignment, flexibility and building a strong core to support the spine and straighten the whole body.

Thu 6.30 - 7.30pm

\$23/\$20 for seniors/students,

10 class passes available

Enquiries: Dagmar Feldmann

info@seaforthyogapilates.com.au

0411 537 873

seaforthyogapilates.com.au

Seaforth Village Community Centre

Badminton

If you are a good 'B' or 'C' grade player, come along for a social (but competitive) game. First game is free!

Mon 7.30 - 9.30pm
\$10 per night plus
annual membership \$50
Enquiries: Meng TAN
mengc.tan@gmail.com
0418 497 202

Cromer Community Centre

Badminton for social players

Social badminton for adults. Prefer some playing experience. All levels catered for.

Mon and Fri 7.45 - 9.45pm
\$10 per session.
No club joining fee.
\$20 annual insurance paid to GBAS
Enquiries: Brian
Info@avalonbadminton.com
0415 476 308
avalonbadminton.com

Avalon Recreation Centre

Baravi Fitness

Since 2006, Baravi has provided a friendly group fitness environment. Sessions start at \$15 with free indoor Crèche.

Weekdays 9.30 - 10.30am, Mon,
Wed and Fri 5.50am, Mon and Wed 6pm
\$15 - 20 per class
Enquiries: Eliko Sagoa
Info@baravifitness.com.au
0405 922 155
facebook.com/Baravifitness

Curl Curl Sports Centre

DanceFUNK

Get loud, funky, hyped and let's dance! Love music, dance, aerobics, hiphop and zumba? We combine all styles in DanceFUNK! No rules.

Every Wed (incl school holidays)
6.30 - 7.30pm
\$15 per person - First Class
free
Enquiries: Sally Fuller
YouShouldBeDancingYeah@gmail.com
0412 105 468
YouShouldBeDancing.com.au

Newport Community Centre

Dynamic Hatha Yoga

Mobilise joints, strengthen, tone and lengthen the muscles. Relieve pain and stiffness through breath and yoga focus.

Tue 6 - 7.30pm
\$22 casual or 10 class pass \$190
Enquiries: Julia Conroy Ravagnani
0415 590 954

Avalon Recreation Centre

Easy Does It Yoga

Stretch every muscle, mobilise joints and oxygenate the brain and body. 'Easy Does It Yoga' is gentle yet strengthening.

Mon 10.30 - 11.30am
\$20 per class
Enquiries: Julia Conroy Ravagnani
0415 590 954

Avalon Recreation Centre

Feldenkrais Awareness Through Movement

Enjoy daily peace of mind through freeing your body. Understand your body/mind connection to ease pain and stiffness from life.

Thu 9.30am
\$25 for one class
\$20/class if you pay for whole term
Enquiries: David Hall
davidhall@bodylogic.net.au
0404 625 326
bodylogic.net.au

Avalon Recreation Centre

Fitness Over 40

Want to have fun training and get results. Safe, effective classes focussing on strength and flexibility.

Beginners to advanced
Avalon on Wed 9.30 - 10.30am
and Newport on Tue 9.15 - 10.15am
\$170 for 10 classes (12 month expiry) or
\$20 casual
Enquiries: Rachel Cohen
rachel@xperteze.com.au
0409 241 297
xperteze.com.au

Avalon Recreation Centre and
Newport Community Centre

Gentle Yoga and Meditation for all

A gentle Yoga practice is good for flexibility, balance, co-ordination, strength and peace of mind.

Fri 10.15 - 11.45am
\$20 per class
Enquiries: Connie Robinson
conniefrancis33@icloud.com
0458 007 706
connierobinson.info

Mona Vale Memorial Hall

Hatha & Dru Yoga

Breath, relaxation, strengthening and stretching and meditation.
Led by remedial therapist Jo Tauror.

Sun 4.30 - 6pm
\$25 per class,
\$10 child and pensioner
Enquiries: Jo Tauro
0425 353 908
Embodiedmassageandyoga.com.au

Forest Community Arts Centre

Hatha Yoga

Yoga aims to calm and centre the mind, relax and restore the nervous system, improve strength, mobility, flexibility and energy.

Thu 6.30 - 8pm and Fri 9.30 - 11am
\$25 per class
Enquiries: Sally Molineaux
molineauxsally@gmail.com
0407 665 854

Forest Community Arts Centre

Hatha Yoga

A moderate form of Yoga, combining breath with movement to find balance in our busy lives. Our classes cater for beginners as well as experienced students.

Tue and Thu 9.30 - 10.30am,
Sat 8 - 9am
Casual \$23, students/seniors
\$20, 10 passes available
Enquiries: Dagmar Feldmann
info@seaforthyogapilates.com.au
0411 537 873
seaforthyogapilates.com.au

Seaforth Village Community Centre

Japanese yoga

Japanese yoga is based on the acupuncture meridians. We focus on therapy yoga to build core strength and flexibility,

Tue and Thu 6 - 7am
Pay per term \$17 per class or casual \$20
Enquiries: Monika Smith
monikamorton@yahoo.com
0414 806 883

Manly Seniors Centre

Japanese Yoga for Over 55s

A friendly light - hearted Japanese style yoga class for those over 55. The class focuses on stimulation and relaxation.

Thus 8 - 9am
\$20 per class
Enquiries: Veronica Barnsen
veronicabarnsen@gmail.com
0404 863 878

Manly Seniors Centre

Jazzercise

A dance party workout! One session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost!

Mon 7 - 8pm and Tue 6 - 7pm
\$25 per visit or \$85 unlimited monthly pass
Enquiries: Sue Cattran
0402 980 792
jazzercise.com.au

Forestville Memorial Hall

Jazzercise

Jazzercise workouts fuse cardio, resistance training, pilates, yoga, kickboxing and of course dance. We mix new moves and music.

Tue, Wed and Fri 9.15 - 10.45am
New customer offer:
Four weeks unlimited classes
\$35 plus \$25 signup fee
Enquiries: Jan Goodwin
jan.goodwin@bigpond.com
0419 202 802
jazzercise.com.au

Seaforth Community Centre

Jazzercise

High - energy dance mixes cardio and strength training, Fresh and evolving routines use hit music to motivate.

Mon, Wed, Fri, Sat and Sun 9.30 - 10.30am
Mon, Tue and Thu 6.30 - 7.30pm
First month unlimited classes \$60
(Please enquire for all pricing options)
Enquiries: Shirley Edwards
0405 797 055 or 9944 7006
jazzercise.com.au

**Ted Blackwood Youth and
Community Centre**

Kettlebell Core

Improve cardio fitness and core strength without running and sit-ups using this unique bell-shaped weight. Beginners to advanced.

Thu 9.15 - 10.15am and
Mon 6.45 - 7.45pm
\$170 for 10 classes (12 month expiry)
or \$20 casual
Enquiries: Rachel Cohen
rachel@xperteze.com.au
0409 241 297
xperteze.com.au

Newport Community Centre

Kokikai Aikido

Kokikai Aikido is an amazing martial art that teaches you pure and powerful self-defence techniques that work in the real world and help you in your daily life. All welcome.

Tue and Thu 7 - 8.15pm
and Sat 10 - 11.15am
First lesson free - Please ring for
information
Enquiries: Paul Coonan
pablocoonan@hotmail.com
0449 642 434
aikidonorthernbeaches.com

Avalon Recreation Centre

Mat Pilates

A moderate to strong physical mat practise to gain strength and flexibility. Pilates helps to improve your posture and balance through core work and overall muscle training, supporting your overall being.

Tue 10.45 - 11.45am and
Sat 9.15 - 10.15am
Casual \$23, students/seniors \$20,
10 passes available
Enquiries: Dagmar Feldmann
info@seaforthyogapilates.com.au
0411 537 873
seaforthyogapilates.com.au

Seaforth Village Community Centre

Meditation and Buddhism Drop - in Class

Each week a different aspect of meditation and Buddhism is explained. Drop in any week. No experience necessary.

Sat 10 - 11.15am
\$15 per class
Enquiries: Mahasiddha Kadampa
9699 9902
meditateinsydney.org

Manly Library Meeting Room

Mindful Hatha Yoga - All Souls Yoga

Bring your body, mind and spirit into balance, breath by breath. Stunning location. Welcoming and friendly community.

Tue 9.15 - 10.30am
\$150 - \$180 per term,
casual rate \$20
Enquiries: Katie Dutton
katie@allsoulsyoga.net
0406 348 541
allsoulsyoga.net

Collaroy Swim Club Community Centre

Mona Vale Garden Club

The club has a wide age range membership. A wonderful way to learn more about gardening from likeminded people.

Fourth Sat of the month
9.30 - 11.30am
Annual Flower Show in September each year
Annual membership
\$20 per single member
\$30 per couple or family group
Enquiries: Pauline Pallister
0418 221 907

Nelson Heather Centre

Narrabeen Yoga

Using an alignment based style of yoga. Dominique's classes include breath, meditation, chant, strong flow and relaxation.

Thu 5.30 - 7pm and
Sat 8.30 - 10am
Casual \$25 or \$220 for 10 classes
Enquiries: Dominique Francis
0421 762 236
narrabeenyoga.com.au

Tramshed Arts & Community Centre

Narrabeen Youth Club Netball

Netball for all ages Registration cost to Play Netball for the season depends on age group - see website

Enquiries: Leanne Poole
nycnetballsecretary@gmail.com
0415 164 578
narrabeen.nsw.netball.com.au

Ted Blackwood Youth and Community Centre

Northern Beaches Pilates and Zumba

Quality Pilates for men and women. Graded classes. Relaxed atmosphere. Also Fitball, Cardio/Pilates and Zumba

Morning and evening classes
\$210 for 10 week term, \$25 casual
Enquiries: Annebé Pettersen
0429 998 778
northernbeachespilates.com.au

Avalon Recreation Centre,
Mona Vale Memorial Hall and
Newport Community Centre

Overeaters Anonymous (OA)

12 step fellowship helping people with eating disorders i.e. compulsive overeating, bulimia and anorexia.

Mon 7 - 8.30pm
Member donations only
Enquiries: Lucy
0412 756 446
oa.org or oasydney.org/

Forest Community Arts Centre

Pickleball

A fun racket sport played on a badminton court. Tennis and squash players love the game but all ages and skill levels are welcome.

Alternate Sats 10.30am - 1pm
and Weds 9 - 11.30am
during school holidays
\$8 per class
Enquiries: John Fuller
libjohn@bigpond.net.au
0408 888 695
northernbeachespickleball.org.au

Avalon Recreation Centre

Pilates

Pilates class for all levels focussing on movement, stretching and strength.

\$18 (class based on purchasing 10 classes that are valid for 12 months)
Enquiries: Claudia Green
0425 364 058
forestpilates.com.au

Forest Community Arts Centre

Pilates at the Tramshed

Strengthen, stretch and tone your body with pilates. Improve core control while correcting posture and increasing flexibility.

Wed 7 - 8pm
\$15 casual or \$120 for 10 weeks
Enquiries: Alison Jones
Pilatesaligned@yahoo.com.au
0425 267 577

Tramshed Arts & Community Centre

Pilates on the Mat

The Pilates method is a wonderful way of bringing some mindful movement into your life. It focuses on the body's postural stabilising muscles. It brings awareness to your breath and mobilises the whole body. Come along and have some fun.

Mon and Thu 10 - 11am
Casual \$20, multipack of ten \$180
Enquiries: Sheri Nuss
0425 273 529
synchronisedpilates.com

Forest Community Arts Centre

Restorative Yoga and Yoga Nidra

Restorative Yoga is a restful practice. Allow yourself time to experience what happens when we cultivate an inner state of bliss.

Sat 4 - 5.30pm and Sun 4 - 5.30 pm
\$20 per class
Enquiries: Connie Robinson
conniefrancis33@icloud.com
0458 007 706
connierobinson.info

Mona Vale Memorial Hall

Sahaja Yoga Meditation

Discover the peace of true meditation for mental, emotional, physical and spiritual well - being.

Mon 12.30 - 1.30pm in term time
Free
Enquiries: Carol
0414 800 267
freemeditation.com.au

Manly Library Meeting Room

Sahaja Yoga Meditation

Enjoy the peace of true meditation. A simple guided process to achieve thoughtless awareness.

Sat 4 - 5pm
Always free
Enquiries: Helena Campbell
0422 929 447
sahajayoga.com.au

North Narrabeen Community and Tennis Centre

Shinkyokushin Karate

Karate can improve your health and fitness, build discipline and confidence and relieve stress. Come and give it a try.

Wed 6.30 - 8pm
\$80 per month
Enquiries: John Evans 0402 193 282
or Davy Loo 0410 613 709
northernbeacheskarate.com.au

Manly Seniors Centre

Slow Yoga

A gentle moving yoga practice, suitable for beginners and students recovering from injuries. Leading towards more stationary poses (Yin Yoga) to release connective tissues in joints and muscles, and to gain flexibility.

Tue 6.30 - 7.30pm,
Thu 10.45 - 11.45am
Casual \$23, students/seniors \$20,
10 class passes available
Enquiries: Dagmar Feldmann
info@seaforthyogapilates.com.au
0411 537 873
seaforthyogapilates.com.au

Seaforth Village Community Centre

Table Tennis

Games for all levels in a friendly environment.

Free to U3A members
Enquiries: Neil Mitchell 0405 123 521
or Carole Young 0421 356 493
sydneyu3a.org/sydney - u3a/
regions/northern - beaches/

Newport Community Centre

Taekidokai Martial Arts

We focus on discipline, character development and constant improvement. For men, women and children of all levels and abilities.

Ring for training times
Enquiries: sydn@tkma.com.au
0413 004 094
tkma.com.au

**Forestville Memorial Hall and
Terrey Hills Community Centre**

Tai Chi

Mindful exercise to co-ordinate mind body and spirit. Suitable for all ages and fitness levels.

Thu 7 - 8.30 pm
\$80 per month
Enquiries: Neil
bluedragontaichi@hotmail.com
0407 021 152
bluedragontaichi.com.au

Tramshed Arts & Community Centre

Tai Chi and Qigong

Improve posture, balance, flexibility and strength with this gentle exercise. Breathe deeply and feel re-energised. Highly recommended.

Avalon on Fri 8 - 9.15am,
Newport on Mon 5.45 - 6.30pm
\$10 per class
Enquiries: Rachel Cohen
rachel@xperteze.com.au
0409 241 297
xperteze.com.au

**Avalon Recreation Centre and
Newport Community Centre**

The Heartfulness Meditation

It is an art and science of learning the language of heart. With numerous health benefits, learn to rejuvenate and balance life.

Every Sun 9.30 - 10.30am
Free
Enquiries: Vipul Jajal
vipul.jajal@heartfulness.org
0402 822 585
heartfulness.org

**Manly Library Meeting Room and
Newport Community Centre**

Unicycling

Learn to unicycle with the Northern Beaches Unicycle Club, all ages and abilities welcome. Borrow a unicycle to learn.

Mon 7 - 9pm
\$5 per class
Enquiries: Shane Machon
0410 289 141

Curl Curl Youth and Community Centre

Veda Yoga by Yogibeings

Sunrise flow and yin Yoga classes.

Mon, Tue, Wed and Fri 6am
Thu 6.45pm
\$15/class - First class free
Enquiries:
Hello@vedayoga-yogibeings.com
0405 272 790
vedayoga-yogibeings.com.au

North Steyne Surf Pavilion

Vision Australia

Our mission is to support people living with blindness and low vision to live the life they choose, through a range of specialised services.

Cost on enquiry
Enquiries: Annette Brown
8974 5300
visionaustralia.org

Forest Community Arts Centre

Yoga

Japanese yoga

Tue and Thu 6 - 7am
Pay by term
Enquiries: Monika
0414 806 883

Manly Seniors Centre

Yoga by the beach

Deepen or start your yoga practice with a fusion of Yin, Hatha and Vinyasa yoga overlooking the beach. All equipment provided.

Mon and Thu 9.30 - 10.45am
\$25 two class intro special, \$20 casual and \$180 per ten class pass
Enquiries: Peta
yogawithpeta@outlook.com
0414 254 988

Collaroy Swim Club Community Centre

Yoga In The Forest

Yoga is an ancient practice of physical and mental disciplines, which make us healthy, alert and receptive. A way of life.

Mon 10 - 11.30am, Tue 9.30 - 11am,
Tue 6 - 7.30pm, Fri 9.30 - 11am
and Sat 7.30 - 9am
Term, casual and pensioner rates available
Enquiries: Irene Borg
irene@yogaintheforest.com
0412 455 338
yogaintheforest.com

Forestville Memorial Hall and Forestville Seniors Centre

Yoga Nidra

Yoga Nidra is an ancient practice to induce full-body relaxation and a deep meditative state of consciousness without falling asleep.

Tue 7.30 - 8pm
\$15 per class
Enquiries: Dagmar Feldmann
info@seaforthyogapilates.com.au
0411 537 873
seaforthyogapilates.com.au

Seaforth Village Community Centre

Yoga Stretch and Relax

Body, mind and soul will be well cared for under the guidance of senior yoga teacher and former nurse, Lani (Atma) Saraswati.

Wed 10 - 11.30am
\$22 casual/ 10% discount
on four or more classes
Enquiries: Lani Saraswati
atma@northernbeachesyoga.com
0408 860 852
northernbeachesyoga.com

Avalon Recreation Centre

Yoga with Claire

Vinyasa/Flow Yoga. All levels welcome. Combine movement and breath with a spiritual essence for a mindful hour.

Tue 7 - 8pm
\$20 per class
Enquiries: Claire Tait
claire@holistickinesiology.com.au
0413 894 638
clairetait.com.au

Allambie Heights Public Hall

Yoga with Kerrie

Hatha Yoga bringing calmness to mind, strength and balance to body finishing class with relaxation.

Fri 10 - 11.30am and Wed 8 - 9am
Fri - \$22 Wed - \$20 class
Enquiries: Kerrie
kezkiely@gmail.com
0400 129 379
yogafeet.com.au

Avalon Recreation Centre

You Should Be Dancing!

Love to dance but not a dancer? Come dance with us! Fun music, moves and workout, without the jarring or jumping. Experience that feel good factor from being active, engaged and energised.

Every Thu 9 - 10am (incl. school holidays)
\$15 per person
\$12 concession card holders
Enquiries: Sally Fuller
YouShouldBeDancingYeah@gmail.com
0412 105 468
YouShouldBeDancing.com.au

Mona Vale Memorial Hall

Zumba with Claudine

Fun, Latin inspired dance fitness class suitable for beginners and all levels. Taught by a qualified and experienced instructor.

Fri 9.45 - 10.45am
\$15 casual or \$130/10 class pass
Enquiries: Claudine
zumbafitnessplus@hotmail.com
0422 971 085
zumbafitnessplus.com

Newport Community Centre

Seniors Activities



Active Seniors Gentle Exercise Program

This program is ideal for those aiming to stay healthy and active. Join us for one hour of land-based exercise.

Mon, Wed and Fri
12 - 1pm
\$9.40 per class
Enquiries: Warringah Aquatic Centre
Programs Office
9451 8000
northernbeaches.nsw.gov.au

Forestville Memorial Hall

AgelessMOVES

It's exercise disguised as dance!
Fun, engaging choreography,
captivating music across the decades
from 50s, 80s to today!

Every Mon 10.30 - 11.30am
(incl. school holidays)
First class free \$10 per person
(Incl school holidays)
Dementia friendly environment
(Carers free)
Enquiries: Sally Fuller
YouShouldBeDancingYeah@gmail.com
0412 105 468
YouShouldBeDancing.com.au

Manly Seniors Centre

Art

Why paint alone? Bring your gear
and join this group of friendly painters
at the Manly Seniors Centre.

Fri 9.30am - 2pm
\$1 for members, \$2 for visitors
Enquiries: Priscilla
judyrice1@bigpond.com
9948 8229
manlyseniors.org.au

Manly Seniors Centre

Avalon Computer Pals for Seniors - Newport Short Courses

One or two week courses on iPads,
iPhones, Samsung tablets and phones,
Google photos, Facebook, photography
and other technologies.

Tue 1.30 - 3.30pm
\$15 per weekly session
Enquiries: Peter Marshall
info@avpals.com
8064 3574
avpals.com

Newport Community Centre

Ballroom Dancing

Narrabeen Senior Citizens Club.
Dance to the Keynotes Band.
Meet new friends, singles welcome.
Costs includes afternoon tea/coffee
and biscuits.

Fri 2 - 4pm
\$3, annual \$5
Enquiries: Pam
9918 2468

Nelson Heather Centre

Basketball

Basketball senior group.

Tue 8am - 9pm
\$30 per term
Enquiries: Tony Makreski
Makreski@gmail.com
0434 915 332

Seaforth Community Centre

Beacon Hill Probus Club

Probus provides an opportunity to join a social club in your local community for activities and friendship in retirement.

Fourth Wed monthly at 10am - 12pm
\$50 per year
Enquiries: David McGrath
beaconhillprobus@gmail.com
0406 993 445
probussouthpacific.org

Forest Community Arts Centre

Bowling

Come and join a friendly group of seniors for a game of bowls on an outdoor synthetic green. Morning tea included.

Mon, Wed and Fri 10.30am - 12pm
\$3 for members, \$4 for visitors
Enquiries: Rocco, Maria or Peter
judyrice1@bigpond.com
Rocco 9981 1314 or Maria 9939 5977 or
Peter 9918 0748
manlyseniors.org.au

Manly Seniors Centre

Bridge

If you play bridge and would like a happy, social setting, come and join the bridge group. No lessons given.

Tue 1 - 4pm
\$1 for members, \$2 for visitors
Enquiries: Sue
judyrice1@bigpond.com
0417 220 246
manlyseniors.org.au

Manly Seniors Centre

Bridge Lessons and Sessions

Beginners Bridge lessons and regular sessions most days of the week.

Various
\$100, beginners lessons over seven weeks normally
Enquiries: Susan Eason
gmsmaxd@gmail.com
0418 177 444
peninsulabridgeclub.org.au

Nelson Heather Centre

Combined Probuss Club of Garigal Belrose

Probus Club Meetings.

Second Fri of the month 9.30am - 12pm
Enquiries: Betty Dibnah
8068 4399 or 0450 770 717

Terrey Hills Community Centre

ComputerPals for Seniors

Showing Seniors how to work with their Smartphone, iPad or tablet, Mac or PC, camera in a safe environment.

Mon, Tue, Thu and Fri 9am - 5pm,
Wed 9am - 12pm
Annual membership fee
\$25, Term fee \$30.
Note there are four terms per year
Enquiries: Anne Matthews
anne.computerpals@gmail.com
9984 0604
compalsnb.org.au

Tramshed Arts & Community Centre

Dancewell Movement Classes

Dancewell is a seated dance and movement class specifically designed to help people regain their freedom through movement.

Forestville - Tue 11.15am - 12.15pm
and Collaroy - Fri 10.30 - 11.30am
\$10 Enquiries: Sally or Jodee
info@dancehealthalliance.org.au
0421 274 936
dancehealthalliance.org.au

Forest Community Arts Centre and Collaroy
Plateau Youth and Community Centre

Exercise classes for Seniors

Exercise classes for the over 55s,
strength training and gentle exercise.

Mon - Thu mornings
\$100 per 10 lessons
Enquiries: Ingrid van Baren - Davey
0405 457 063

Nelson Heather Centre

Forest Computer Pals for Seniors

For seniors whose smart phone
or iPad conspire to outwit them
we provide one-on-one help on
any phone, tablet or laptop.

Mon 10am - 3pm, Tue 10am - 12pm,
Wed 10am - 1pm, and Thu 9am - 1pm
A one off joining fee of \$30
plus \$35 per quarter or \$90 annually
Enquiries: Phil Ingram
office@forestcompals.org.au
0450 799 359
forestcompals.org.au

Forestville Memorial Hall

Forest Computer Pals for Seniors Inc.

We help members to understand
their IT devices, iPhones, iPads,
tablets and laptops.

One on one or groups
Mon - Fri 9am - 4pm
\$90 per year
Enquiries: Pat
office@forestcompals.org.au
9975 7762
forestcompals.org.au/

Forestville Memorial Hall

Gentle Yoga and Meditation for 50+

Yoga is perfect for us as we grow older,
a gentle practice that honours where
your body is today and helps
strengthen it.

Mon 10 - 11.30am and Tue
10.45am - 12.15pm
\$20 per class
Enquiries: Connie Robinson
conniefrancis33@icloud.com
0458 007 706
connierobinson.info

Tramshed Arts & Community Centre

Healthy Lifestyle

Light exercise suitable for people over 50 to keep active and energised. A variety of styles including strengthening, stretching, dance and beginners groups.

Enquiries: 8877 5300
nshealthpromotion.com.au

Avalon Recreation Centre, Forestville Memorial Hall, Forestville Seniors Centre, Forestville Community Centre, Manly Seniors Centre, Nelson Heather Centre, North Curl Curl Community Centre, Seaforth Village Community Centre and Tramshed Arts & Community Centre

Indoor Bowls

Narrabeen Senior Citizens Club. Friendly group. Costs includes morning tea/coffee and biscuits.

Fri 10am - 1pm
\$3, annual \$5
Enquiries: Margaret
9997 1349

Nelson Heather Centre

Lifeball

Lifeball is similar to Netball but played at walking pace. Exercise safely and have fun.

Wed 2 - 3.30pm during school term
\$4 per week
Enquiries: Margaret Krajancic
0418 645 120

Curl Curl Youth and Community Centre

LifeBall for Seniors

LifeBall a safe mixed team ball game for all seniors. Similar to netball played at a safe walking pace without sudden stopping.

Thu 10 - 11.30am
\$5 per day
Enquiries: Trevor Beardsmore
0416 050 540
lifeball.net.au

Forestville Memorial Hall

LifeBall for Seniors

LifeBall a safe mixed team ball game for all seniors. Similar to netball played at a safe walking pace without sudden stopping.

Mon 11am - 12.30pm
\$4 per day
Enquiries: Trevor Beardsmore
0416 050 540
lifeball.net.au

Ted Blackwood Youth and Community Centre

Line Dancing

If you want to learn line dancing this is the place for you! Different grades catered for, includes afternoon tea.

Fri 10 - 11am for beginner lessons,
11am - 12pm for more advanced
beginners and Intermediate
line dancers 12 - 1.45pm.
\$1 for members, \$2 for visitors
Enquiries: Marcelle
judyrice1@bigpond.com
0414 386 852
manlyseniors.org.au

Manly Seniors Centre

Line Dancing

Line dancing is a great activity for fitness and fun. Join this happy, social group at Manly Seniors Centre. Tue 11.30am - 12pm lessons, line dancing until around 2.30pm, then afternoon tea and chat

\$1 for members, \$2 for visitors
Enquiries: Irene
judyrice1@bigpond.com
9971 0695
manlyseniors.org.au

Manly Seniors Centre

Line Dancing

Come and join line dancing for fun and fitness!

Tue 11.30am - 3pm and Fri 9am - 1.45pm
\$3, annual \$5
Enquiries: Pam
9918 2468

Nelson Heather Centre

Lungs in Action

Classes for clients who have stable COPD (Chronic Obstructive Pulmonary Disease).

Tue and Thu 10.30am
\$110 per 10 lessons
lasting 1 hour and 15 minutes each lesson
Enquiries: Ingrid van Baren - Davey
0405 457 063

Nelson Heather Centre

Mahjong

If you play mahjong, come and join this friendly, relaxed group for a pleasant afternoon of mental stimulation. No lessons given.

Thu 12.30 - 4pm
\$1 for members, \$2 for visitors
Enquiries: Rosie
judyrice1@bigpond.com
9977 2653
manlyseniors.org.au

Manly Seniors Centre

Mahjong

Narrabeen Senior Citizens Club. Friendly group, visitors welcome. Costs includes afternoon tea/ coffee and biscuits.

Mon 1 - 4pm
\$3, annual \$5
Enquiries: Margery
0412 581 240

Nelson Heather Centre

Manly Seniors Community BBQ Lunch

A great opportunity to enjoy a three course BBQ lunch, each other's company and get out of the house.

First Mon of the month
\$10
Enquiries: Janice Pieper
9976 1468
Search Meals on Wheels
northernbeaches.nsw.gov.au

Seaforth Community & Sporting Pavillion

Men's Kitchen - older blokes can cook!

Attend a regular cooking session each month and learn some basic cooking skills. Make some new mates at the same time.

Various weekdays from 11am - 2pm
\$15 per class
Enquiries: Peter Watson
0411 476 532
fmk.org.au

Curl Curl Youth and Community Centre,
Forestville Community Centre and
Ted Blackwood Youth and
Community Centre

Music and Song

Narrabeen Senior Citizens Club.
Listen and/or sing to your CD or
play an instrument. Costs includes
afternoon tea/coffee and biscuits.

Wed 1.30 - 4pm
\$3, annual \$5
Enquiries: Pam
9918 2468

Nelson Heather Centre

Northern Beaches Creative Leisure and Learning Inc

History Walks monthly. Cards and
games arranged as requested.

Mon, Thu or Fri
\$10 Annual Membership.
Activities at varying costs
History Walks \$10 members
\$15 non-members \$5 cards
Enquiries: Maureen Rutledge
9913 1474

Nelson Heather Centre

Seniors Community Lunch

A great opportunity to enjoy a
three course meal, each other's
company and get out of the house.

Every Fri at 11.30am.
\$10
Enquiries: Carla Mattos
9976 1469
Search Meals on Wheels
northernbeaches.nsw.gov.au

Manly Seniors Centre

Sequence Dancing

Come and join this group for an
afternoon of sequence dancing and
socialisation. Afternoon tea included.

Wed, Thu, Sat and Sun 1 - 4pm
\$1 for members, \$2 for visitors
Enquiries: Sun and Thu - Les,
Sat - Amy
judyrice1@bigpond.com
Les 9939 6920 or Amy 0407 988 900
or John 9982 4393 or Michael 9400 2426
or Peter 9982 9963
manlyseniors.org.au

Manly Seniors Centre

Sequence Dancing

Sequence dancing is great for
balance and for keeping young and
it's fun! Some lessons are given in
this happy group.

Mon 10.15am - 1pm
\$1 for members, \$2 for visitors
Enquiries: Barry
judyrice1@bigpond.com
9451 9651
manlyseniors.org.au

Manly Seniors Centre

Singing - Happy Wanderers

If you love to sing, come and join this talented group. Regularly entertain at nursing homes on the Northern Beaches.

Mon 1.30 - 4 pm
\$1 for members, \$2 for visitors
Enquiries: Julian
judyrice1@bigpond.com
9975 7811
manlyseniors.org.au

Manly Seniors Centre

Spinners, Weavers and Knitters

Narrabeen Senior Citizens Club.
Small friendly group.

Second Sat each month 11am - 3pm.
Costs include morning tea/coffee
and biscuits
\$3, annual \$5
Enquiries: Carole
9982 1482

Nelson Heather Centre

Strength For Life

Personalised strength training
classes endorsed by COTA.

Tue and Thu 9.30am
\$100 per 10 lessons
Enquiries: Ingrid van Baren - Davey
0405 457 063

Nelson Heather Centre

Table Tennis

Table tennis is a great activity to keep you healthy and active. Come and hit a ball around! Morning tea included.

Tue and Sat 9am - 12pm,
Wed 1 - 5.30pm and Fri 2 - 5pm
\$3 for members, \$4 for visitors
Enquiries: Sat - Bruce, Fri - Michael
judyrice1@bigpond.com
0419 293 736
manlyseniors.org.au

Manly Seniors Centre

Table Tennis

Narrabeen Senior Citizens Club.
Social games, 4 tables. Costs includes
morning tea/coffee & biscuits.

Sun, Tue and Thu 10am - 1pm
\$3, annual \$5
Enquiries: Pam
9918 2468

Nelson Heather Centre

U3A Fridays in the Forest

A monthly program of separate presentations on a wide variety of topics such as art, drama, science, philosophy, yoga, languages, history, music, opera and ballet given by people with expertise in their subject.

Fri 10am - 12pm
Gold coin donation
Enquiries: Rosemary McCulloch
ramccull@gmail.com
0448 095 958
sydneyu3a.org/regions/northern beaches

**Forest Community Arts Centre,
Lionel Watts Sports and Community Centre,
Nelson Heather Centre,
Newport Community Centre,
North Curl Curl Community Centre and
Tramshed Arts & Community Centre**

U3A North Curl Curl Community Centre

A choice of stimulating educational, fitness and fun activities for seniors.

Mon, Tue, Thu and Fri 9am - 4pm
Enquiries: Ruth Buchanan
ruth.buchanan@bigpond.com
email enquiries only
[sydneyu3a.org/sydney-u3a/regions/
northern-beaches/](http://sydneyu3a.org/sydney-u3a/regions/northern-beaches/)

North Curl Curl Community Centre

U3A Opera on Sundays

Outstanding performances on DVD from opera houses around the world with break for lunch.

Sun (fortnightly) 11am - 3pm
Gold coin
Enquiries: Rosemary McCulloch
0448 095 958
[sydneyu3a.org/sydney-u3a/
regions/northern-beaches/](http://sydneyu3a.org/sydney-u3a/regions/northern-beaches/)

Tramshed Arts & Community Centre

Walking

Friendly, social group enjoy walking to different destinations once a month.

Second Fri of each month 9.30am
\$1 for members, \$2 for visitors
Enquiries: Carol
judyrice1@bigpond.com
0413 375 946
manlyseniors.org.au

Manly Seniors Centre



KALOF

Keep A Look Out For

For young people and their families connecting with activities on the Northern Beaches - Music, Film, Discobility, Skate, Art, Youth Exchange, Mental Health, Parent Information, Youth Advisory, Forums, GLAM LGBTIQ+ Support Group

KALOF.com.au
youth@northernbeaches.nsw.gov.au

northernbeaches.nsw.gov.au



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beaches
council