

Northlakes High School Newsletter

"Opportunities for future success"



Find us at: Brava Avenue, SAN REMO NSW 2262 T (02)4390 0555 F (02) 43991792
Email northlake-h.school@det.nsw.edu.au www.northlake-h.schools.nsw.edu.au

Security No: 1300 880 021

Issue. 11

July, 2014

From our Principal: Staff Development Day

Our first day of Term 3 was devoted to a variety of activities to enhance our staff's technological skills. We are strongly aware of global trends, which mean that technological skills – for everyone - are key skills. Presenters came from our (talented) staff and their efforts were highly evaluated. However, as has always been the case, it's not the tools the teacher has that are the most important thing – it is their ability to engage students in a variety of strategies, and their knowledge of their subject area, that have the biggest impact. As always, our staff will deliver.

Education Week 29.7.14

We will be holding an open afternoon on the 29th July. We will have displays, a B.B.Q., music and an opportunity for you to walk with your child/ward through the school, so they can show you how good it is!



Our Library

On the same evening at 6pm we will hold the Year 8 Elective Selection evening. Staff will

have a presentation, and you can assist your Year 8 student in making their choice of elective for Stage 5 (Years 9 and 10)

School Facility Upgrades

We have, with the financial assistance of our fantastic P. & C., installed an electronic sign on the main quadrangle. This means daily and immediate notices can be put up; it is a significant addition to our communication strategies in the school.



Our new electronic sign

We have also begun to upgrade the basketball courts, they have been smoothed and sealed with a high quality surface and will have new lines and backboards added. This is part of our plan to upgrade playing and recreational facilities. We have also significantly improved gardens and the amount of seating in the playground. All carpets were steam cleaned in the holidays. Our Support Unit kitchen is finished and it looks great!



Education &
Communities

Public Education Awards

On 12th August 2014 Northlakes High School will be hosting the annual Central Coast Public Education Awards. At this event, every Central Coast School will recognise members of their school community. For us, it is an opportunity to showcase the public speaking, hospitality, creative arts, organisational abilities of the students in our school – I am very proud to be able to do so.

Personal Best for Learning – Suspension Decrease

Our P.B.L. program was introduced nearly eighteen months ago and it has been very successful. We have decreased our suspension by 44%. Given that today (15.7.14) the A.B.C. National News led with a story about the overall increase in suspensions across the state, I am very happy that some of our strategies in this school have actually given us a happy result which is against a state trend. This is a huge success for this school! While suspensions only affect about 5% of any school population, a significant decrease reflects a variety of successful strategies and improved educational outcomes for all students.

Senior Students

Year 12 will begin the Trial H.S.C. in Week 3. They have been highly supported. The school funded the Elevate (Study Skills) Program and the cost of transport for the H.S.C. Study Day at Singleton and the Careers Advice Day (in Sydney) for Stage 6 (Years 11 and 12). Also, Mr Jarrod Freebody, our librarian, has tutored and mentored many students. I hope they have all developed good study procedures and are ready for the Term 3 exams.

Korean Student Visit

We are hosting thirty students from South Korea in Week 3. This is an opportunity for families to enjoy the experience of hosting young people from another culture. I know my children, then in their teens, really enjoyed hosting Japanese students some years ago. Mr

Welham is organising this event – contact him if you are interested in hosting a child.

Email

As our world becomes more 'linked', it is increasingly important that we have your correct email address. If you wish to add, or check, an email address, please ring 43900555 or email us through our website. We currently have over 500 parent/guardian email addresses. Through this, we send our newsletter and other information. We greatly appreciate you taking some time to ensure our details of you are accurate.

Yours in Public Education
Merrilyn Rowley

Allunga are House Champions for Term 2!

Allunga House enjoyed an all-expenses paid excursion to Strike Bowling and Laser Tag in Charlestown on the final day of Term 2. 75 students representing all year groups, and nine motivated staff (who were possibly just as excited as the students), spent the day challenging each other in the two very serious disciplines.



Congratulations Allunga!

While the skills of all involved in the Ten Pin Bowling need further work, this meant that strikes were appropriately celebrated. An overwhelming pattern that developed throughout the day in the Laser Tag arena was

that girls are far more accurate than boys, having a higher 'hit-rate' during the games.

The students were incredibly well behaved and attracted praise from the staff at the venue for the way in which they conducted themselves. This continued Allunga's brilliant start to the year, finishing runner-up in the Term One points tally and winning Term 2. Allunga students arrived to school on time more frequently than students from other houses, as well as staying off discipline cards and earning 'Gotchas' for application and effort.

Allunga now have the right to claim the 'Silver Seats' for school assemblies and start Term 3 as defending champions. Congratulations to all staff and students involved. Bad luck Mr Welham.

Mr Boake Deputy Principal for Allunga House

Support Unit Report

Students from the support unit this week were able to participate in work and community participation expos. The first work expo was held at Avondale College, on Tuesday and the second was held at Club Mingara on Thursday. All students thoroughly enjoyed themselves and brought back valuable information for post school options.

The Senior class went to Coastlink on Tuesday for Community Participation information. Job Centre visited the school and discussed post school transition to work options. These are fantastic support options for our students and we are very happy with what is on offer.

GATs Workshop

During the holidays (Thursday 11 and Friday 12 of July), selected students participated in a gifted and talented, Visual Art workshop at Northlakes High School. During the workshop students responded to the theme 'FACE in the Urban Landscape', experimenting with sculpture, painting and photography in the

creation of their unique works of art. The finished pieces will be entered in a competition later this year and I hope that selected works will be given the opportunity to exhibit. These students should be commended for their efforts!



Some of the artworks created during the workshop.

Aboriginal Excursion

On the 27th of June the Aboriginal Dance Group and the Didge Group were invited to perform at Mary Mackillop College for the opening of their Aboriginal Garden. We were lucky enough to perform in front of both the primary school students and some high school students.



Mrs Fraser who used to work at Northlakes was there as well as some Indigenous Knights players. It was an awesome experience and one that we will remember.

Elissa, Coby, Gemma

EDUCATION WEEK 28-July – 1-August, 2014 – Creating The Future

Week 3 is Education Week, and some of our dancers and singers from Northlakes High School will be performing at Lake Haven Shopping Centre.



We will also have a display of our artwork, and we have invited our local Primary Schools in to have a look at our Agriculture farm and see our animals.

Northlakes High School Expo

We would like to invite you and the community in for an open evening on Tuesday 29th July from 3:30pm – 5:30pm. Come into the hall and meet and greet every faculty and see their displays. Venture down to our Agriculture Farm and meet our farmyard friends, experience some hands on science experiments, and more. Feel free to invite any grandparents or neighbours who would like to attend.

Year 8 Subject Selection Evening

Subject selection for Year 8 (going into Year 9) will be held in the hall on Tuesday 29 July, straight after the expo from 6:00pm

Term Planner

Make sure you print off the last page of this newsletter, which is a Term Planner, and put it on your fridge to keep up with the busy Term 3.

COMMUNITY NEWS

Sneaks 4 Streets

Homeless No More are holding a Fundraising Walkathon on Sunday 3rd August. All entrants have to be at the Halekulani Bowling Club 9am to register and you will be given the course with all directions including the water stations along the way. Buses will transport all walkers from Halekulani Bowling Club to Chittaway Bay they will also return to Halekulani Bowling Club from Soldiers Beach. Entrants are to wear Orange T-Shirts. Entry fee \$40.00 per person. At the end of the walkathon all entrants will receive drink and BBQ voucher back at the Halekulani Bowling Club and will be in the major prize draw. For more information phone Elissa Scott 0423 345 869.

Call for Artwork - Mental Health – Art Works!

Artists of all ages are invited to exhibit painting, sculpture, drawing, ceramics, photography and writings in the 15th Annual Mental Health Art Exhibition. Artwork must be created by someone who has lived with the experience of mental illness, their families, carers and friends. Entries close Monday 25th August 2014. For an entry pack contact Lee on 4320 3179.

DATES TO REMEMBER

- | | |
|---------------------|-----------------------------------------------|
| 21-22/7/14 | Regional Athletics |
| 23/7/14 | Yr 10 Police talks |
| 23/7/14 | Science & Engineering Challenge |
| 24/7/14 | Yr 11 Police talks |
| 26/7/14 | Korean Students arrive |
| 28/7/14 | HSC Trials begin |
| 28/7/14 | VET Information Evening – Gorokan High 6pm |
| 29/7/14 | Northlakes High School Expo 3:30pm |
| 29/7/14 | Yr 8-9 Subject Selection night 6pm |
| 30-31/7/14 & 1/8/14 | Yr 10 Transition Days |
| 31/7/14 | Yr 9 Excursion to the Museum of Human Disease |



NORTHLAKES HIGH SCHOOL PLANNER TERM 3, 2014


	Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
JULY	1A	14 Staff Development Day	15 Students return	16 Immunisation	17 Immunisation Back up day	18 CHS Cross Country	19/20
JULY	2B	21 Regional Athletics	22 Regional Athletics	23 Yr 10 police talks Science & Engineering challenge	24 Yr 11 police talks	25	26/27 Korean students arrive
JULY/AUGUST	3A	28 HSC trials begin VET info 6pm Yr 11 Hosp W/P	29 Expo 3:30pm Yr 8-9 subject selection night 6pm	30 Yr 10 transition	31 Yr 10 transition Yr 9 exc museum of human disease	1 Yr 10 transition	2/3
Education Week							
AUGUST	4B	4 AECG meeting Yr 11 constr W/P	5	6 Student deadline for Yr 8-9 subject selection Korean students leave	7	8 Support unit sports challenge	9/10
AUGUST	5A	11	12 CC Public Education Awards	13 Yr 9 Maitland gaol	14 Yr 11 Adv Eng exc	15	16/17
AUGUST	6B	18	19 P&C Meeting 3:30pm	20 CC Showcase	21 Yr 12 police talks	22 Premiers reading challenge finishes	23/24
AUGUST	7A	25 AECG meeting	26	27 Science & Engineering challenge	28	29	30/31
SEPTEMBER	8B	1 Rumbalara Yr9 & 10	2 Rumbalara Yr 9 & 10	3	4 CHS Athletics Carnival	5 CHS Athletics Carnival	6/7 Father's Day
SEPTEMBER	9A	8	9	10	11	12	13/14
SEPTEMBER	10B	15	16	17	18 Yr 12 graduation ceremony 9am Yr 9 CSI Ourimbah	19	20/21
SEPTEMBER		22	23	24	25	26	27/28
		29	30	1	2	3	4/5

Uniform shop opens every Friday 10:00am – 12:00pm

the epicentre

Core of Community

P. 02 4390 7888 F. 02 4399 2398 E. info@sanremo.org.au W. www.sanremo.org.au

28 Brava Ave SAN REMO NSW 2262 www.facebook.com/sanremocommunity 

Winter Edition 2014

Introduction to The Epicentre

The epicentre is a thriving hub where we shake into action and respond to community needs. Some of the sustainable projects that we have completed over the years include: the mosaic tables at Mannering Park Boat Ramp, many murals throughout San Remo, Toukley, Budgewoi, Kanwal and Blue Haven, the famous GOATS Family Festival, the San Remo Community Garden behind the shops, the Men's Shed, the new LINKS Youth Cabin, development of OOSH Services, the activation of Blue Haven Community Centre, the Sunny Seed Project and we are now working on building a playground at Blue Haven Community Centre. From need, ideas bubble and structures are built. From structures programs are developed to support diversity and need. We are a Public Benevolent Institution with DGR status so are able to take tax deductible donations. A huge thank you to our first beneficiary who has supported us in starting a community restaurant. See our latest programs and 'Food For Thought'.

Breakfast Club

Wednesday's, Thursday's and Friday's at the Neighbourhood Centre.

Breakfast Club currently needs volunteers and donations

of food such as bread, milk, eggs etc. If you're interested in volunteering or donating please give us a call!

Behaviour Management & Emotion Coaching

Morning Tea & Child Minding provided

- To engage your children's cooperation by positively noticing and encouraging them
- To set clear expectations and help them develop frustration tolerance
- To help children's brains to develop filters for behaving well
- To resolve family conflict quietly
- Some simple strategies to practise being a calm parent

Wednesdays 9:30am - 12:30pm, 27 Aug - 10 Sep 2014 (3 sessions).
San Remo Neighbourhood Centre
Places limited, to book in please call: 4351 5008

1-2-3
Magic
PARENTING



Food for Thought

Share a Free meal and a chat at your local community Restaurant

Friday's @ San Remo Neighbourhood Centre
Commencing 1st August 2014
Opens for Lunch at 11.30am
For more information
phone 4390 7888



Pens Writers Group

Is a new group at San Remo Neighbourhood Centre. We're encouraging all poets, essayists, novelists and scribblers in the community to get involved and get writing. The group will allow writers to pitch their ideas, get inspiration, collaborate and hone their craft. It doesn't matter which medium you use to write or whether you're writing poetry, a novel, a childrens book or anything else. **All skills are welcome.**

For more information contact
San Remo Neighbourhood Centre
on 4390 7888

The group will meet
every 2nd Wednesday at 2pm
Cost is \$2.

Being a Dad

Monday's 9.30am to 12pm
July 28th - August 4th - August 11th

Nobody said being a dad was easy, this three week parenting course is for Dad's with children aged between 0 and 16. Being a Dad program is an opportunity for dads to learn how to better connect with their children. It's free and morning tea will be provided.

Please RSVP to Hayden or Leisa
at San Remo Neighbourhood Centre
on 4390 7888



Services



For young people aged 12-18 years and their Families

Having hassles?

Need someone to talk to?

Come and see the LYSS team in the Youth Cabin.

Open Monday to Friday 9am - 4pm. Drop in or make an appointment.

- Case Management
- Skills Development Group work
- Support, Referral, Advocacy, Information
- Crisis Intervention, Pregnancy Support and Behaviour Management
- Headspace

Youth Health GP – Free access to general medical services for young people 14-24yrs, 9.00am - 12.00pm Every Friday. Appointments necessary.

Skills Development Work Groups

LIFT Life Skills - Mondays

Reality Check Behavioural Program - Thursdays

Boyz to Men Mentoring Program - Thursdays at the Men's Shed

Gen Q Support Group for GLBTQI young people - Wednesdays

Community Drug Action Team Activities - Ongoing

'Actually I can' Mental Health Program - Thursdays

Study Group Homework Support - Tuesdays

Drumbeat - Thursdays

Self Defence for Girls - Thursdays

Breakfast Club - Wednesdays, Thursdays & Fridays

Other Programs Offered

- Coaching Young People for Success - Career and Life Plans
- Love Bites and Sex and Ethics Healthy Relationships
- Volunteers for Breakfast Club required

To register for programs or any enquiry call Corrina on 4390 7888

Local Employment Access Project

Think Outside the square - Phone 4390 0897

Looking for work? Finding it a confusing maze?

LEAP, The Salvation Army – Employment Plus and The Benevolent Society invite you to come along to the Think Outside the Square group. This relaxed regular morning can:

- Increase your confidence and skills
- Help with a resume, cover letter and other job application necessities
- Assist you to access training
- Introduce you to other job seekers – great for sharing ideas and experiences

Upcoming times/dates: 10am – 12 noon 9 July, 6 August, 3 September

@ Blue Haven Community Centre

10am – 12 noon 23 July, 20 August

@ Kanwal Community Centre

Feel free to come to as many sessions as you like – no need to attend everyone but you are more than welcome to do so!

For bookings & more information: Margot/Holly@Blue Haven or Jacky@Kanwal 4394 2500

Blue Haven Markets – get involved so they have a future!

We would love to see a future for these Markets and invite interested community members to be a part of a "new" Blue Haven Markets Community Group

Find out more by contacting Margot/Holly @ LEAP on 4390 0897.

R U OK?

A conversation could change a life

R U OK? Day

We are hosting morning tea on Thursday September 11th for 'R U OK?' day. This is a day of action dedicated to reminding people to regularly check in with friends and family by asking this important question. This is a great opportunity to raise awareness and money for suicide prevention and mental illness.

All are welcome, for further details contact **Hayden or Leisa** on 4390 7888.



After School Care and Vacation Care

Vacation Care is available at Blue Haven Community Centre Monday to Friday, 8am to 6pm, in the school holidays. Parents and carers can be assured of their children's safety and wellbeing as they socialise and play all day.

After School Care operates every afternoon during school terms until 6pm and provides an educational program of crafts, games, sports, friendship and fun with a nutritious afternoon tea included. Fun activities, caring educators, affordable fees with CCB reductions for eligible families in both of these fully accredited services.

Ring 4399 2242 for more information about enrolment.



Zen Bu Kan Kempo Karate

Martial arts classes for ages 6-12 years of age.

Held at San Remo Neighbourhood Centre
every Monday at 3:30pm. \$8 per child or special family discount.

These classes are great for kids, boys and girls.

Karate, Self-defence, weapons, mma, respect, discipline,
Will have lots of fun and meet new friends. Contact: Morgan 0468 934 252
Checkout our facebook page zen bu kan Kempo
www.zenbukankempokarate.com.au



Our Place



Phone: 4390 7888

Young people
to be accompanied
by a parent
or carer

A social group
for young people
with special needs
and their parents
or carers

Peer
Support Safe
Environment
Social Connections
Fun & Friendship

Tuesday's
in term 3, 4pm -5pm
San Remo
Neighbourhood Centre
No cost

Legal Aid Free, confidential legal advice in civil law matters such as housing law, consumer law, discrimination, social security & health. **Phone 4324 5611 for an appointment or information.**

Emergency Relief If you require assistance to make ends meet **contact the Centre on 4390 7888.**
Tuesdays & Thursdays by appointment only.

Community Garden New members welcome. Open Mondays, Tuesdays, Thursdays and Fridays at 1-3 McCrear Boulevard, San Remo. **Contact Andrew on 4392 5606.**

Problem Gambling Service Available by appointment on Thursdays. **Phone 4351 0116 for bookings or details.**

Disability Advocate Central Coast Disability Network has an advocate worker based at the Centre every 2nd Thursday from 10am to 2pm and can assist people with a disability and their carers. **Phone: 4324 2355.**

Volunteering Our volunteers are the backbone to our organisation. We have over forty volunteers who contribute various skills to our projects. If you're interested in volunteering, give us a call! **Breakfast Club currently needs volunteers.**

Personal Counselling Get help dealing with difficult emotions or life experiences including grief and loss, relationship difficulties, stress, anxiety, anger and self confidence.
Low cost appointments available on Fridays during the day.
Phone 4390 7888 for an appointment.

Financial Counselling

Are you finding it difficult paying your bills?

Financial counselling is a free community service available to support people experiencing financial difficulties. Our volunteer financial counsellor may help you to understand your rights and responsibilities, find options to manage financial difficulties & negotiate with lenders. They can also offer budget counselling & information sessions. **Phone Lee for appointments at the San Remo Neighbourhood Centre PH: 4390 7888.**
Appointments are limited.

Restoring HARMONY PROJECT

Free graffiti buckets are available for community members wishing to remove graffiti from their property.
Call us on 4390 7888 or come into the Centre to organise a bucket.



Sunny Seed Garden Project recently harvested a variety of fruit and vegetables and is in the process of planting its winter crop. If you're interested in gardening and would like to get involved, please call 4390 7888.

The garden also sells its fresh produce to the local community for very low prices.



What's On



New This Term

Bicycle Recycling The Centre is a drop-off and distribution centre for recycled and reconditioned bikes for those in need. Your donation of bikes or bike parts can help someone get to work or school, or just enjoy riding a bike! For more details call Kerry on 4353 4613.

Expression of Interest for a Sewing Class We would like to hear from people in the community who would like to attend a regular sewing class. This class will be for beginners who would like to learn how to sew or people who generally enjoy sewing and would like to be with a group of fellow sewers. If this sounds like you, **please register your interest on 4390 7888.**

Being a Dad Being a Dad program is an opportunity for Dads to learn how to better connect with their children. It's free and morning tea will be provided **Monday's 9.30am to 12pm July 28th - August 4th - August 11th.**

Pens Writers Group The group will meet every 2nd Wednesday at 2pm, Cost is \$2. For more information contact San Remo Neighbourhood Centre on 4390 7888.

123 Magic Parenting Course Morning Tea & Child Minding provided. Wednesdays 9:30am - 12:30pm, 27 Aug - 10 Sep 2014 (3 sessions) at San Remo Neighbourhood Centre. Places limited, to book in please call: 4351 5008.

Zen Bu Kan Kempo Karate Martial arts classes for ages 6-12 years of age. Held at San Remo Neighbourhood Centre every Monday at 3:30pm - \$8 per child or special family discount. **Contact: Morgan 0468 934 252.**

Food For Thought Share a Free meal and a chat at your local community Restaurant. Friday's @ San Remo Neighbourhood Centre Commencing 1st August 2014

Opens for Lunch at 11.30am. For more information phone 4390 7888.

'R U OK?' Day We are hosting morning tea on Thursday September 11th. All are welcome. For further details contact Hayden or Leisa on 4390 7888.

Our Place A social group for young people with special needs and their parents or carers. Commencing term 3. **No cost.**

Monday's

Shed Happens - San Remo Community Men's Shed Open 8am - Noon on Mondays, Wednesdays, Fridays and Saturdays so come and check us out. Bring a project, bring a mate or just turn up with enthusiasm.

The San Remo Local Art Group Classes - Beginners to Advanced Learn about painting with acrylics. Help is given with your own subjects or ideas. Class tutored by Jana Colvin. 9:30am-11:30am. \$5 per class.

Parkinson's Support Group For people with Parkinson's Disease or their friends, family and carers. Support, information and a chat. 3rd Monday of the month from 1pm - 3pm. **Phone Cheryl on 4390 0761.**

Alcoholics Anonymous Meets Mondays at 7:30pm and Sundays at 10am at the Centre. Find a new direction.

Northern Wyong Community Drug Action Team (CDAT) Working to address drug and alcohol issues through projects, education & information. The CDAT initiated the community garden, parent and young person checklist for parties, park beautification, welcoming signs to San Remo, Rock against Drugs, and supports the GOATS Family Festival as a drug and alcohol free event. The CDAT meets bimonthly. **Contact Karen on 0409 591 489.**

Zen Bu Kan Kempo Karate Martial arts classes for ages 6-12 years of age. Held at San Remo Neighbourhood Centre every Monday at 3:30pm - \$8 per child or special family discount. **Contact: Morgan 0468 934 252.**

Being a Dad Being a Dad program is an opportunity for Dads to learn how to better connect with their children. It's free and morning tea will be provided **Monday's 9.30am to 12pm July 28th - August 4th - August 11th.**

Tuesday's

Local Art Group - Beginners to Advanced Class Learn about painting with acrylics. Help is given with your own subjects or ideas. Class is tutored by Jana Colvin. 12:30pm - 2:30pm. \$5 per class.

San Remo Friendship Playgroup Are you wanting to meet other parents? Pop in for a cuppa and meet some new faces in your area. Facilitated with organised activities including nature collages, play dough, painting and play equipment. 9:30am - 12noon. All families welcome. \$2.50 per week. Bring a piece of fruit to share for morning tea. **Contact Barbara on 0423 295 610.**

What's On



Tuesday's

Tai Chi Qigong Qigong and Tai Chi both assist inner strength, increased flexibility & boost the immune system. Practicing Qigong & Tai Chi can help to reduce stress, maintain & increase energy levels, increase body awareness & improves balance and coordination. Practitioners report less tension, depression, fatigue and anxiety. 11.30am to 12.30pm. \$6 per class.

Our Place A social group for young people with special needs and their parents or carers **Tuesday's in term 3** 4pm -5pm San Remo Neighbourhood Centre, Ph: 4390 7888 , No cost.

Wednesday's

Woodworking and Home Maintenance for Women Are you interested in learning woodworking skills? Do you have a particular project in mind but you can't get access to the equipment to make it happen? Workshops are run each week at the San Remo Community Men's Shed on Wednesdays at 12.30pm. A great place to build your skills, learn basic home maintenance and how to use tools to make your idea come to life.

Drama Class for Primary School Students Drama is a wonderful way to gain confidence in self-expression and creativity. It can help to develop communication and memory skills whilst having fun. For Primary School Students in Yrs. 3, 4, 5 & 6 from 4pm to 5.30pm. Drama classes for K to 2 are also on offer from 3pm to 4pm. Call Danielle from XtrAct Drama Academy on 0413 392 802 to book or enquiries.

Food Addicts (FA) in Recovery Anonymous Are you having trouble controlling the way you eat? Are you underweight? Overweight? Obsessed with food, weight, or dieting? You are not alone. Today there is a solution. No dues, fees or weigh-ins. This meeting is held every Wednesday 6.30pm at the Centre. For more information call Sharan on 0419 201 056 or Gracie on 0402 280 413.

123 Magic Parenting Course Morning Tea & Child Minding provided. Wednesdays 9:30am - 12:30pm, 27 Aug - 10 Sep 2014 (3 sessions) at San Remo Neighbourhood Centre. Places limited, to book in please call: 4351 5008.

Pens Writers Group We're encouraging all poets, essayists, novelists & scribblers in the community to get involved and get writing. The group will meet every 2nd Wednesday at 2pm, Cost is \$2.



Thursday's

Euchre Card Group A friendly group play euchre every second week. Phone Doug on 4399 2641. Fortnightly from 9:30am-12noon. \$3 per session.

Narcotics Anonymous This group meets every Thursday evening from 7.15pm to 9.15pm at the Centre. "If you want to use DRUGS, that's your business. If you want to STOP, that's ours". Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. We are only interested in what you want to do about your problem and how we can help.

Please call Scott H on 0468 890 175.

Friday's

Zumba Gold® Easy to follow and no experience is necessary so any age and ability can participate. Our qualified instructor Jodi Willett will lead you through the session at a comfortable pace. From 11:15am to 12 noon. Pay \$9 per class.

Hatha Yoga Gentle stretching and relaxation to unwind your mind and body. Tutored by Margaret Nowland. From 9:30am-11am. \$9 per class.

Food For Thought Share a Free meal and a chat at your local community Restaurant Friday's @ San Remo Neighbourhood Centre Commencing 1st August 2014
Opens for Lunch at 11.30am. For more information phone 4390 7888

Multicultural Group Bus Trips Last Friday of each month. Cost \$5, seats are limited, bookings essential.



The Centre is available for private functions such as weddings, engagements, 21sts, special occasions or club meetings. Costs available on application, special rates for children's parties. 'Sluggo' our 12 seater bus is also available for community use.

