

## OTHER ACTIVITIES

### Community Weight Loss Challenge Are you serious about losing weight?

Join the 12 week challenge today. Biggest loser wins \$\$\$\$.

**Time:** Starts January 11th 6.30pm - 7.30pm

**Cost:** \$35 for full 12 Weeks

**Only 25 places available—Register now.**

**Contact:** Sam: 0401312002 or [gs.howard@msn.com](mailto:gs.howard@msn.com)

### Tai Chi

for the Over 50's

**Time:** Thursday Mornings

**Contact:** Sandra 0407 940 869

Excellent for Arthritis & balance.

### Active Over 50's Gentle Exercise Classes

Low impact routines

Improve balance – flexibility & strength

**Time:** 8:45am – 9:45am Mon & Wed

**Contact:** Terry 4384 3499

### U3A University of the Third Age

An exciting program with a wide selection of courses for Seniors, available at this centre and other locations on the Coast. **Contact:** 0408 704 701 [www.u3accnsw.org.au](http://www.u3accnsw.org.au)

### ROKA

(Residents of Kincumber Association)

**Contact:** Ruth Ross 4369 0558

### Pilates Classes

Improve your Mental and Physical well being. Strengthen muscles and improve flexibility.

**Contact:** Kincumber Community College—4369 1187

### Post Polio Support Group

**Contact:** Bara 4369 2397

### Aunts & Uncles

Children in need require care. Can YOU Volunteer some time?? **Contact:** 9638 2480

### Seniors Computer Club

For *all* skill levels.

**Time :** Mon. to Fri. **Contact:** Beverly 4369 2530

### Family First Supported Playgroup

Coastwide Child & Family Services offer Support, Resources, Craft and Activities. Parents join in the fun.

**Time:** Fridays 9:30am - 11:00am **Cost:** \$2.50

**Contact:** 4340 1111

**Come and join the fun, we're Number One  
we're not going to stop, as we've reached the top  
with all of your help, we're making things better.  
Please come along and join in, lets do it together.**



### Neighbourhood Centre Executive Officer June Galea

The Neighbourhood Centre project is assisted by the NSW Dept. of Community Services. The Centre is a Council owned building. It is managed by a Volunteer Board of Management. Volunteers are engaged in many activities including Reception, gardening & the Brekky Club.

The Centre is also reliant on monies raised from Grants, Donations, Hiring Fees & Supporters.

Produced by saintgeorge: 0421 0142 Jan 2010

## KINCUMBER & DISTRICT NEIGHBOURHOOD CENTRE (a place for everyone) Term 1, 2010



1/20 Kincumber St Kincumber  
PO Box 6268 Kincumber 2251  
☎ 4363 1044 Fax 4369 6721  
Email: [kdcncinc@bigpond.net.au](mailto:kdcncinc@bigpond.net.au)  
Website: [www.kdnc.com.au](http://www.kdnc.com.au)

### Eco Garden



## WHAT'S NEW

### **New Friendship/Social Group** starting soon.

Are you feeling lonely, isolated or unable to meet new people? Are you looking for a way to connect with people in a similar situation? Do you want to bring some fun back into your life? If you are interested in being part of this new group contact June or Annette on 43631044 by 20th Feb. Leave your name and number and we will organise a day for everyone to meet and discuss what you would like to do.

### **Intro to Basic Green Skills**

A new TAFE training course on **Intro to Basic Green Skills** will be run in Term 2 at the Neighbourhood Centre. This course will target unemployed people looking for work and will cover such topics as energy auditing of homes and other organic gardening topics. TAFE outreach courses are free. Check with us for more info..Contact: 43631044

### **Kincumber Community Garden**

will also be running other workshops and working bees etc. Like to be involved?

**Contact:** 4363 1044

## REGULAR ACTIVITIES

[www.kincumber.nsw.au](http://www.kincumber.nsw.au)

We are looking for support and participants to launch our Kincumber community website. Individuals and groups from the Kincumber community, including sporting groups and local businesses are all welcome to participate in the community website.

**Contact:** June on 43631044

### **ME/Chronic Fatigue Syndrome/FM Support Group**

**Time:** Friday Feb 12th Mar 12th Apr 9th.

10.30am—12 Noon. 2nd Friday of each month

*Support and friendships for CFS sufferers. All ages welcome.* **Contact:** June on 43631044

### **Stress Less Meditation**

Learn to Meditate and discover your Inner Peace.

**Time:** Tues: 11:30am - 12:30pm **Cost:** \$5.00

**Facilitator:** Sharon Konza. **Contact:** 4363 1044

*(Not in School Holidays)*

### **Kincumber Forum**

Is a monthly meeting of community groups, businesses, schools, Police, and any individuals interested in our local area. It is an opportunity to share information and discuss local issues.

**Time:** Third Thursday of the Month 12.30 - 2pm

**Where:** Kincumber Neighbourhood Centre Ph 43631044.

All welcome

### **Music & Movement**

For Toddlers and Preschoolers.

Come along and enjoy appropriate music with your Toddler or preschooler through dancing, singing, mime, action rhymes, and musical instruments.

**Time:** Tuesdays 10 am followed by Coffee and Play.

**Cost:** \$4.00 per Family *(Not in School Holidays)*

**Contact:** Kim Moody 0414 623958

*A project of The Coast Community Church*

### **KAT (Kincumber Action Team)**

Meets every **4th Thursday at 12.30pm** at Kincumber Youth Centre. We are working on local projects around Anti-Social behavior fuelled by excessive use of alcohol and other drugs. Interested, please

**Contact:** June on 4363 1044 or [kdncinc@bigpond.net.au](mailto:kdncinc@bigpond.net.au)

### **Better Health Self Management**

This is a Free 6 week course for people with any long term chronic health condition including Asthma, Arthritis, Respiratory disease, Diabetes and Heart problems.

You are welcome to bring your spouse, friend, relative or carer with you. They too will benefit from gaining the problem solving skills needed to manage chronic illness. Learn how to get more out of life.

**Time:** Wednesday 10th March 10am-12.30pm for 6 weeks **Contact:** enrolments on 43287340

## **Kincumber Festival 2010 Saturday 18th September**

### **Counselling**

Bereavement and Relationship issues? Counselling can help bring about positive change in your life. Coast Care Counselling is available at a very low cost.

**Contact:** 4363 1044 for an appointment.

### **Youth Brekky Club**

Breakfast provided for High School Students.

A joint project of:- *Kincumber Neighbourhood Centre* and *Kincumber Youth Centre*.

Supported by:- *Copa Crust Bakery*, *Waterford Retirement Village* and a band of Volunteers.

**Time:** Mon, Wed & Fri 7:00am - 8:00am

**during School Terms** **Volunteers needed**

### **Drop in Cuppa**

1st Tuesday of every Month - 10a.m.-11.30a.m.

### **Carer's Morning Tea**

Support and Information sessions for carers.

**Time:** Every third Wednesday 10:00am - 12noon

17th Feb, 17th Mar, 21 April.

**On 17th March, a talk on "Quality Use of Medicines".**

**How to:- 'Safely manage your Medications', 'Avoid medicine mix ups' and 'Talk to your GP with confidence'. Bookings essential by 8th March**

**Cost:** \$2.00 **Contact:** 4363 1044—RSVP for above dates ASAP

### **Justice of the Peace**

**Contact:** 4363 1044 for an Appointment.

**(Not on Fridays)**

**Photocopying, Fax and Laminating Service  
available at low cost at  
The Neighbourhood Centre.**