



COMMUNITY CENTRE HEADLINES

HEAL PROGRAM – COMMENCING FEBRUARY 2015

FREE HEALTHY EATING, ACTIVITY AND LIFESTYLE PROGRAM COMMENCING ON THE 5TH FEBRUARY

12.30PM AT THE COMMUNITY PLACE STAFFORD

Running for 8 weeks - 2 hours per week

The HEAL Program helps people to develop lifelong healthy lifestyle habits. Sharing ideas and asking questions is encouraged.

HEAL IS A 2 HOUR GROUP SESSION EACH WEEK FOR 8 WEEKS:

1 hour of gentle exercise + 1 hour of lifestyle education

Exercise sessions involve group exercises that anyone can do. The groups are with friendly, supportive people.

CALL US ON 3857 1152 TO REGISTER YOUR INTEREST OR Email on enquiries@thecommunityplace.com.au



WHAT'S HAPPENING IN WOOLLOWIN AND STAFFORD

ACTIVE PARKS – FREE COMMUNITY ACTIVITIES

YOGA IN THE PARK KEONG PARK 33 TEEVAN STREET

Join us on the first Sunday of the month for a relaxing yoga in the park session.

WHEN: 1st February and 1st March

TIME: 8.30am – 9.30am

COST FREE

PHOTOS AROUND BRISBANE

Free Photography classes are being held for all community members. Brisbane Botanical Gardens Mt Cootha

WHEN: 7th March

TIME: 9am – 11am

CIRCUIT CLASSES

Circuit classes for all abilities and fitness levels.

Every Monday

WHEN: 2nd February – 23rd March

TIME: 5.30pm – 6.30pm

The Community Place Stafford

FREE FREE FREE FREE ACTIVITIES!

ZUMBA

Come and party with Diana our qualified Zumba Teahcer. Perfect for older adults and beginners who are looking for a MODIFIED Zumba Class at a lower intensity. The class is easy to follow Zumba that focuses on balance, range of motion and coordination.



WHEN: Tuesdays at Stafford

TIME: 10am – 11am

COST: \$10cas 5 xclass \$40 10x class \$70

CONTACT: Diana Franchina 0412 268 809

STAFFORD HEALTH PROJECT – GET FIT CLASSES WITH JAYMIE

Every Thursday night join Jaymie and friendly community members for a get fit session at Stafford.

WHEN: Thursday evenings

TIME: 5.00pm – 5.45pm

COST \$5

KARMA YOGA – NOW ON AT STAFFORD

Enjoy the benefits of a regular yoga practice without breaking the bank.

An accessible and affordable class for everyone. Come along and join in with no set rate or even a suggested fee - make a donation within your means.

Enhance your daily life with One Life - Live it Well's Karma Yoga Class.

WHEN: MONDAY The Community Place Stafford

TIME: Mon 6.30pm Friday 5pm

CONTACT: Jaymie 0431 427 587

PRE BALLET CLASSES

Introduce your child to the joys of dance and performing with Spring Pointe pre-ballet program taken by Anita.

WHEN: Wednesdays

TIME: 10.15am – 10.45am

CONTACT: Anita 0450 505 389

VOLUNTEER ENGLISH TUTORS We are currently seeking qualified volunteer tutors to facilitate classes on Monday morning in the Stafford area. The Community Place organises these small, friendly classes so local people from culturally diverse backgrounds can improve their spoken and written English, learn more about life in Australia and meet other local people.

FAMILY

WEST CHERMSIDE PLAYGROUP

The West Chermside Playgroup meets at Stafford every Friday morning from 9.30am to 11.30am. The Playgroup takes place in a fully fenced playground in Keong Park. New members are always welcome. If you would like further information please contact us and we will connect you with the playgroup.

WHEN: Friday at Stafford
TIME: 9.30am – 11.30am

PEACH TREES PERINATAL WELLNESS

Peach Trees meets at Stafford every Thursday. It is a charity that has been founded and operated by mothers who have experience with perinatal mental illness. For more information on the group give them a call on 0487 756 633

WHEN: Thursday at Stafford
TIME: 10:00am – 12:00pm

SAVE THE CHILDREN - PLAYGROUP

Save the Children meet each Wednesday at The Community Place Stafford to offer their mobile play scheme.

This program is focused on early childhood care and development.

The mobile play scheme gives children under 6 years old a chance to play. Save the Children work closely with a range of other support services available to families who would like to connect and gain this support.

WHEN: Wednesday at Stafford
TIME: 9.30am – 11.30am

SOCIAL GROUPS

RESTAURANT EXPLORERS

The Community Place Restaurant Explorers is a fantastic social group that meets monthly for dinner. Discover the culinary delights of Brisbane. Restaurants visited are affordable and accessible by public transport and also wheelchair accessible. New members are most welcome.

CONTACT: Kylie
enquiries@thecommunityplace.com.au

TECHNOLOGY SOCIAL GROUP

The Community Place is looking for people interested in learning a little more about all areas of technology, ranging from computers through to TV and digital cameras.

WHEN: Fridays at Stafford
TIME: 10:00am – 12:00pm

WORKSHOPS

GOLD

Get ready for the biggest GOLD at The Community Place coming up this year!

ACTIVE HOME – FITNESS AT HOME

Every Monday
2nd March – 30th March
11.30am – 12.30pm
The Community Place Stafford

GENTLE FITNESS

Every Wednesday
4th February – 25th March
11.30am – 12.30pm
The Community Place Stafford

SOUND HEALING

Every Monday
23rd February – 30th March
12.30pm-1.30pm
The Community Place Stafford

STRETCHING AND RELAXATION

Every Wednesday
4th February – 25th March
1.30pm – 2.30pm
The Community Place Stafford

AQUATIC MOVES

Every Saturday
7th February- 14th March
9.30am – 10.30am
Geebung State School

BODY BALANCE CIRCUIT

Every Friday
6th February – 27th February
11.30am – 12.30pm
The Community Place Stafford

YOGA

Every Friday
6th February – 13th March
9.30am – 10.30am
The Community Place Stafford

For a full listing of these activities log on to the Brisbane City Council website and search for these activities by name.. www.brisbane.qld.gov.au and head to the 'What's On' section, or call them on: 3403 8888.

FREE ENGLISH CLASSES FOR ADULTS

Improve your English and meet other local people. Classes offered by qualified TESOL teachers.

Monday: 9.30am – 11.30am
The Community Place Stafford
33 Teevan Street Stafford. All levels.

Wednesday: 9.15am – 11.15am
The Community Place (TCP) Woolloowin

Thursday: 10am – 12pm
The Community Place Woolloowin

CENTRE NEWS

STAFFORD CRAFT CIRCLE

We would like to invite all crafty community members to come along to The Community Place Stafford and bring your craft projects with you. The craft circle will meet each week and offers a lovely space for you to relax with other crafters!

WHEN: Call for details

WHERE: Stafford

CONTACT: The Community Place 3857 1152

BOPPIN' BABIES MUSIC CLASS FOR CHILDREN

Boppin' Babies music groups are designed by music therapists to enhance babies' and toddlers' development and help you use music in your own home.

WHEN: Monday mornings 10am

WHERE: Stafford

CONTACT: Vicky at Boppin Babies
0430 591 532

FACILITIES FOR HIRE

The Community Place has 2 buildings with various room types, available for hire (available day/evenings/week-ends)

STAFFORD

- **Conference Room**– Seats up to 30 people
- **Hall** – Large open area for large groups or physical activities.
- **Meeting Rooms** – Seats up to 10 people

WOOLLOOWIN

- **Workshop/Meeting Room** – Seats up to 20 people

- **Childcare Facilities** – this area is vacant most afternoons/evenings/week-ends and can be used for general use.

All Woolloowin areas are air conditioned. Both buildings have kitchen and toilet facilities available.