

FAMILY FUN DAY

SATURDAY, MAY 18TH
2PM - 4PM
20 CLARK STREET, KALINGA

LET'S GET DISASTER-READY TOGETHER!

FREE RAFFLE FREE FACE PAINTING FREE SAUSAGE SIZZLE FREE SNOW CONES
BUBBLE SHOW MAGIC SHOW INFLATABLE FOOTY TOSS INFLATABLE AXE THROWING

STALLS AND VEHICLES FROM EMERGENCY ORGANISATIONS WITH FREE GOODIES

SUPPORTED BY THE QUEENSLAND GOVERNMENT

the community place connecting the inner-north

MORE DETAILS ON THE COMMUNITY PLACE FACEBOOK EVENT PAGE

UPCOMING EVENTS

Upcoming Dates to Remember

Board Games
Easter Monday
1st April
9am – 5pm

Repair Café
6th April
Stafford

Mates and Meeples
Mens Connection and
Communication Workshop
20th April

Emergency Services
Expo Kalinga
18th May

The Community Place
40th Birthday Celebrations
Trivia Night
22nd June

Support for Community Members

www.askizzy.org.au

Do you need any support and assistance quickly? Askizzy is a great resource that can connect you with over 400,000 support services. Alternatively, reach out to us and we can provide you with referrals to services that best suit your needs.



April 2024

UNLOCK YOUR STRENGTH AND FLEXIBILITY – NEW PILATES CLASSES AT STAFFORD FOR OVER 50'S!

Behind every great class is an even greater instructor. Meet Denise Da Costa, a certified Personal Trainer and Pilates Instructor with a special knack for working with the vibrant over 50s crowd. Denise isn't just about the exercise; she's about creating a community where everyone supports each other towards achieving their fitness goals. Her classes are not just workouts; they're fun-filled experiences designed to keep you motivated, focused, and smiling all the way through.

It's simple. If you're over 50 and looking to stay active, fit, and strong in a fun, supportive environment, this is the place for you. Whether you're a Pilates pro or just starting, Denise's balanced style ensures everyone leaves feeling better, taller, and more empowered.



So, are you ready to make a positive change in your life? Are you ready to meet like-minded individuals who are on the same journey as you? Then, it's time to make a move. Book your spot, roll out your mat, and let's embark on this exciting journey together. Pilates at The Community Place – where fitness meets fun, and where every movement counts. See you on the mat!

- Every Tuesday at 8:00 AM (55 minutes of Pilates bliss)
- The Community Place, 33 Teevan St, Stafford. A welcoming spot for your Pilates journey.
- With only 10 participants per class, exclusivity is key. Booking is essential!

Secure your spot in paradise by booking here:
<https://denisedc.as.me>

Have you heard about the Brisbane City Council Gold and Active Parks Program?

The Community Place is very proud to offer a range of free programs which are available each week at The Community Place Kalinga and Stafford.

Each week we host Tai So Classes, Yoga Classes, Gentle Fitness, Zumba and Dance Cardio in the Park.

Check out our weekly timetable for days and times.

Some activities require bookings at www.bookwhen.com/thecomunityplace



The Community Place is a funded service under the Queensland Government Neighbourhood Centre Funding Program through the Department of Communities.

We are supported by the Brisbane City Council through various programs such as GOLD/ACTIVE Parks and the Community Leasing Program.

Trivia night

The Community Place is turning 40 this year!!!

SAVE THE DATE

40 YEARS

Saturday
22nd June
6.30pm
Norths Rugby Club

Stay tuned for more details!

What's on...

Kalinga – 20 Clark Street Kalinga

Activity	Start	Cost	To Book	Description
MONDAYS				
Gentle Exercise	9.30am	\$5 <small>Pay in blocks of 5</small>	COASIT 3624 6100	Led by a qualified physio, this is a great way to get your week going!
Learn to Crochet	11.30am	Free	TCP 3857 1152	Experienced mentors will help you experience the wonderful art of crochet.
Chair Yoga (GOLD)	1.30pm	Free	Bookwhen.com/ thecommunityplace	Using a chair for balance, boost strength, flexibility, and mental well-being.
Japanese Language and Culture	11.30am	Free	Walk-in	Learn beginners writing, grammar and conversation
TUESDAYS				
Sewing Group	9.30am	Free	TCP 3857 1152	Every 2nd week Beginners are very welcome to come and learn from our lovely volunteers
TAISO (GOLD)	1pm	Free	Walk-in	Taiso is the Japanese word for exercise. Improve your balance and movement, suitable for all levels of fitness.
Tai Chi with Ofer	6.30pm	\$5	Walk-in or call	Mindful exercise to centre the soul Call Ofer on 0424 671 000
WEDNESDAYS				
Conversation English Classes	9.15am	Free	Walk-in	Practice speaking English with friendly mentors. Beginners to advanced welcome
Tech Savvy Seniors	11.45am	Free	TCP 3857 1152	1st Wednesday of the Month Embrace the digital age with the help of our mentors!
Heartists	5.30pm	Free	TCP 3857 1152	Last Wednesday of the Month Make little felt hearts – a hug in your hands
THURSDAYS				
Conversation English Classes	10am	Free	Walk-in	Practice speaking English with friendly mentors. Beginners to advanced welcome
FRIDAYS				
Tai chi with Ofer	6am	\$5	Walk-in	Mindful exercise to centre the soul Call Ofer on 0424 671 000
Hatha Yoga My Yoga My Way	9.30am	\$5	Walk-in or www.myyogamyway.com.au/ live-classes	Experience the benefits of mind and body connection
Board games	5.00pm	Free	TCP 3857 1152	Fun fabulous Friday night games hosted by the North Brisbane Board Gamers Guild and TCP
Extra Activities				
Community Crochet	This group is for experienced crocheters who would like to help make beanies and other items for charities. For more information call TCP on 3857 1152			

Stafford – 33 Teevan Street Stafford

Activity	Start	Cost	To Book	Description
MONDAYS				
Little Stafford Playgroup	9.30am – 11.30am	Free	Walk-in	A great place for parents and carers to connect and 0 – 5 year olds to engage in fun activities
English Conversation Classes	9.30am- 11.30am	Free	Walk-in	Practice speaking English with friendly mentors. Beginners to advanced welcome
TAISO (GOLD)	11.45am	Free	Walk-in	Taiso is the Japanese word for exercise. Improve your balance and movement, suitable for all levels of fitness.
TUESDAYS				
Zumba	9.30am	\$10 (1 st class free)	Diana Franchina 0412 268 809	Perfect for older adults and beginners looking for a modified Zumba class at a lower intensity
ASMY Yoga	6.00pm	\$14	Walk-In	Hatha yoga, suitable for all levels. Focus on breathing and awareness
Pilates with Denise	8am	\$20 per Class	Denise Da Costa https://denisedc.as.me	Are you ready to embark on a journey to rejuvenate your body and enhance flexibility!
WEDNESDAYS				
Gentle Fitness (GOLD)	11.45am	Free	Bookwhen.com/ thecommunityplace	Gentle class for all fitness levels to improve strength, balance, coordination and flexibility.
Lite Yoga (GOLD)	1pm	Free	Bookwhen.com/ thecommunityplace	Focus on a range of movements, strength and balance for active & healthy ageing.
THURSDAYS				
Zumba (GOLD)	9.00am	Free	Bookwhen.com/ thecommunityplace	Perfect for older adults and beginners looking for a modified Zumba class at a lower intensity
FRIDAYS				
Yoga	9.30am – 11am	\$5	TCP 3857 1152	Improve strength, balance and flexibility through mindfulness and focus
Crochet Club	10.30am – 12.30pm	Free	TCP 3857 1152	2nd Friday of the month Great opportunity for beginner crochet artists to learn with experienced mentors
Stafford Book Club	10.00am – 12.00pm	Free	TCP 3857 1152	4th Friday of the month Specific authors and their works selected for discussion
SATURDAYS				
Dance Cardio in the Park (Active Parks)	8am - 9am	Free	TCP 3857 1152	Easy to follow routines focusing on balance, range of motion and coordination. Please meet outside the Centre near the stage.
Extra Activities				
Repair Café Stafford	9.30am – 12.30pm		These events are held quarterly. The next workshop is 18 th November	
School Holiday Workshops		Various	Childrens workshops held during the school holidays. Activities include craft, board games, gardening and mind & body. Details available closer to the time	