Join us at The Community Place Kalinga on Wednesday, December 11th at 6pm

Christmas Heartists and Craft

Join Rachel Ezzy and decorate some lovely little felt hearts for Christmas, or feel free to bring along your own Christmas Crafty projects.







No Interest Loans

Appointments are available at The Community Place to secure a No Interest Loan for the New Year. Do you need a laptop for your new high school student for 2025, or maybe the washing

machine has broken down, or would you like to update your fridge?

Supported by the Good Shepherd and backed by NAB, these are genuine no-interest loans up to \$2000. Terms and conditions apply.



REPAIR CAFÉ STAFFORD 7th December

GOLD and **ACTIVE PARKS** Finishes Friday 6th December

ESL CLASSES Finishes Friday 13th December

LITTLE STAFFORD **PLAYGROUP** Finishes Monday 9th December

GOLD and **ACTIVE PARKS** Starts Back Tuesday 28th January

ESL CLASSES Starts Back Monday 3rd February

LITTLE STAFFORD **PLAYGROUP** Starts Back Monday 3rd February

Support for Community Members

www.askizzy.org.au

Do you need any support and assistance quickly? Asklzzy 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.

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.**





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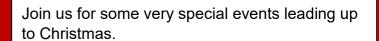
December 2024



YEAR FROM THE COMMUNITY PLACE The Community Place will close from Friday the 20th December and will reopen on Monday the 6th January 2025. We hope that everyone has a Happy and Safe Christmas and New Year. If you are in need of financial support during this time please contact St Vincent de Paul on 1800 846 643 and for other assistance please call Lifeline 13 11 14.

MERRY CHRISTMAS AND HAPPY NEW





Wednesday Night 11th December – Join us for our Christmas Hearts Class from 6pm here at The Community Place Kalinga. Bring your own craft or join in and make some Christmas Felt Hearts.

Needing a Christmas Present?

Looking for some gift ideas for the family for Christmas? Our Bring and Buy Board Games Sale is happening on Saturday the 14th December here at Kalinga!



What's on...

Kalinga – 20 Clark Street Kalinga

Activity	Start	Cost	To Book	Description				
MONDAYS								
Gentle Exercise	9.30am	\$5 Pay in blocks of 5	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.				
TUESDAYS								
Sewing Group	9.30am	Free	TCP 3857 1152	Every 2 nd 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		Free	TCP 3857 1152	1 st Wednesday of the Month Embrace the digital age with the help of our mentors! Please call for appointment.				
Cosy Wednesday Night Craft	6pm	Free	TCP 3857 1152	Last Wednesday of the Month Make little felt hearts – a hug in your hands; bring your crochet or any crafty project!				
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	9am	\$5	Walk-in or www.myyogamyway.com.au/ live-classes	Experience the benefits of mind and body connection				
Board games		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

A satisface	Start	Cost	To Book	Description			
Activity	Start	COST		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	8.00am	\$20 per Class	Denise Da Costa https://denisedc.as.me	Are you ready to embark on a journey to rejuvenate your body and enchance 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)	1.00pm	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	2 nd 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	4 th 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	Free	Walk-In, or bookings available one week before workshop	Bring almost any household item (except small appliances) and our volunteers will do their best to repair it. Workshops held on the 1st Saturday of every second month.			
	Renair Café Stafford		9 30am – 12 30nm				

Repair Café Stafford 9.30am – 12.30pm