



### A Year of Giving: Our Street Pantry Needs You

Our community street pantry has been up and running for a full year now. What started as a simple idea — a place where anyone could take what they need or give what they can — has become a lifeline for many in our area. The response has been overwhelmingly positive, with locals stopping by to drop off groceries, grab essentials, or simply check what's available. It's clear the pantry is filling a real need.

But keeping the shelves stocked takes all of us. While community interest has been wonderful, we need this to be sustainable, and that requires more donations. Non-perishable items, and toiletries are always welcome. If you've been meaning to contribute, now's the time. Together, we can make sure no one in our community goes without.

### English classes are back

We're excited to announce that our English classes are back, with options available to suit different schedules and locations. We're running one class at Stafford and two classes at Kalinga, welcoming learners of all levels who want to build their language skills and confidence in a friendly, supportive environment.



These classes only happen because of our wonderful volunteer tutors — and we're always looking for more! If you have a couple of hours to spare each week and a passion for helping others connect through language, we'd love to hear from you. No formal teaching qualifications required, just patience, enthusiasm, and a willingness to make a difference. Contact the office to find out more about how you can get involved.

### Support for Community Members

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.

The Community Place is a funded service under the Queensland Government Neighbourhood Centre Funding Program through the Department of Families, Seniors, Disability Services and Child Safety.

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



### MARCH

Craft & Connect  
2 March

International Women's Day  
8 March

Harmony Week  
16-22 March

Neighbour Day  
29 March

### APRIL

Easter Weekend  
3-6 April

Repair Café Stafford  
4 April

Craft & Connect  
13 March



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**Street** 20 Clark Street Kalinga Q 4030  
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March / April 2026

# SADDLE UP!



We've galloped into 2026, and if the Chinese zodiac has anything to say about it, we're in for quite a ride. This year marks the **Year of the Fire Horse** with energy that is bold and uplifting, bringing with it a strong sense of connection, a hunger for action, and the confidence to show up authentically. 2026 is said to be the year ideas become action. In short: it's the perfect year to charge forward together.

And charge forward we will — because we're thrilled to introduce two brand new programs designed with the men in our community firmly in mind.



### THE GRUMPY OLD MEN'S CLUB

Let's be honest — sometimes you just need a space where you can show up as you are, no pretence required. The **Grumpy Old Men's Club** is exactly that: a weekly gathering built purely around connection. No agenda, no worksheets, no having to "share your feelings" if that's not your thing. Just good company, honest conversation, and the kind of easy camaraderie that too many blokes quietly miss. Whether you're actually grumpy or just a little tired of going it alone, you're welcome **every Friday at our Kalinga centre from 9.30am.**

### MEALS 4 MATES

Food has always had a way of bringing people together — and **Meals 4 Mates** is putting that to work in a meaningful way. Running across three series of six workshops throughout the year, this program combines hands-on learning with genuine connection specifically for the older men in our community. Starting in May each session will be delivered in a relaxed, around-the-table format that feels more like a catch-up than a classroom. It's education and mateship, served up together. Registrations will be opening soon so watch this space for more details.



These new projects are in addition to our playgroup, craft group, boardgames group, crochet and book clubs, exercise classes, Social Stitches, Heartists, Restaurant Explorers, Repair Café and all of the other initiatives, events and activities that we get up to throughout the year! So as the title says, 'Saddle up'

**It's Going to Be a Big Year!**

## Kalinga – 20 Clark Street Kalinga

Activity	Start	Cost	To Book	Description
<b>MONDAYS</b>				
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!
Chair Yoga (GOLD)	1.30pm	Free	Bookwhen.com/ thecommunityplace	Using a chair for balance, boost strength, flexibility, and mental well-being.
<b>TUESDAYS</b>				
Sewing Group	9.30am	Free	TCP 3857 1152	<b>Every 2<sup>nd</sup> week</b> 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
<b>WEDNESDAYS</b>				
Conversation English Classes	9.15am	Free	Walk-in	Practice speaking English with friendly mentors. Beginners to advanced welcome
Brisbane Chito-Ryu Karate	From 5pm	Free Trial	Anthony Horgan <a href="mailto:dojo@briskarate.com.au">dojo@briskarate.com.au</a>	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
Cosy Wednesday Night Craft	6pm	Free	TCP 3857 1152	<b>Last Wednesday of the Month</b> Make little felt hearts – a hug in your hands; bring your crochet or any crafty project!
<b>THURSDAYS</b>				
Conversation English Classes	10am	Free	Walk-in	Practice speaking English with friendly mentors. Beginners to advanced welcome
<b>FRIDAYS</b>				
Tai chi with Ofer	6am	\$5	Walk-in	Mindful exercise to centre the soul Call Ofer on 0424 671 000
Grumpy Old Men's Club	9.30am		Walk-In	Good company, honest conversation, and the kind of easy camaraderie that too many blokes quietly miss. First session free
Hatha Yoga My Yoga My Way	9am	\$5	Walk-in or <a href="http://www.myyogamyway.com.au/">www.myyogamyway.com.au/</a> live-classes	Experience the benefits of mind and body connection
Board games	5pm	Free	TCP 3857 1152	Fun fabulous Friday night games hosted by the North Brisbane Board Gamers Guild and TCP
<b>SATURDAYS</b>				
Social Stitchers	2pm	\$5	2 <sup>nd</sup> Saturday of the month Walk-in	Enjoy a relaxed, creative afternoon with like-minded individuals! The \$5 participation fee includes afternoon tea. BYO Project – knitting, crochet, sewing (BYO sewing machine)

## Stafford – 33 Teevan Street Stafford

Activity	Start	Cost	To Book	Description
<b>MONDAYS</b>				
Little Stafford Playgroup	9.30am – 11.30am	Free	Walk-in	A great place for parents & carers to connect & 0–5s 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.
Craft & Connect	1.30pm – 3.30pm	Gold coin	Walk-ins	Crafting might be solitary but it doesn't have to be lonely. 1 <sup>st</sup> Monday of the month
<b>TUESDAYS</b>				
Zumba	9.30am	\$10 (1 <sup>st</sup> class free)	Diana Franchina 0412 268 809	Modified Zumba class at a lower intensity
Pilates with Denise	8.00am	\$20 per Class	Denise Da Costa <a href="https://denisedc.as.me">https://denisedc.as.me</a>	Rejuvenate your body and enhance flexibility!
Brisbane Chito-Ryu Karate	From 5pm	Free Trial	Anthony Horgan <a href="mailto:dojo@briskarate.com.au">dojo@briskarate.com.au</a>	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
<b>WEDNESDAYS</b>				
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.
ASMY Yoga & Meditation	6 pm	\$14	Walk-In	Hatha yoga, suitable for all levels. Focus on breathing and awareness
<b>THURSDAYS</b>				
Zumba (GOLD)	9.00am	Free	Bookwhen.com/ thecommunityplace	Perfect for those looking for a modified Zumba class at a lower intensity
Brisbane Chito-Ryu Karate	From 5pm	Free Trial	Anthony Horgan <a href="mailto:dojo@briskarate.com.au">dojo@briskarate.com.au</a>	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
<b>FRIDAYS</b>				
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	<b>2<sup>nd</sup> Friday of the month</b> Great for beginners learn with experienced mentors
Stafford Book Club	10.00am – 12.00pm	Free	TCP 3857 1152	<b>4<sup>th</sup> Friday of the month</b> Discussion based on specific authors and their works
<b>SATURDAYS</b>				
Dance Cardio in the Park (Active Parks)	8am - 9am	Free	TCP 3857 1152	Easy to follow routines focusing on range of motion and coordination. Please meet outside the Centre near the stage.
Repair Café Stafford	9.30am – 12.30pm	Free	Walk-In, or bookings available one week before workshop	Bring almost any household item & our volunteers will do their best to repair it. Workshops held on the 1st Saturday of every second month.