

Kalinga, get your groove on!



Zumba is one of our most popular type of exercise classes at Stafford and we are sharing the groove by introducing a new class here at Kalinga. Based on Latin-American dance moves, this fitness class combines aerobic fitness with high energy dance moves! If you're after a workout that is great for strength, endurance, and mobility, all while working on rhythm and coordination, you've come to the right place! It doesn't matter if you don't know your cha cha from your salsa, or how

many left feet you have - all levels of experience and fitness are welcome. The classes are on Thursday afternoons from 5.15pm and cost \$5. You can just come along but if you have any questions you can contact Giovanna, the instructor on 0499 009 051.

Find your flow

Whether you're brand new to yoga or looking for a gentle way to move and breathe, we've got something just for you — and it won't break the bank!

Our centres at **Kalinga** and **Stafford** offer three fantastic yoga styles, available **free or at low cost**.

Chair Yoga uses a chair for support, making it perfect for older adults or anyone recovering from injury — and it's more energising than you'd think!

Light Yoga focuses on gentle movement, breathing, and relaxation — ideal for beginners or those who prefer a softer pace.

Hatha Yoga is the classic all-rounder, building strength, flexibility, and balance at a steady, mindful pace.

With classes across both centres, there's never been a better time to roll out the mat. Check with your centre for current times and bookings. See you there!



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.



MAY

Public Holiday
4 May

Neighbourhood Centre Week
11 – 17 May

Sorry Day
26 May

Meals 4 Mates Starts
6 May

JUNE

Repair Café Stafford
6 June

Health & Active classes break
15 June – 11 July

Playgroup break
English class break
29 June – 12 July



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May/June 2026

WELCOME to the Gnome-bourhood

Do you know what is hiding in your garden? We thought we did when we found the foxes last year, but then last week our security cameras caught something we could never have anticipated.

If you haven't been following us on Facebook, you may not have seen our two imps, Bruce and Sheila. These two mischievous garden gnomes, had been living amongst the greenery in our backyard - for exactly how long is anyone's guess! Based on the security camera footage which we released earlier this month, their home was disturbed by some garden works and we guess they sprinted for a safe haven and found themselves locked in the Kalinga centre. For a whole week they played hide and seek with the various activities and groups using the centre - although, their hiding needs a bit of work!

It just so happens that their arrival took place at the same time as we were celebrating Neighbourhood Centre Week (11 - 17 May). We were so busy taking photos of the activities that we didn't notice these two



lurking in the background of nearly every photo. So they have become the unofficial mascot of the Kalinga and Stafford Neighbourhood Centre Week celebrations for 2026. Check out our Facebook page for all of their antics, and to enter a 'Bruce & Sheila' competition to win a Lego pack!

Every year we are so proud to be able to show the community the activities we engage in and the people that come to the centres, which is what Neighbourhood Centre Week is all about. I have to say, though, that we have never had it hijacked like this!



This Neighbourhood Centre Week, we're inviting our wonderful community to show their generosity by donating a non-perishable item to the Stafford Street Pantry. Whether it's a tin of soup, a jar of pasta sauce, or a packet of rice — every contribution makes a real difference to those in our neighbourhood who need it most. Drop your donation at the pantry, outside our building at 33 Teevan Street, Stafford, or take it to 20 Clark Street, Kalinga, and be part of something truly special. Together, we can make sure no one in our community goes without.



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!
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 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
Brisbane Chito-Ryu Karate	From 5pm	Free Trial	Anthony Horgan dojo@briskarate.com.au	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
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
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 www.myyogamyway.com.au/ 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
SATURDAYS				
Social Stitchers	2pm	\$5	2 nd 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
MONDAYS				
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 st Monday of the month
TUESDAYS				
Zumba	9.30am	\$10 (1 st 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 https://denisedc.as.me	Rejuvenate your body and enhance flexibility!
Brisbane Chito-Ryu Karate	From 5pm	Free Trial	Anthony Horgan dojo@briskarate.com.au	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
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.
ASMY Yoga & Meditation	6 pm	\$14	Walk-In	Hatha yoga, suitable for all levels. Focus on breathing and awareness
THURSDAYS				
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 dojo@briskarate.com.au	For a healthier mind & body, confidence & self-esteem, & above all self-discipline
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 for beginners learn with experienced mentors
Stafford Book Club	10.00am – 12.00pm	Free	TCP 3857 1152	4th Friday of the month Discussion based on specific authors and their works
SATURDAYS				
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.