

Community Programs

@ Silveridge Community Centre

13 Iranda Grove Wallsend 2287

Yoga

Every Tuesdays 6.00 -7.15 pm

Mats Supplied. BYO blanket. Wear comfortable clothing. Beginners welcome. Contact Eloise Sinnott 0418 539 379
Liam Sinnott 0418 388 565
www.huntermvalleyyoga.wordpress.com

Just Dance It

Mondays

Contact Sarah on 0411311745 or for further information, please feel free to visit our website www.justdance-it.com

Butterflies Playgroup

Fridays 9:30am -11:30pm

An opportunity for parents, carers, babies and children aged 0 - 6 years come together in a relaxed and friendly environment. First two visits free, followed by a yearly registration fee. Ph: 0405 121 471

Multicultural Christian Fellowship (MCF)

Sundays 10:00am -12:00pm

www.mcflife.com

Wandiyali Playgroup

Wednesdays 10am-12.30pm

If you are interested in attending the playgroup contact Playgroup staff on 0448 734 986

Desert Moon Dancers Belly Dance Fusion

Thursdays

Traditional belly dance fused with other cultures & dance styles combined with unique choreography. Providing an atmosphere of friendship, fitness & fun.

Email: desertmoondancers@aapt.net.au
www.desertmoondancers.bravehost.com

Jesmond Neighbourhood Centre;

Enquiries & Hall hire: 4979 8555

We book the use of Jesmond Neighbourhood Centre and Silveridge Community Centre.

Services Available

10am to 3pm

Monday-Friday

Adolescent and Family Counsellor

Phone: 4979 8555

Jesmond Neighbour Aid Service

Phone: 4979 8500

Community Development Project

Phone: 4979 8555

Other Services available:

- Photocopying & Fax Service
- Harm Minimisation Program
- Information about a range of services and support available in the community
- Referral to other services and Government agencies
- Advocacy

Funded by



Jesmond Neighbourhood Centre

Jesmond Activities



Open Monday to Friday
10:00am to 3:00pm

44 Mordue Parade
Po Box 36, Jesmond NSW 2299
Awabakal Country
P: 4979 8555 • F: 4951 4035
E: administration@jesmond.org.au

Heart Foundation
Heartmoves

Mondays & Wednesdays weekly 2:15pm - 3:00pm

Contribution Fee: \$7.00 per class

A low to moderate exercise program developed by the Heart Foundation and Department of Health. Open to everyone and designed to be safe for people with stable long term health conditions such as cardiac or diabetic conditions or who haven't done any exercise in a while. A completed Health Assessment is required for participation.

For booking call 4979 8555.

More info www.heartfoundation.org.au/heartmoves

English Conversation Class

Every Monday 10am-12noon

For newly arrived migrants and refugees who want to practice their English speaking skills. Classes are Free, All welcome.

Please ring and book, phone 4979 8555

Jesmond Playtime

Thursdays 10am-Noon

A multicultural playgroup for families of all backgrounds. For parents and children 0-5 years. Runs in school term and cost \$2 a week. Bring your own snacks.

To attend phone 4979 8555

Chinese Social Support Group

Second Tuesday of Every Month

For more info contact Dongmei Zhang on 4969 3399

Church In Newcastle

4pm Sundays

Contact Mike Healey 0439 327 733

Free Anxiety Support Group

1st Wednesday of month 10.00am

Do you live with Agoraphobia, Obsessive Compulsive Disorder (OCD), Social Phobia, Panic Attacks, Generalised Anxiety Disorder (GAD)? Then you are not alone. The Anxiety Support Group meets in a friendly relaxed atmosphere to offer support, share experiences and meet others who have experienced similar issues. For further information call: Jesmond Neighbourhood Centre 4979 8555.

Toogee Taekwondo

Tuesdays & Thursdays from 5.30 - 7 .00pm

Teaches students realistic self defence with the additional benefits of fitness, good health, self confidence and self discipline. Classes are suitable for children from 6 years of age, teenagers and adults.

For further information call 0418 686 241 www.toogee.com

Smocking

4th Saturday of the month 9:30am - 1:30pm

We are an enthusiastic and friendly group of people who meet each month to share our love of smocking—a centuries old form of embroidery. We meet on the fourth Saturday of every month, except September and December, from 9:30 am.

Free Circus Classes

Wednesdays 3.30 pm - 4.30 pm

For 7-12 year olds to learn circus skills such as juggling, unicycle, balance, flowersticks and performance skills.

No Experience needed. To attend phone 4979 8555

Overeaters Anonymous

Saturdays 10:00am -12:30pm

You know you eat far more than you need. You binge, you purge. And then you starve. You're always thinking about it. Food. Life-time support with no fees or diets. Anorexics and Bulimics welcome. For more info call 9518 3004 or visit www.oasydney.org or www.aa.org

Jesmond Friendship Club

Fridays

Provides social support for seniors which includes morning tea, nourishing lunches, and activities program including entertainers, guest speakers as well as a variety of social outings. Call 4979 8500



To enquire please phone:

(02) 4979 8555

or go to the website: www.jesmond.org.au