



# ACTIVITIES & LEISURE SERVICES DIRECTORY



## **JNC Randwick**

2 Albert St  
(near cnr Avoca St)  
Randwick NSW 2031

## **JNC Bondi Junction**

59 Newland St  
(Next to Clementson Park)  
Bondi Junction NSW 2022

## **JNC Maroubra**

Shop 2, 669-673 Anzac Parade  
(Shopfront near Bowen Library)  
Maroubra NSW 2035

**P: 9349 8200**

**E: [jnc@jnc.org.au](mailto:jnc@jnc.org.au)**

**[www.jnc.org.au](http://www.jnc.org.au)**

This directory has been created to provide information for residents of the Randwick & Waverley Local Government Areas.

If you have any updates or know of any other services we could include in this directory please call us.

 **: The Junction Neighbourhood Centre**

## ARTS AND CRAFTS

### **Arts and Crafts Courses**      City East Community College

Offer a range of courses in arts and crafts including ceramics, pottery, sculpture, drawing, painting, photography, jewellery making, furniture restoration, knitting, sewing, dressmaking, screen printing, patchwork quilting and cooking. *Course brochure is available on request.*

**When:** Courses range from one session held on one day to eight sessions held over eight weeks. All offered during the school terms.

**Where:** Various Eastern suburbs locations, generally Bondi, Bronte, Coogee or Randwick

**Cost:** Concessions for Seniors Card and Health Care Card holders. There may be additional materials or tools costs for some courses.

**Enrol:** By website, post, phone or in person at 96 Bondi Road, Bondi Junction

**Phone:** 9387 7400

**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

### **Art Exhibition Trips**      Junction Neighbourhood Centre, Randwick

**When:** Once a month. Check website or email for details.

**Where:** Meet at 2 Albert Street, Randwick

**Phone:** 9349 8200      **Email:** [cbrandwick@jnc.org.au](mailto:cbrandwick@jnc.org.au)

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Arts and Crafts Classes for Seniors**      Coast Centre for Seniors

Offers low cost classes for seniors aged over 55, in the following activities: sketching and watercolours; calligraphy; mosaics and beading. Class timetable is available from website.

**When:** Monday to Friday, 9am – 3pm. A few classes are held on Saturdays

**Where:** Ward 3, Prince Henry [Hospital] Site  
Corner Pine Ave and Ewing Avenue, Little Bay

**Cost:** Annual \$15 membership fee. Class costs range \$5 to \$20 per class.

**Phone:** 9311 4886

**Website:** [www.coastcentre.org.au](http://www.coastcentre.org.au)

### **Beaded Jewellery Class**      Junction Neighbourhood Centre, Bondi

Learn the basic techniques for making jewellery. Tools and beads are provided.

**When:** Alternate Thursdays from 10.30 am – 12.30 pm during school term

**Where:** 59 Newland St, Bondi Junction

**Cost:** \$3 per class to cover cost of all materials and tools

**Phone:** 9349 8200      **Email:** [infobj@jnc.org.au](mailto:infobj@jnc.org.au)

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Clovelly Seniors Patchwork Group**

Make patchwork quilts for charity. Learners of all ages who are new to sewing are also welcome.

**When:** Thursdays 7 pm

**Where:** Clovelly Senior Citizens Centre, 42 Arden St, Coogee

**Email:** [maria.pender@optusnet.com](mailto:maria.pender@optusnet.com)

**Drawing Club** Junction Neighbourhood Centre, Randwick

Whether you're interested in colouring, stencilling, illustrating craft or just plain drawing then you are welcome to come along to this club.

**When:** Wednesdays from 10.30 am – 12.30 pm  
**Where:** Junction Neighbourhood Centre  
2 Albert Street, Randwick  
**Phone:** 9349 8200 **Email:** [ccbrandwick@inc.org.au](mailto:ccbrandwick@inc.org.au)  
**Website:** [www.inc.org.au](http://www.inc.org.au)

**Knitting Circle** Holdsworth Community Centre

**When:** Weekly on Tuesdays from 2 pm  
**Where:** Gaden Community Centre, 334 Edgecliff Road, Woollahra  
**Phone:** Program Officer Lindy Yoannidis 9302 3600  
**Email:** [lindy.yoannidis@holdsworth.org.au](mailto:lindy.yoannidis@holdsworth.org.au)

**Knitting Group** Junction Neighbourhood Centre Maroubra

Participants have access to a social and creative outlet where they can knit and crochet amongst a friendly group. Many knit squares for Wrapped with Love.

**When:** Mondays from 12 noon – 2.30 pm  
**Where:** Level 3, Bowen Library, 669-673 Anzac Parade, Maroubra  
**Cost:** Gold coin donation  
**Phone:** 9349 8200

**Photography Club** Easts Photography

**When:** 7.30pm Meeting 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month  
**Where:** Eastern Suburbs Leagues Club, Bondi Room  
93-97 Spring St, Bondi Junction  
**Cost:** Membership fee and must also be a member of Easts Leagues Club  
**Phone:** 9386 3200 **Email:** [espsinformation@gmail.com](mailto:espsinformation@gmail.com)

**Positive Ageing Program** The Burger Centre

This Centre is offering classes to assist people find their creativity and potential. Participants are given a chance to experiment with a range of art media and materials. \$5 per class

**When:** Monday 10 am – 11.30 am  
**Where:** 120 King St, Randwick  
**Phone:** 8345 9147

**Pottery** Bondi Pavilion Pottery Studio

Offers small classes and is suitable for beginner to advanced students. The studio is equipped with kiln, wheels and all utensils with students working at own levels with help from experienced teachers.

Contact Bondi Pavilion for details of classes, times and costs. Seniors class at concession rates

**When:** Each Thursday from 10 am – 12.30 pm throughout school terms  
**Where:** Bondi Pavilion Community Cultural Centre, Queen Elizabeth Drive, Bondi Beach  
**Phone:** 8362 3400 **Email:** [bondipav@waverley.nsw.gov.au](mailto:bondipav@waverley.nsw.gov.au)  
**Website:** [www.waverley.nsw.gov.au](http://www.waverley.nsw.gov.au)

## BOOK CLUBS AND READING

### **Book Club** Junction Neighbourhood Centre Randwick

Do you enjoy reading - short stories, poems, biographies, novels, articles, novellas, magazines? Do you also like to discuss literature? Come along and discuss a new piece of literature each month, have a cuppa and meet new people. Also enjoy our Randwick Book Club Library Book Swap.

**When:** Monthly on Wednesdays from 2pm – 3 pm  
**Where:** 2 Albert St, near the corner with Avoca St, Randwick  
**Cost:** Free  
**Phone:** 9398 8620  
**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Books and Movies Discussion Group** Waverley Library

Share your ideas on the latest bestsellers and movie blockbusters in this friendly group. Refreshments provided. No bookings required.

**When:** Fourth Thursday of each month from 10am – 11.30am  
**Where:** Waverley Library, Theory Room, 32-48 Denison St, Waverley.  
**Cost:** Free. However group members must be Waverley Library members  
**Phone:** 9083 8777  
**Website:** [www.waverley.nsw.gov.au/library](http://www.waverley.nsw.gov.au/library)

### **Book Clubs** Randwick City Libraries

Randwick City Library hosts eleven book clubs offering a space for book lovers to read and discuss books on a monthly basis. Five clubs read mainly fiction titles; two clubs read history titles only and one club reads gothic/horror fiction. The groups are small with about 10-15 people in each group and everyone is encouraged to contribute.

**When:** Monthly on a fixed day. Morning and afternoon times  
**Where:** Each Club is based at one of three locations: the Bowen Library, (Maroubra); Margaret Martin Library (Randwick); Malabar Community Library (Matraville). See website address for library locations.  
**Phone:** 9314 4888  
**Website:** [www.randwick.nsw.gov.au/library](http://www.randwick.nsw.gov.au/library)

### **Book Club for People from Non-English Speaking Backgrounds** Bowen Library (Maroubra)

This book club aims to improve English literacy skills. Members read and share fiction titles by popular authors. The club will also help members to improve their interaction skills as they share and discuss their thoughts about particular books. Members must be from culturally and linguistically diverse backgrounds, have basic English skills and love reading.

**When:** Held over 4 terms on Mondays from 1.30 pm – 3.30 pm  
**Where:** Bowen Library, 669-673 Anzac Parade, Maroubra  
**Cost:** Free  
**Phone:** 9314 4827  
**Website:** [www.randwick.nsw.gov.au/library](http://www.randwick.nsw.gov.au/library)

### **Friends of Waverley Library (FOWL) Book Club**

Enjoy a lively and friendly discussion about books each month over a cup of coffee. The reading list includes authors and books dealing with various *themes*. This allows for a variety of views of a number of books and also avoids problems of accessing copies of a specific title each month.

**When:** Every second Sunday of each month at 1 pm

**Where:** Waverley Library, 32-48 Denison St, Waverley

**Cost:** Free. However group members must be Waverley Library members (free membership open to all Sydney residents) and be members of the Friends of Waverley Library (FOWL) – annual membership fee of \$15; concession fee \$10.

**Phone:** Lyn Cameron on 9083 8777 **Email** [lyncameron3@bigpond.com](mailto:lyncameron3@bigpond.com)

### **Home Library Service** Randwick City Council Libraries

If residents of the Randwick Council area have difficulty getting to the library for medical or mobility reasons, they can join the Home Library Service. Library staff will select material based on the members' preferences and deliver to their homes once each fortnight.

**Phone:** 9314 4888

**Website:** [www.randwick.nsw.gov.au/library](http://www.randwick.nsw.gov.au/library)

### **Home Library Service** Waverley Council Library

Do you have difficulty visiting Waverley Library for medical or mobility reasons or find that you cannot carry your borrowed items home? Waverley Library offers a service delivering library materials fortnightly or monthly to homebound residents in the Waverley area, including residents of retirement villages and nursing homes. Service is also available to full time carers of Home Library Service members. Membership of the Home Library Service is for a minimum of three months.

**Phone:** 9083 877

**Website:** [www.waverley.nsw.gov.au/services/library/home](http://www.waverley.nsw.gov.au/services/library/home)

### **Home Library Service** Woollahra Council Library

Library staff will deliver books, videos, CDs and magazines once or twice a month on an allocated day to the homes of residents of the Woollahra Council Local Government Area who are unable to visit the library because of illness or disability. An authority signed by a doctor, social worker or paramedical professional is required as part of the registration process. Library staff interview all applicants and determine which service will suit their needs.

**Phone:** 9391 7100 and ask for the Home Library Service Officer

**Website:** [www.woollahra.nsw.gov.au/library](http://www.woollahra.nsw.gov.au/library)

## CHOIRS

### **Bondi Sings Community Choir**

Friendly group of enthusiastic singers ranging from amateurs, non-music readers to professionals. New members welcome; no auditions required. A varied musical style ranging from pop and Motown to world music and 3 or 4 part harmony, jazz and gospel. Acapella and accompanied. Enjoy opportunity of working with professional choir director.

**When:** Weekly Tuesday rehearsals from 7.30 pm – 9.30 pm  
**Where:** WAYS (Waverley Action Youth Services), 63A Wairoa Ave, Bondi.  
**Email:** Gary Smith, [gary@acapellacentral.com.au](mailto:gary@acapellacentral.com.au)

### **Rhythm of Life Community Choir**

A harmony choir open to everyone wishing to make music and have fun.

**When:** Thursday s from 5.30 pm – 7 pm  
**Where:** Holdsworth Centre, 64 Holdsworth Street, Woollahra  
**Cost:** \$36 per six-week term  
**Phone:** 9302 3600                      **Email:** [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

### **Sydney Sings (Open choir)**

A diverse group, who meet, have a meal, share stories, and have a sing - or just a listen, or a hum even. No singing experience necessary, all levels welcome. A free supper is provided afterwards. You don't need to book or audition: you can just turn up.

**When:** Rehearsals are every Tuesday from 5.30pm - 7pm  
**Where:** The Uniting Church, 264 Pitt Street, Sydney  
**Phone:** If further information required, ring headquarters of 'With One Voice' on (03)867  
**Email:** [enquiries@cal.org.au](mailto:enquiries@cal.org.au)

## CINEMAS AND MOVIES

### Companion Card

If you have a significant lifelong disability and require attendant care, a Companion Card means you are no longer required to pay two admission fees in order to take your attendant carer with you to participating venues and events. Application form is available on the website or by calling the free number. You need to check with each venue as to the discount they provide

**Postal Address:** Companion Card, P.O. Box R160, Royal Exchange, NSW 1225

**Phone:** 1800 893 044

**Website:** [www.nswcompanioncard.org.au](http://www.nswcompanioncard.org.au)

### Event Cinemas Bondi Junction

Seniors Club Online has been created exclusively for people aged 60 and over. It is free to join. To join the club and for session times visit the website

**Address:** Levels 7& 8 Westfield Shopping Town, 500 Oxford St, Bondi Junction

**Phone:** 9300 1500

**Website:** [www.eventcinemas.com.au](http://www.eventcinemas.com.au)

### Govinda's Restaurant and Movie Room

Enjoy a delicious vegetarian buffet and then sink into luxurious cushions to watch the best of world cinema in comfort. See website for session times and bookings.

**When:** Wednesdays to Sundays, evenings

**Where:** 112 Darlinghurst Road, Darlinghurst

**Cost:** \$17.90 or \$34.80 movie/dinner package. Concessions available

**Website:** [www.govindas.com.au](http://www.govindas.com.au)

### Hoyts Eastgardens

**Address:** Westfield Eastgardens, 152 Bunnerong Road, Eastgardens

**Phone:** 9003 3860

**Website:** [www.hoyts.com.au/cinemas/locations/eastgardens.aspx](http://www.hoyts.com.au/cinemas/locations/eastgardens.aspx)

### Movie Group Junction Neighbourhood Centre - Maroubra

People living at home in the Randwick Local Government area aged 65 years and over can enjoy watching the latest films and socialising with other group members.

**When:** Friday Monthly

**Where:** Hoyts Eastgardens Cinema, Westfield Shopping Centre, Pagewood.

**Cost:** \$20 (covers service/bus fee and movie ticket)

**Phone:** 9349 8200

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### The Ritz Cinema

**Address:** 45 St Pauls Street, Randwick

**Phone:** 8324 2500

**Cost:** \$9 for seniors (proof of ID required) / \$9 Tuesday ticket price

**Website:** [www.ritzcinema.com.au](http://www.ritzcinema.com.au)

## COMMUNITY GARDENS and GARDENING

### Circles of Learning

Circles of Learning program offers a program through which parents, grandparents and children can learn how to grow and eat healthy food. During school terms only

<b>Address:</b>	Holdsworth Communal Garden	<b>Address:</b>	Waverley Community Garden
<b>When:</b>	Wednesday from 9.30 am	<b>When:</b>	Tuesday 9:30am - 11 am
<b>Cost:</b>	Free		
<b>Email :</b>	<a href="mailto:bjudith@circlesoflearning.org.au">bjudith@circlesoflearning.org.au</a>		

### Maroubra Garden Club

New members welcome

**When:** 2nd Wednesday of the month, 10:30am  
**Where:** Presbyterian Church Hall, 6 Robey Street, Maroubra  
**Cost:** Small Annual Membership Fee

Community Gardens provide the opportunity for people without a garden to grow and harvest their own food. There is usually an annual fee for the plot and a requirement that plot holders participate in regular working bees. Most gardens also accept volunteers and conduct workshops on a range of gardening topics.

### Holdsworth Communal Garden

**Address:** Spicer Lane, Woollahra  
**Email :** [melissa.sellen@woollahra.nsw.gov.au](mailto:melissa.sellen@woollahra.nsw.gov.au)  
**Website:** [www.facebook.com/groups/HoldsworthCommunalGarden](http://www.facebook.com/groups/HoldsworthCommunalGarden)

### Kooloora Community Garden

**Address:** Kooloora Community Centre, 167 Bilga Cres, Malabar  
**Email:** [kooloor@bigpond.net.au](mailto:kooloor@bigpond.net.au)  
**Website:** [www.kooloora.org](http://www.kooloora.org)

### Randwick Community Organic Garden

**Address:** Paine Reserve, Botany Street, Randwick  
**Email:** [roordinator@rcog.org.au](mailto:roordinator@rcog.org.au)  
**Website:** [www.rcog.org.au](http://www.rcog.org.au)

### Paddington Community Garden

**Address:** Quarry Road, behind the tennis courts, Paddington  
**Email:** [info@paddingtoncommunitygarden.org.au](mailto:info@paddingtoncommunitygarden.org.au)  
**Website:** [www.paddingtoncommunitygarden.org.au](http://www.paddingtoncommunitygarden.org.au)

### Waverley Community Garden

**Address:** Clementson Park, Ebley Street, Bondi Junction  
**Email:** [connected@waverley.nsw.gov.au](mailto:connected@waverley.nsw.gov.au)  
**Website** [www.waverley.nsw.gov.au](http://www.waverley.nsw.gov.au)



## CONCERTS

Check websites for details of programs and online bookings for the following venues and performances.

### **Bondi Seniors Concerts**

Series of concerts including music and dance. Light refreshments served.

**When:** From 1.30 pm – 2.30 pm on third Wednesday of each month

**Where:** Hightide Room, Bondi Pavilion Community Cultural Centre  
Queen Elizabeth Drive, Bondi Beach

**Phone:** 8326 3400

### **Lunchtime Music Concerts**

'A Little Lunch Music' program is offered annually in the heart of Sydney's CBD and showcases world class classical music in lunchtime performances of 50 minutes. **Cost:**\$15

**When:** Concerts start at 12.30 pm

**Where:** City Recital Hall, 2 Angel Place, Sydney

**Phone:** 8256 2222

**Website:** [www.cityrecitalhall.com/events](http://www.cityrecitalhall.com/events)

### **Woollahra Philharmonic Orchestra Concerts**

This orchestra is a community run ensemble of 50 musicians which performs a regular program of four concerts each year. The WPO also has a strong program of chamber groups and smaller ensembles. Tickets can be bought at door or online.

**Where:** Two venues: St Francis of Assisi in Paddington and St Columba in Woollahra.  
Bi-annual series of Chamber Proms also held at Woollahra Council Chambers.

**Cost:** Prices range from \$20-\$30; concessions available.

**Website:** [www.wpo.org.au](http://www.wpo.org.au)

### **Waverley Randwick Philharmonic Society (WRPS)**

Not-for-profit community partnership consisting of a chamber orchestra: the Eastern Sydney Chamber Orchestra (ESCO) and a chamber choir: the Eastern Sydney Chamber Choir (ESCC). Classical and modern music.

**When:** Concerts given 3-4 times per year, plus Christmas performances.

**Cost:** Admission \$20; concession \$15

**Website:** [www.wrps.com.au](http://www.wrps.com.au)

### **Sydney Conservatorium of Music - Concerts**

Presents a year-round program of concerts by musicians and students. Some events such as lunchtime concerts are free with no bookings required.

**Where:** Sydney Conservatorium of Music, 1 Conservatorium Road  
(Corner of Bridge and Macquarie Streets), Sydney

**Cost:** Admission fee: \$20; concession fee: \$10 (pensioners only)

**Phone:** 8256 2222 (City Recital Hall)

**Website:** <http://music.sydney.edu.au/>

## DANCING

### **Wesley School for Seniors**

Offers people over the age of 55 the opportunity to participate in the following dance classes: Scottish Country Dance; Latin and Social Dance; Line Dancing; Square Dancing; Tap Dancing; Belly Dance and Tribal Dance.

**Where:** Level 3, 220 Pitt St, Sydney

**Phone:** 9263 5416 or 9263 5348

**Website:** [www.wesleymission.org.au](http://www.wesleymission.org.au)

### **Line Dancing**

**Where:** Waverley Community & Seniors Centre,  
31-33 Spring Street, Bondi Junction.

**Phone:** 9386 7900

**Eligibility:** Membership is available to those over 55 years of age if they are living in the Local Government Areas of Waverley, Woollahra, Sydney, Randwick or Botany.

**Phone:** 9386 7900

### **Modern Square Dancing**

For all ages. Must wear neat comfortable casual dress, no high heels and men to wear long sleeved shirt

**When** Wednesdays 7.15pm for 7.30pm class

**Where:** Randwick Public School Hall, Cowper St, Randwick

**Cost:** \$10/ \$7 under 12 yrs. All ages

**Phone:** James 9398 2965 Mb: 0408 110995

### **Latin & Ballroom Dancing (Retro Dance)**

**Where:** Randwick Labor Club

**Address:** 135 Alison Rd, Randwick

**When:** Monday night, 5.30pm – 10pm

**Cost:** \$20 entry includes dance lessons at 6.30pm & 7.15pm

**Phone:** 9399 4100

## EXERCISE, FITNESS, SPORTS

### Bare Foot Bowling

The following clubs provide opportunities, usually for two hours, of barefoot social bowling with friends, family or workmates at very reasonable rates. Pre-bookings usually required. Some offer training and equipment if needed. Opportunities for competitive group games offered. Food and drink facilities and sometimes entertainment also available.

- **Bondi Bowling Club**

**Where:** 1 Warners Ave, North Bondi.

**Phone :** 9130 2383

**Website:** [www.bondibowls.com.au](http://www.bondibowls.com.au)

- **Bronte Bowling Club**

**Where:** 16 Wallace Street, Waverley

**Phone:** 9389 5183

- **Randwick Bowling Club**

**Where:** 2 The Avenue (Corner with Cowper Street), Randwick

**Phone:** 9399 3036

**Website:** [www.randwickbowlingclub.com.au](http://www.randwickbowlingclub.com.au)

- **Waverley Bowling Club**

Have times set aside for bowls for retired men only at very low cost.

**Where:** 163 Birrell Street, Waverley.

**Phone:** 9389 3026

**Email:** [manager@waverleybowlingclub.com](mailto:manager@waverleybowlingclub.com)

**Website:** [www.waverleybowlingclub.com](http://www.waverleybowlingclub.com)

### Exercise Classes Church in the Market Place

Weekly stretch exercise classes, Physio for Fitness, Pilates Relaxation/stretching classes . Contact the church for details

**Where:** 400 Oxford Street Mall, Bondi Junction.

**Phone:** 9387 2300

**Email:** [reception@cmponline.net](mailto:reception@cmponline.net)

### Exercise Classes – various Little Bay Coast Centre for Seniors

Offers low cost classes for seniors aged over 55 who are not in full-time employment, in the following activities: Balance, Fitness and Strength Training; Chair Yoga; Chair Exercise; Women’s Exercise; Jazzercise; Tai Chi for Arthritis; Pilates; Qigong; Zumba; Indoor Bowls; Table Tennis. Classes of one hour duration. Class timetable available from website

**When:** Monday to Friday 9am – 3pm. A few classes on Saturdays. .

**Where:** Ward 3, Prince Henry [Hospital] Site

Corner Pine Ave and Ewing Avenue, Little Bay

**Cost:** Annual \$15 membership fee. Class costs range from \$5-10 per class.

**Phone:** Reception on 9311 4886

**Website:** [www.coastcentre.org.au](http://www.coastcentre.org.au)

**Exercise and Sporting Classes** City East Community College

A community adult education centre offering the opportunity to learn and engage in the following activities: boxing, fencing, tennis, yoga, Pilates, yachting and sailing during each school term. Course brochure is available on request.

**When:** Courses range from one session held on one day to eight sessions held over eight weeks. All offered during the school terms.

**Where:** Various Eastern suburbs locations, generally Bondi, Bronte, Coogee or Randwick

**Cost:** Concessions for Seniors Card and Health Care Card holders. There may be additional materials or tools costs for some courses.

**Enrol:** By website, post, phone or in person at 96 Bondi Road, Bondi Junction

**Phone:** 9387 7400

**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

**Fitness Centre** South Sydney Juniors

**When:** everyday

**Where:** 558A Anzac Parade, Kingsford

**Phone:** 9349 7555 (main switch), 9314 4212 (direct gym number)

**Cost:** Must be a club member, discounts apply

**Website:** [www.thejuniors.com.au](http://www.thejuniors.com.au)

**Fitness Centre** UNSW Fitness and Aquatic Centre, Managed by YMCA

Offers a variety of aquatic and fitness facilities, including a gym, and programs for all ages and abilities. Group Fitness classes offered for mature adults: low impact aerobics; strengthening exercises using hand weights and stretching. Classes incorporating yoga, Tai Chi and Pilates offered. Disabled parking available. Concessions available

**When:** Mon – Fri from 6am – 10 pm, Weekends from 8am – 8 pm

**Where:** Building B5, Gate 2, High St, Kensington

**Phone:** 9385 4881

**Website:** [www.unsw-ymca.org.au](http://www.unsw-ymca.org.au)

**Fitness Class** Dee's Fit for Life class

Get fit at this over 50s fitness class.

**When:** Mondays and Wednesdays from 9.30am – 10.30am

**Where:** High Tide Room, Bondi Pavilion, Queen Elizabeth Drive, Bondi Beach

**Phone:** Dee on 0401 272 737

**Gentle Exercise in Clovelly**

**Venue:** Clovelly Child Care Centre

**Address:** 40a Arden Street (enter in Brandon Street) Clovelly

**Phone:** Sarah Kelso on 0409 247 497

## Heart Moves

A low-to-moderate intensity exercise program open to everyone but designed to be safe for people with health conditions such as heart disease, diabetes and obesity. You can exercise at your own pace.

**Website:** [www.heartmoves.org.au](http://www.heartmoves.org.au)

- **Heartmoves Men only, Bondi Junction**  
**Where** Waverley Community & Seniors Centre  
31 - 33 Spring Street, Bondi Junction.  
**When** phone or email for details  
**Phone:** 9386.7900 (Senior Citizen Centre)  
**Phone:** Ennio Herrera on 0415 034 669 or **Email:** [jgec@hotmail.com](mailto:jgec@hotmail.com)
- **Heartmoves Bondi Junction**  
**Where:** Waverley Community & Seniors Centre  
31 - 33 Spring Street, Bondi Junction  
**When** phone or email for details  
**Phones:** 9386.7900 (Senior Citizen Centre)  
Ennio Herrera on 0415 034 669 or **Email:** [jgec@hotmail.com](mailto:jgec@hotmail.com)
- **Heartmoves Hillsdale**  
**Venue:** Hillsdale Community & Seniors Centre  
**Address:** 236 Bunnerong Road, Hillsdale  
**Phone:** Ennio Herrera on 0415 034 669 or **Email:** [jgec@hotmail.com](mailto:jgec@hotmail.com)

## Mood Active

A community mental health program using exercise to fight depression and anxiety: release endorphins, improve sleep, energy levels and reduce stress.

**When** Most days  
**Where:** phone  
**Phone:** Isabelle Granville Smith 0415 492170 or  
Cameron Wilson 0405 2620593  
**Cost:** \$20 a week, Concession \$10 for 3 classes,  
**Website:** [www.moveactive.com.au](http://www.moveactive.com.au)

## Move Well

A weekly exercise class specially designed for people over 65. Involves traditional exercises also routines based on pilates & yoga to build and maintain strength, flexibility & balance.

**When:** Tuesday 9.30 am – 10.30am  
**Where** Gaden Community Centre, 334 Edgecliff Rd, Woollahra.  
**Cost:** \$8  
**Phone:** 9302 3600. Bookings are essential  
**Website:** [www.holdsworth.org.au](http://www.holdsworth.org.au)

**Pilates, Tai Chi and Yoga** Margaret Whitlam Recreation Centre

A multi-purpose facility with an indoor sports court, club room, café and changing rooms. Offer low cost weekday classes in yoga, Pilates, Tai chi and table tennis. All ages welcome, but activities are especially tailored for people over 50 years of age:

**Where:** Waverley Park, Bondi Road  
10-15 min walk from Bondi Junction rail/bus interchange  
**Phone:** 9389 5010 **Email** [mwrcadmin@waverley.nsw.gov.au](mailto:mwrcadmin@waverley.nsw.gov.au)  
**Website:** [www.waverley.nsw.gov.au/recreationcentre](http://www.waverley.nsw.gov.au/recreationcentre)

**Pilates, Tai Chi and Yoga** Waverley Community & Seniors Centre

Weekly classes include yoga, pilates, tai chi, light aerobics, strength and balance and an exercise class for men are held twice weekly

**When:** Monday to Friday 8.30am – 3.30pm  
**Where:** 31-33 Spring Street, Bondi Junction  
**Eligibility:** Membership is available to those over 55 years of age if they are living in the LGA of Waverley, Woollahra, Sydney, Randwick or Botany.  
**Phone:** 9386 7900 between 8.30 am and 2 pm.

**Sailing** Sailability Rushcutters Bay

Provides sailing opportunities for people of all ages with various disabilities. If you are already an enthusiastic sailor, or if you have never sailed before, you are welcome to join. The fleet includes two purpose built yachts which can both accommodate up to eight people..

**Venue:** Sailability Rushcutters Bay Loft, Legacy Marina  
1C New Beach Road, Rushcutters Bay  
**Cost:** A donation to assist the club to run its programs  
**Phone:** Commodore Ron Montague on 0412 038 313  
**Email** [sailabilityrbay@yahoo.com.au](mailto:sailabilityrbay@yahoo.com.au)  
**Website:** [www.facebook.com/sailability.rushcuttersbay](http://www.facebook.com/sailability.rushcuttersbay)

**Seniors Gym** Uniting Care

For older people who are new to exercise with exercise packages developed according to individual needs. Members can also benefit from the advice and assistance of highly qualified staff including exercise physiologists and an exercise professional. A range of different activities including exercise classes, walking groups, weights programs and social outings are organised.

**Where** Centre for Healthy Ageing, War Memorial Hospital  
125 Birrell Street, Waverley  
**Eligibility:** Members need to be 65 years or older and live either at home, in independent living or low care accommodation.  
**Phone:** 9369 4795

### **Stronger 4 Life**

Fitness program for Over 50s. Combines a mix of indoor gym and outdoor activities including light weights and cardiovascular exercises. Contact the centre for cost and times.

**Where** Des Renford Leisure Centre.  
Corner Robey and Jersey Road, Maroubra

**When** phone or email for details

**Phone:** 9349 1106

**Website:** [www.randwick.nsw.gov.au/drlc](http://www.randwick.nsw.gov.au/drlc)

### **Tai Chi**

Beginners of all ages welcome. Benefits of this martial art include improved circulation, improved balance, increased flexibility and reduced stress. Bookings essential.

**When:** Monday from 9.30 am

**Where:** Gaden Community Centre, 334 Edgecliff Rd, Woollahra.

**Cost:** \$8

**Phone:** 9302 3600 prior to initial attendance

**Website:** [www.holdsworth.org.au](http://www.holdsworth.org.au)

### **Yoga** Junction Neighbourhood Centre - Randwick

Invigorating and fun yoga classes. Older people welcome, you can do the yoga seated in a chair.

**When:** Wednesdays from 1pm – 2 pm

**Where:** Hope Uniting Church Hall, 829 Anzac Parade, Maroubra Junction

**Phone:** 9349 8200

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Yoga classes for over 55s** Holdsworth Community Centre

Specially designed for the less mobile people living in Woollahra and the eastern suburbs of Sydney. Bring along yoga mat, light rug and small cushion. School term time only.

**When:** Tuesdays from 1pm – 2pm, Thursdays from 1.30pm – 2.30pm

**Where:** Holdsworth Community Centre, 64 Holdsworth Street, Woollahra.

**Cost:** \$5 per class

**Phone:** 9302 3600

**Website:** [www.holdsworth.org.au](http://www.holdsworth.org.au)

### **Yoga for Women – Ozanam Learning Centre (OLC)**

OLC supports people who are at imminent risk of homelessness or feel socially isolated and require support. One of their weekly activities is a yoga class for women aiming to calm the body and mind. Women will enjoy individual support from a qualified teacher with opportunity to network with other women. Classes run in eight week blocks and all equipment is supplied.

**When:** 10am – 11.30am on Wednesdays

**Where:** Ozanam Learning Centre, 3<sup>rd</sup> Floor, 99 Forbes St, Woolloomooloo

**Eligibility:** Women only; must be over 18 years of age, unemployed or in receipt of any Centrelink payment

**Cost:** Free

**Phone:** 9358 8170 **Website:** [www.vinnies.org.au](http://www.vinnies.org.au)

## LIVE THEATRE

Check websites for details of programs, performance times and online bookings for the following theatre companies. Concessional rates are sometimes available.

### **Belvoir St Theatre – Unwaged Performances**

**When:** 2 pm Thursday once a month

**Address:** 25 Belvoir St, Surry Hills (5 minutes from Central Station)

**Cost:** Free if you meet the eligibility criteria

**Eligibility:** Visit the theatre's box office from 12 noon on the day of the performance and present a Pensioner, Health Care or Veteran's Affairs Card. (Seniors Card and Seniors Health Card are not valid)

**Phone:** 9699 3444

**Website:** [www.belvoir.com.au/unwagedprogram](http://www.belvoir.com.au/unwagedprogram)

### **Darlinghurst Theatre Company**

**Address:** Eternity Playhouse, 39 Burton Street, Darlinghurst

**Phone:** 8356 9987

**Website:** [www.darlinghursttheatre.com](http://www.darlinghursttheatre.com)

### **Genesian Theatre**

Presents six main stage productions each year plus drama classes and workshops.

**Address:** 420 Kent St, Sydney

**Phone:** 1300 237 217 for bookings; wheelchair space must be booked by phone. Online bookings available

**Website:** [www.genesiantheatre.com.au](http://www.genesiantheatre.com.au)

### **Griffin Theatre**

Not wheelchair accessible

**Address:** SBW Stables Theatre, 10 Nimrod Street, Kings Cross

**Phone:** 9361 3817

**Website:** [www.griffintheatre.com.au](http://www.griffintheatre.com.au)

### **Hayes Theatre Company**

Wheelchair lift access available

**Address:** 19 Greenknowe Avenue, Potts Point

**Phone:** 8065 7337

**Website:** [www.hayestheatre.com.au](http://www.hayestheatre.com.au)

### **Old Fitzroy Theatre**

Pub Theatre

**Address:** 129 Dowling Street, Woolloomooloo

**Phone:** 9356 3848

**Website:** [www.oldfitztheatre.com](http://www.oldfitztheatre.com)



## MARKETS

Many of the following markets feature stalls selling fruit and vegetables, frequently organic, handmade fashion, craft and jewellery, plants and flowers. Refreshments, including lunch and coffee, can usually be purchased. To search for more markets: [www.localmarketguide.com.au](http://www.localmarketguide.com.au)

### **Blak Markets – La Perouse**

Come along and enjoy bush tucker food or a cup of good coffee and authentic Aboriginal products, song and dance

**When:** first Sunday of the month, except January  
**Where :** Bare Island, La Perouse  
**Cost:** \$2 entry fee onto the island

### **Bondi Beach Markets**

**When:** Sundays 10 am – 4 pm  
**Where:** Bondi Public School, 5 Wellington Street, Bondi.  
**Website:** [www.bondimarkets.com.au](http://www.bondimarkets.com.au)

### **Bondi Junction Village Markets**

**When:** Wednesdays, Thursdays, Fridays and Sundays from 9 am – 5 pm  
**Where:** Oxford Street Mall (at the entrance to train station and bus interchange).  
**Website:** [www.bondijunctionvillagemarkets.com.au](http://www.bondijunctionvillagemarkets.com.au)

### **Entertainment Quarter Village Markets, Moore Park**

**When:** Wednesday and Saturday from 9 am – 2 pm (except January)  
**Where:** 122 Lang Road, Moore Park (next to Fox Studios) 2 Hours free parking available.  
**Website:** [www.eqmoorepark.com.au](http://www.eqmoorepark.com.au)

### **Market in the Park - Double Bay**

**When:** Every Thursday, 8am to 2pm  
**Where:** Guilfoyle Park, Guilfoyle Ave, Double Bay  
**Phone:** 9999 2226

### **Paddington Markets**

**When:** Saturdays from 10 am – 4 pm  
**Where:** 395 Oxford Street, Paddington (in courtyard next to Uniting Church)  
**Phone:** 9331 2923  
**Website:** [www.paddingtonmarkets.com.au](http://www.paddingtonmarkets.com.au)

### **Randwick Farmers Market**

**When:** Saturdays from 10 am – 2pm  
**Where:** Randwick Public School, Corner of Cowper and Avoca Streets, Randwick  
**Phone:** 0414 602 680  
**Website:** [www.facebook.com/RandwickFarmersMarket](http://www.facebook.com/RandwickFarmersMarket)

## MISCELLANEOUS

### **Bridge**                      City East Community College

A community adult education centre offering opportunity to learn and play bridge.

**When:** Check details on website. All offered during the school terms.

**Where:** Various locations in the Eastern suburbs

**Cost:** See details on website. Concessions available for Seniors Card and Health Care Card holders. There may be additional materials or tools costs for some courses.

**Enrol:** By website, post, phone or in person at: 96 Bondi Road, Bondi

**Phone:** 9387 7400

**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

### **Bridge**                      Easts Bridge Club

Aims to meet the needs of bridge players in Eastern suburbs of Sydney. Visitors welcome at all bridge sessions. Help in finding long term or short term bridge partner available.

**When:** Regular sessions on Monday, Wednesday and Saturday (12noon to 3.40pm). A supervised game with a 15 min talk held on Tuesdays 12.45pm to 3.15pm.

**Where:** Eastern Suburbs Leagues Club, 1<sup>st</sup> Floor, 97 Spring St, Bondi Junction  
Wheelchair accessible.

**To Join:** Membership of the Eastern Suburbs Leagues Club a pre-requisite. Additional annual fee for regular players.

**Phone :** 0422 356 018

### **Day Away Group**                      Junction Neighbourhood Centre Maroubra

Day Away Bus Outings for people living in either the Randwick or Waverley Local Government Areas (LGAs) who are over 65 years of age or have a disability. Those who may feel isolated and/or housebound will have the chance to meet new people over morning tea and lunch at different venues around Sydney. Pick you up and drop you home.

**When:** Randwick LGA residents: Fortnightly Wednesdays – 9am – 2pm  
Waverley LGA residents: Fortnightly Tuesdays – 9am – 3pm

**Cost:** \$10 (excludes morning tea and lunch expenses)

**Phone:** 9349 8200

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Discussion Group**                      The Junction Neighbourhood Centre Bondi

Enjoy a chat in which you can share in conversations about current affairs and several topics of interest over a light morning tea. Transport can be provided for people living within the Waverley Local Government Area.

**When:** Mondays from 10am – 1 pm

**Where:** 59 Newland Street, Bondi Junction.

**Cost:** \$5

**Phone:** 9349 8200

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Games Club**                          Junction Neighbourhood Centre Randwick

Take the opportunity of playing games every week. A variety of board games offered: scrabble, dominos, card games, guessing games, puzzles, word games. All welcome. Just turn up.

**When:**                Weekly on Thursdays from 1.30 pm – 3 pm  
**Where:**             2 Albert St (near the corner with Avoca St), Randwick  
**Phone:**             9349 8200  
**Website:**         [www.jnc.org.au](http://www.jnc.org.au)

### **Historic House Tours**

Sydney Living Museums, formerly called the Historic Houses Trust of NSW, offers a diverse program of exhibitions, research and events such as walks, talks and tours of buildings and places of historic importance. **Website:**         [www.sydneylivingmuseums.com.au](http://www.sydneylivingmuseums.com.au)

The two best known historic houses in the eastern suburbs are:

- **Elizabeth Bay House**  
**Where:**             7 Onslow Ave, Elizabeth Bay.  
**Open:**              Friday, Saturday, Sunday from 11am – 4pm  
**Cost:**                \$8 (adults); \$4 (concessions) entry fee.  
**Phone:**             9356 3022
  
- **Vaucluse House**  
**Where:**             Wentworth Road, Vaucluse.  
**Open:**                Friday – Sunday from 11am – 4 pm  
**Cost:**                \$8 (adults); \$4 (concessions) entry fee.  
**Phone:**             9388 7922

### **Languages**                          City East Community College

A community adult education centre offering languages courses include French, Indonesian, Italian, Mandarin, Portuguese, Spanish and Thai. Course brochure available on request.

**When:**                Courses range up to eight sessions held over eight weeks during school terms  
**Where:**             Various eastern suburbs locations  
**Cost:**                Various - see program details on website. Concessions available for Seniors Card and Health Care Card holders.  
**Enrol:**                By website, post, phone or in person at: 96 Bondi Road, Bondi  
**Phone:**             9387 7400 for further information.  
**Website:**         [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

### **Languages**                          Little Bay Coast Centre for Seniors

The Centre offers French, Italian and Spanish language classes. Class timetable available from website.

**When:**                9am – 3pm usually from Monday to Friday. A few classes offered Saturdays.  
**Where:**             Ward 3, Prince Henry [Hospital] Site  
                              Corner Pine Ave and Ewing Avenue, Little Bay  
**Cost:**                Annual \$15 membership fee. Class costs range from \$5-\$20 per class  
**Phone:**             Reception on 9311 4886  
**Website:**         [www.coastcentre.org.au](http://www.coastcentre.org.au)

**Languages** Waverley Community & Seniors Centre

This centre offers weekly educational programs and activities for people over 55 years of age for a small fee. Language classes include French, Italian, Spanish, Russian and German. Contact the centre for membership form, program timetable, class costs and booking procedures.

**When:** Monday to Friday, 8.30am – 3.30pm

**Where:** 31-33 Spring Street, Bondi Junction.

**Eligibility:** Membership is available to those over 55 years of age if they are living in the Local Government Areas of Waverley, Woollahra, Sydney, Randwick or Botany.

**Phone:** 9386 7900 between 8.30 am and 2 pm

**Languages** Wesley School for Seniors

Offers people over the age of 55 the opportunity to extend their skills and keep active through a variety of leisure, lifestyle and educational courses. Language classes include: Latin, French, German, Spanish, Italian and Japanese.

**Where:** Level 3, 220 Pitt St, Sydney

**Phone:** 9263 5416 or 9263 5348.

**Website:** [www.wesleymission.org.au](http://www.wesleymission.org.au)

**Men's Shed -** Waverley Community Men's Shed

This Men's Shed provides a safe, unpressured environment where men of all skill levels and ages (especially older men) can engage in woodwork and hobbies or just have a cup of coffee and talk. For locations of other men's sheds, see [www.mensshed.org.au](http://www.mensshed.org.au)

**When:** Monday, Tuesday, Wednesday - weekly – 10 am -3 pm

**Where:** War Memorial Hospital, 125 Birrell Street, Waverley.

**Phone:** 9386 5998

**Musical Instruments** City East Community College

A community adult education centre offering courses in classes for beginners and others wishing to learn musical instruments such as guitar, piano, harmonica, ukulele. Course brochure is available on request.

**When:** Courses range up to eight sessions held over eight weeks during school terms

**Where:** Various eastern suburbs locations

**Cost:** Various - see program details on website. Concessions are available for Seniors Card and Health Care Card holders. There may be additional materials or tools costs for some courses.

**Enrol:** By website, post, and phone or in person at: 96 Bondi Road, Bondi

**Phone:** 9387 7400 for further information.

**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

## Organisations

The following organisations provide a range of activities, classes and groups. Ring or check the websites for details, costs and eligibility.

### City East Community College

A community adult education centre offering a huge range of courses

**When:** Courses range from ½ day to sessions held over eight weeks, during school terms

**Where:** Various eastern suburbs locations

**Cost:** Various - see program details on website. Concessions are available for Seniors Card and Health Care Card holders. There may be additional materials or tools costs for some courses.

**Phone:** 9387 7400

**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

### Holdsworth Community Centre

Provide a range of recreational, respite and support programs and activities for residents of Woollahra and surrounding areas, especially for those disadvantaged by age, disability, income or social isolation. Weekly bus outings go to parks, museums, galleries and clubs for shows and lunch. There are also Discovery Tours for active seniors that take groups out to some interesting places around Sydney.

**Where:** 64 Holdsworth Street, Woollahra.

**Phone:** 9302 3600

**Email:** [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

**Website:** [www.holdsworth.org.au](http://www.holdsworth.org.au)

### Little Bay Coast Centre for Seniors

Offers low cost classes and social activities for seniors aged over 55 who are not in full-time employment and who may feel bored or socially isolated. The Centre offers cooking and exercise classes for men only; pool, table tennis, computing, drama, dancing and language classes; day trips. Class timetable available from website

**When:** 9am – 3pm usually from Monday to Friday. A few classes offered Saturdays. .

**Where:** Ward 3, Prince Henry [Hospital] Site

Corner Pine Ave and Ewing Avenue, Little Bay

**Cost:** Annual \$15 membership fee. Class costs range from \$5-20 per class.

**Phone:** 9311 4886

**Website:** [www.coastcentre.org.au](http://www.coastcentre.org.au)

### Older Women's Network (OWN)

This organisation is committed to promoting enrichment, mutual support and companionship/friendship amongst older women, encouraging healthy ageing and challenging negative stereotypes. The Bondi Junction Coffee and Gossip group of OWN meets weekly.

**When:** 11am on last Friday of each month

**Where:** Easts Leagues Club, 93-97 Spring Street, Bondi Junction.

**Phone:** Lorraine Inglis (Sydney Group Coordinator) 9569 0051

**Email:** [sydneyown@ownsw.org.au](mailto:sydneyown@ownsw.org.au)

**Website:** [www.ownsw.org.au](http://www.ownsw.org.au)

**Ozanam Learning Centre (OLC)**

An early intervention centre that supports people who are at imminent risk of homelessness or feel socially isolated and require support. The centre provides over 40 activities per week, including recreational programs, a men's group and access to accredited onsite education, including TAFE accredited courses, therapeutic and living skills programs.

**When:** Various - Monday to Friday during school terms, 8.30 am – 4 pm  
**Where:** Ozanam Learning Centre, 3<sup>rd</sup> Floor, 99 Forbes St, Woolloomooloo  
**Eligibility:** Over 18 years of age, unemployed or in receipt of any Centrelink payment  
**Phone:** 9358 8170  
**Website:** [www.vinnies.org.au](http://www.vinnies.org.au)

**Randwick Waverley Community Transport**

Offers a range of accessible and affordable transport options to the frail aged, younger people with disabilities and the transport disadvantaged who are residents of the Randwick and Waverley LGA.

- **Friday Social Services:** Group outings twice a month, on the 1<sup>st</sup> and 3<sup>rd</sup> Friday to various clubs for lunch and usually a scenic drive/ice-cream.
- **Saturday Social Services:** Outings twice a month to venues outside the metro area.

**Phone:** 9369 5366 between 9am – 4pm.  
**Website:** [www.rwctg.org.au](http://www.rwctg.org.au)

**U3A (University of the Third Age)**

Sydney University of the Third Age organises life-long learning for retired and semi-retired people in a friendly and stimulating environment. Courses range from art, languages, music, history, life sciences, philosophy, computing, photography and bush walking.

**Venues:** St Joseph's Centre at 10 Albert St, Edgecliff,  
**Phone:** 9262 2702 (between 10am – 1pm Monday to Friday)  
**Website:** [www.sydneyu3a.org](http://www.sydneyu3a.org)

**Waverley Community & Seniors Centre**

This centre offers weekly educational programs and activities for people over 55 years of age.

**When:** Monday to Friday, 8.30am – 3.30pm  
**Where:** 31-33 Spring Street, Bondi Junction.  
**Eligibility:** Membership is available to those over 55 years of age  
**Phone:** 9386 7900 between 8.30 am and 2 pm

**Wesley School for Seniors**

Offers people over the age of 55 the opportunity to extend their skills and keep active through a variety of leisure, lifestyle and educational courses. Classes in debating, public speaking, English literature, history, movie appreciation, voice and theatre acting, practical philosophy and a book club are also offered. Games offered include: indoor bowls; cryptic crosswords; scrabble; canasta; table tennis; chess; Sudoku for beginners; bridge.

**Where:** Level 3, 220 Pitt St, Sydney  
**Phone:** 9263 5416 or 9263 5348.  
**Website:** [www.wesleymission.org.au](http://www.wesleymission.org.au)

## REGISTERED CLUBS

The facilities generally offered by the following clubs include restaurants, bars, and cafes offering lunch and dinner, raffles, trivia nights, bingo, karaoke, and live screening of football games. You generally need to be a member to participate in activities and groups.

### Club Bondi Junction RSL

Swimming, indoor bowls, darts, snooker, lawn bowls.

**Address:** 1-9 Gray Street, Bondi Junction

**Phone:** 9389 5333

**Website:** [www.clubbondijunction.com.au](http://www.clubbondijunction.com.au)

### North Bondi RSL Club

**Address:** 118-120 Ramsgate Ave, North Bondi

**Phone:** 9130 3152

**Website:** [www.northbondirsl.com.au](http://www.northbondirsl.com.au)

### Eastern Suburbs Leagues Club

Bridge Club, Women's Hockey and Men's Hockey. Courtesy bus picks up and returns patrons to homes in the eastern suburbs six days per week; bookings required.

**Address:** 93-97 Spring St, Bondi Junction.

**Phone:** 9386 3200

**Email:** [info@eastleaguesclub.com.au](mailto:info@eastleaguesclub.com.au)

**Website:** [www.eastleaguesclub.com.au](http://www.eastleaguesclub.com.au)

### Eastern Suburbs Legion Club

**Address:** 213 Bronte Rd, Waverley

**Phone:** 9387 2911

**Website:** [www.eslc.net.au](http://www.eslc.net.au)

### The Randwick Club

Retro Dance every Monday (\$20 entry includes dance lessons).

**Address:** 135 Alison Rd, Randwick

**Phone:** 9399 4100

**Website:** [www.rlclub.com.au](http://www.rlclub.com.au)

### Maroubra Seals Club

Features a fitness centre with gym and indoor pool.

**Address:** 212 Marine Parade, Maroubra Beach

**Phone:** 9349 2299

**Website:** [www.maroubraseals.com.au](http://www.maroubraseals.com.au)

### South Sydney Juniors Rugby Leagues Club ('The Juniors')

Features a fitness centre.

**Address:** 558A Anzac Parade, Kingsford.

**Phone:** 9349 7555

**Website:** [www.thejuniors.com.au](http://www.thejuniors.com.au)

## SWIMMING

### Aqua Aerobics

With this unique, sociable workout, you get fit while the water takes the weight, eliminating much of the impact and gravitational stress of land-based exercise programs.

**Where:** UNSW Fitness and Aquatic Centre  
**Address:** Building B5, Gate 2, High Street, Kensington  
**Phone:** 9385 4881  
**Website:** [www.unsw-ymca.org.au](http://www.unsw-ymca.org.au)

### Beaches and Ocean Pools

The eastern suburbs of Sydney have many beaches and ocean pools. Full details can be found on the council websites. Most of the beaches also have ocean pools, including McIver's Baths at Coogee, the last remaining women's only seawater baths in Australia.

Beaches in the Waverley Council area - Bondi, Tamarama, Bronte

[www.waverley.nsw.gov.au/recreation/beaches\\_and\\_coast/our\\_beaches](http://www.waverley.nsw.gov.au/recreation/beaches_and_coast/our_beaches)

Beaches in the Randwick Council area - Coogee, Clovelly, Maroubra, Malabar, Little Bay

[www.randwick.nsw.gov.au/facilities-and-recreation/beaches-and-coast/beaches](http://www.randwick.nsw.gov.au/facilities-and-recreation/beaches-and-coast/beaches)

### Swimming Lessons City East Community College

Offers swimming classes for beginners and Aqua Fit classes for adults of all ages during each school term.

**Where:** National Centre for Indigenous Excellence (NCIE)  
 166-180 George St, Redfern.  
**Phone:** 02 9387 7400 for program details  
**Website:** [www.cityeastcc.com.au](http://www.cityeastcc.com.au)

### Des Renford Leisure Centre

5 pools including 2 indoor and an outdoor, gym, coffee shop, child minding, swimming classes and aqua aerobics.

**When:** All year except for Good Friday and Christmas Day  
**Where:** Corner of Robey and Jersey Roads, Maroubra  
**Phone:** 9349 1106  
**Website:** [www.randwick.nsw.gov.au/drlc](http://www.randwick.nsw.gov.au/drlc)



# WALKING

## Centennial Parklands

Provide tracks for walking, cycling, dog walking and horse riding. Cycle and BBQs for hire. Café and restaurant. A 'What's On' brochure available from website.

**Entry:** Free

**Phone:** 9339 6699

**Email:** [info@centennialparklands.com.au](mailto:info@centennialparklands.com.au)

**Website:** [www.centennialparklands.com.au](http://www.centennialparklands.com.au)

## The Coasters                      Coast Centre for Seniors

Walking for Pleasure Group - fortnightly suburban walks ranging from 4kms – 11 kms.

**When:** Fortnightly Fridays. See timetable on website for dates, times, meeting places, destinations and walk lengths.

**Cost:** Annual \$15 membership fee. Walks are free except for own public transport costs if required.

**Phone:** Reception on 9311 4886 or Walks Coordinator Arthur: 9666 9326

**Website:** [www.coastcentre.org.au](http://www.coastcentre.org.au)

## Heart Foundation Walking Groups

The Heart Foundation runs a network of free community-based walking groups with volunteer Walk Organisers who lead groups in your local area. To join or start a walking group visit the website.

**When:** everyday

**Where:** Various locations in Sydney

**Phone:** 1300 36 27 87

**Phone:** 1300 36 27 87

**Website:** [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)

## Walk Randwick Parks                      Junction Neighbourhood Centre, Randwick

This is a friendly, healthy and fun community walking group. All are welcome. We meet fortnightly to explore local parks and coastal walks in the Randwick area. Please note that we walk up and down stairs on coastal walks.

**When:** Various – please phone to check details

**Where:** Meet at Junction Neighbourhood Centre Randwick  
2 Albert Street, near corner with Avoca St, Randwick

**Phone:** 9349 8200

**Cost:** Free

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

## WRITING

### **The Art of Creative Writing**

Junction Neighbourhood Centre Randwick

A community writing and discussion group. Writing exercises, personal story writing, poetry, formal writing and editorial writing for publication covered. All levels of experience welcome.

**When:** Tuesdays weekly - 10.30 am-12.30 pm - for 12-week terms

**Where:** 2 Albert Street, near the corner with Avoca St, Randwick

**Phone:** 9349 8200

**Cost:** Free

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Eastern Suburbs Poetry Group**

All poetry lovers are welcome to come along of a Sunday afternoon to listen to poetry or share your own. This longstanding group has been helping poetry writers to develop their own voice.

**When:** Every 2<sup>nd</sup> Sunday from 2pm – 4pm

**Where:** Waverley Library, 32-48 Denison St, Bondi Junction

**Email:** [ycalder@hotmail.com](mailto:ycalder@hotmail.com)

### **Waverley Library Writers Group**

Is writing your passion? Experience the excitement of sharing and discussing your work. Share extracts up to 1,000 word limit from your ongoing short stories, memoirs, poetry and other writing genres.

Beginners to experts welcome. Bring copies of your work to share with other group members ranging on average from 10-16 people.

**When:** Every 3<sup>rd</sup> Sunday from 2pm – 4pm

**Where:** Waverley Library, 32-48 Denison St, Bondi Junction

**Cost:** Free. However group members must be Waverley Library members (free membership open to all Sydney residents) and be members of the Friends of Waverley Library (FOWL) – annual membership fee of \$15; concession fee \$10. NB: Prospective writing group members can attend a group meeting first and join Library and FOWL later; forms available at the meeting.

**Phone:** Susan on 0438 217 148

### **Writing for Pleasure – Bowen Library, Randwick**

You will be introduced to the joy of writing and the pleasure that it can bring.

A mixture of skill-based exercises and discussion on writing forms such as biographies, novels, short stories, and poetry, is used.

**When:** First Thursday of each month from 1.30pm – 3.30 pm

**Where:** Bowen Library, 669 – 673 Anzac Parade, Maroubra

**Cost:** Free. Bookings not required.

**Phone:** 9314 4888.

**Website:** [www.randwick.nsw.gov.au/library](http://www.randwick.nsw.gov.au/library)

## VOLUNTEERING/COMMUNITY SERVICE

### **VAST (Volunteer and Service Training) Junction Neighbourhood Centre**

The main focus is to recruit volunteers to work with the elderly and people with disabilities in the Eastern Sydney area. Free volunteer training provided. Contact the centre to obtain an information brochure, an application form and details of next information session

**Address:** 669 Anzac Parade, Maroubra NSW 2035

**Phone:** 9349.8200

**Website:** [www.jnc.org.au](http://www.jnc.org.au)

### **Lions Club of Bondi**

Offers community service and volunteering opportunities through mentoring, medical research fundraising, leadership development and disaster relief. Supports people with disabilities, conducts vision and health screenings, builds parks, supports eye hospitals, awards scholarships and assists young people.

**Website:** [www.bondi.nsw.lions.org.au](http://www.bondi.nsw.lions.org.au)

### **Probus Clubs**

Aim to stimulate thought and participation for retired or semi-retired business people and others. Member discounts on travel insurance, books, social activities, entertainment and some health services. Individual interests groups include golf, fishing, craft, walking and cycling. Some clubs exclusive to women members only.

**Where:** Morning monthly meetings held by different Probus Clubs at various Bondi Junction, Maroubra, Randwick, Coogee and Kensington locations.

**Phone:** 9806 0100      **Email** [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

**Website:** [www.probussouthpacific.org](http://www.probussouthpacific.org)

### **Rotary Club of Bondi Junction**

A grass-roots global organisation consisting of business professionals and community leaders in industry, the professions, the arts, government, sports, the military and religion, who volunteer time, talent & resources in order to remedy vital community needs. Service programs address health care needs, hunger and poverty, illiteracy, disaster relief, and environmental clean-ups locally and globally. Conferences, conventions, assemblies and social events provide entertainment as well as Rotary information, education and service.

**When:** Meetings on first Tuesday of each month at 6.15 pm for 6.30 pm start

**Where:** Level 2, 213 Bronte Rd, Waverley

**Phone:** 0410 943 007      **Email:** [Secretary@rotarybondijunction.org](mailto:Secretary@rotarybondijunction.org)

### **View Clubs** (Voice, Interests and Education of Women)

Australia's leading women's volunteer and fundraising organisations. VIEW clubs provide women with the opportunity to meet regularly with other women from all walks of life, establish lasting friendships, develop leadership skills and help support the work of The Smith Family. Each club holds monthly meetings and events, check website for details.

**Venues:** Rushcutters Bay and Central Sydney

**Phone:** 1800 805 366

**Website:** [www.view.org.au](http://www.view.org.au)