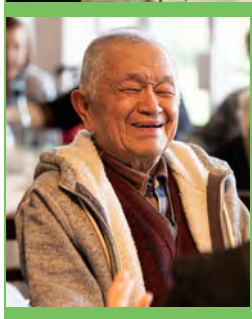
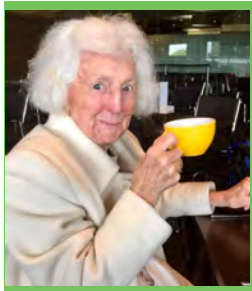


# Calendar of Activities – Inner City



## It's a brand-new year!

Time to tell the JNC how we can assist you to try something new. We can help you explore new places and learn new skills, and also reconnect with people you have met during previous activities. We also welcome new ideas for activities.

## MONDAYS - JANUARY TO MARCH 2020

### Friendship Bus outings

Inspired by our passengers, the Social Bus Outings have been renamed the Friendship Bus outings. Please see the timetable below for trip dates and details.

9.30am-3pm, includes pickup and dropoff

WEEKLY

JANUARY	
6	Olympic Park Homebush BBQ OR Merrylands Bowling Club
13	Lane Cove National Park BBQ OR Taren Point Bowling Club
20	Olympic Park Homebush BBQ OR Souths Juniors Club
27	PUBLIC HOLIDAY - AUSTRALIA DAY
FEBRUARY	
3	Sir Joseph Banks BBQ OR South Hursville Club
10	Malabar Park BBQ OR Maroubra Seals Club
17	Sir Joseph Banks BBQ OR Ramsgate RSL Club
25	Malabar Park BBQ OR Taren Point Club
MARCH	
2	Bobbin Head BBQ OR Merrylands RSL Club
9	Abbotsford Park BBQ OR Canada Bay Club
16	Lane Cove National Park BBQ OR Manly Leagues Club
23	Abbotsford Park BBQ OR Merrylands RSL Club
30	Lane Cove National Park BBQ OR Souths Juniors Club

**Book on 8570 1400**  
**\$10 per activity (excludes knitting, birthday and exercise groups)**

# Calendar of Activities – Inner City

## TUESDAYS - JANUARY TO MARCH 2020



### Social bus outings

JANUARY 7	St George Leagues Club
14	Manly Leagues Club
21	Erskineville Club
28	Petersham RSL Club

FEBRUARY 4	Lane Cove Park BBQ OR Canada Bay Club
11	Merrylands Bowling Club
18	Erskineville Club
25	Petersham RSL Club

9.30am-3pm—includes pick up and drop off

WEEKLY

MARCH 3	Olympic Park BBQ OR Malabar RSL Club
10	St George Sailing Club
17	Petersham RSL Club
24	St George Leagues Club

### Tuesday Trio

WEEKLY

	Mornings 10am-12.30pm	Afternoons 1pm-4pm
JANUARY 7	Bondi Beach walk/chat/relax	Coffee in Centennial Park
21	Bunnings Alexandria	Coffee in Newtown
28	Art Gallery of NSW	Coffee in Surry Hills
FEBRUARY 4	Sydney Fish Markets	Coffee in La Perouse
18	IKEA Tempe	Coffee in Centennial Park
25	Botanic Gardens	Coffee in Redfern Park
MARCH 3	Lady Macquaries Chair	Coffee in Erskineville
17	Bunnings Alexandria	Coffee in Glebe
24	Bondi Beach walk/chat/relax	Coffee in Centennial Park
31	Bronte Beach walk/chat/relax	Coffee in Newtown

### Monthly groups

Young at Heart BBQ Group	Redfern Park, 10.30am-3.30pm 14 January, 11 February, 10 March A social event to meet others in the community.	<b>\$10</b>
Knitting Group	St Helen's Community Centre, Glebe, 10.30am-12.30pm 28 January, 25 February, 24 March Join us for a social chat while we knit blankets for the Wrap with Love project	<b>Free</b>
Birthday Group - Celebrate your birthday this month!	St Helen's Community Centre, Glebe, 10.30am-12.30pm 21 January, 18 February, 17 March	<b>Free</b>

# Calendar of Activities – Inner City

## WEDNESDAYS - JANUARY TO MARCH 2020



### MOVE MORE MOVE STRONG: GENTLE EXERCISE CLASSES

\$2 per session, includes morning or afternoon tea

WEEKLY



JANUARY	29			
FEBRUARY	5	12	19	26
MARCH	4	11	18	25



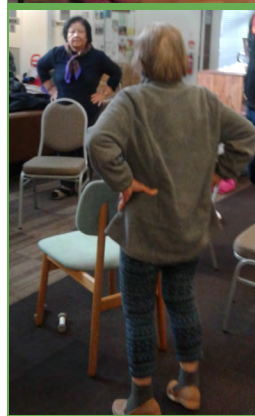
**Turanga Community Room**, Ground Floor, Turanga Building,  
1 Phillip Street, Waterloo **10.30am-11.30am**

**St Helen's Community Centre**, 184 Glebe Point Road, Glebe,  
(transport included) **2-3pm**

Bus pickup starts 1.15 pm.  
Arrange by calling 8570 1400 or 0458 555 022 before 1pm.

**Ron Williams Centre**, 5/11 Kepos Street, Redfern **11am-2.30pm**  
(transport included - class time includes drop off/pick up time)

- Tailored to your individual ability
- Maintain your range of movement
- Increase your strength, mobility and balance
- Learn strategies for preventing falls
- Build & maintain healthy bones, joints



**Book on**  
**8570 1400**

# Calendar of Activities – Inner City

## Exciting news – new service to start in MARCH 2020

JNC will be holding a regular activities day on THURSDAYS at St Helen’s Community Centre in Glebe. Free transport for clients living in Glebe, Redfern and Waterloo will be provided courtesy of the Village to Village community bus.

**This is your chance** to tell us what you want to do! Planning will start in January and we are very keen to hear your ideas. For example, do you want to play board games, bridge, mahjong, trivia or bingo, or have discussions or education sessions?

**Please phone** Terry Stathakis on **8570 1400** for further information.



### Connect

- ✓ over coffee
- ✓ at lunch
- ✓ on the phone



### Learn

- ✓ arts & crafts
- ✓ digital skills
- ✓ fishing



### Explore

- ✓ new places
- ✓ old favourites
- ✓ new cultures



### Get fit with

- ✓ gentle exercise
- ✓ walking group
- ✓ Tai Chi

