

Free & Low Cost Activities List - Sutherland Shire - updated @ June 2019

Monday

Heart Foundation Walking Group

7am @ Wanda Beach, Cronulla
Sandra: 0418135306

Orana Women's Health: 9525 2058

Adult Learning Centre

Different classes from 9am to 3pm

Computer/Australian History/DecorativeArt / Cardmaing /
Hooks & Needles / More than Sewing / Beaded Jewellery /
French, various levels/ Teddy Bears / World Religion / Tai
Chi Beginners / Line Dancing, various levels,

All enquiries to: Orana Hub Central Ph: 9521 8280
3A Stapleton Ave, Sutherland

French (University of The Third Age)

French Intermediate 10am - 12pm (must book)
French Conversation 12pm - 1pm (must book)
Crossroads Community Care / Ph: 9525 3790
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to
Red Cross shop) Call for more info.

Various Activities

8am to 9am: Men's ov 45's Exercise Class: \$10
9am: Gentle Exercise classes with cardio: \$10
10am: Gentle Exercise class without cardio: \$10

Menai Community Centre (3 Bridges Community)
34-40 Allison Cres, MENAI / Ph: 1300 327 434

English Classes

10am to 12 noon - Gold Coin Donation
GyMEA Community Aid & Information Centre
39 GyMEA Bay Rd, GYMEA / Ph: 9524 9559

Monday (cont')

Laughter Yoga (1st Monday of month)

10am—gold coin donation - booking essential
Interrelate Ph: 8522 4400
383-385 Port Hacking Rd, CARINGBAH

Tuesday

Various Activities—from 9.30am

Walking Group - Free / Knit & Knatter - \$3
Menai Community Centre (3 Bridges Community)
Ph: 1300327434 / 34-40 Allison Cres, MENAI

Community Garden Club

10am to 12 noon - Gold Coin Donation
GyMEA Community Aid & Information Centre
39 GyMEA Bay Rd, GYMEA / Ph: 9524 9559

University of The Third Age

Rise & fall of ancient civilisations: 10am - 12pm
Crossroads Community Care / Ph: 9525 3790
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to
Red Cross shop) - Must book/call for more info

Wrap With Love Knitting Group

10am - 12 noon / 9525 2058
Orana Women's Health / 39 GyMEA Bay Rd, GYMEA

Art Therapy Workshops (Fortnightly)

2 - 4pm: Free art group - no experience required
Health One Building (Sutherland Hospital)
Call Pam on 9540 7800 to register
126 Kareena Rd, CARINGBAH

Wednesday

Heart Foundation Walking Group

7am - South Cronulla Esplanade, CRONULLA
Sandra : 0418135306
Orana Women's Health: 9525 2058

Various activities

8am to 9am - Gentle exercises - \$10
Menai Community Centre (3 Bridges Community)
Ph: 1300327434 / 34-40 Allison Cres, MENAI

Free Walking Group (during Winter)

8.30am—9.30am (during Winter)
Centenary Park, Miranda / Anita: 9540 7049

Adult Learning Centre (9am to 3pm)

Candlewicking & Embroidery/Coffee & Book Club/
Counted Cross Stitch/Creative Tapestry/Crochet/Grub
Roses/Baby Embroidery/More than Sewing/Creative
Cards/Dolls, Bears & Angels/Patchwork/Quilling &
Cardmaking/Family History/Ukulele/Folk Art.

Orana Hub Central Ph: 9521 8280
3a Stapleton Ave, SUTHERLAND

Zumba & Fitness Exercise

For seniors: 12.30pm to 2m
At GyMEA Community Hall
GyMEA Community Aid & Information Centre
Booking Essential: 9524 9559

Book Club (2nd Wednesdays)

1.30pm - 2.30pm (can drop in)
Crossroads Community Care / Ph: 9525 3790
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to
Red Cross shop)

Free & Low Cost Activities List - Sutherland Shire - updated @ June 2019

Thursday

Various activities

9.30am to 10.30am - Walking Group - Free

2pm to 3pm - Pilates, Mat & Stretch - \$15

Menai Community Centre (3 Bridges Community)

Ph: 1300 327 434 / 34-40 Allison Cres, MENAI

Wrap With Love Knitting Group

10am - 12 noon / Ph: 9525 2058

Orana Women's Health @ Tradies Gynea

57 Manchester Rd, GYMEA

University of The Third Age - fortnightly

World history & development: 10am - 12pm

Crossroads Community Care / Ph: 9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop) - Must book/call for more info

Friday

Heart Foundation Walking Group

7am - Wanda Beach, CRONULLA

Sandra : 0418135306

Orana Women's Health: 9525 2058

Friday (cont')

Various activities

9am - Tai Chi: Beginners - \$10

10am - Intermediate - \$10

Over 50's Meeting, 1st Friday each month

Menai Community Centre (3 Bridges Community)

Ph: 1300 327 434 / 34-40 Allison Cres, MENAI

Multicultural Women's Group

10am to 12 noon - Gold Coin Donation

Gynea Community Aid & Information Centre

39 Gynea Bay Rd, GYMEA

Scrabble Group - fortnightly

10am - 12pm / Can drop in

Crossroads Community Care / Ph: 9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop) - Call for more info

Live Well Group (1st Friday each month)

10am to 12 noon—fun activities & laughter

Orana Hub Central Ph: 9521 8280

3a Stapleton Ave, SUTHERLAND

Monday to Friday

Activities for seniors

BeConnected Community Services offer a variety of activities suitable for seniors every weekday. Including exercises, tai chi, coffee club, games. Contact your local branch for more information.

Cronulla: 9544 0104 / Caringbah 9525 6806

Jannali: 9528 6299 / Miranda: 9540 2633

Activities Calendar

Activus Transport offers a variety of low cost activities every weekday, "Time to Enjoy" and "Shopping Transport". For more information.

Phone 8555 000

Email: info.transport@activus.org.au

Web: www.activustransport.org.au

Women's Friendship Group - monthly

10.30am - 12pm / call to confirm dates

Crossroads Community Care / Ph: 9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop)

Proudly presented on behalf of St George/Sutherland Housing Interagency.
A St Vincent de Paul Society NSW initiative.

If you would like to add your free or low cost activities support, wish to amend or remove your listed details or be added to the mailing list, please contact Mark from Ability Links Sutherland Shire at: mark.burgess@vinnies.org.au / **Next update will be around Sept/Oct 2019**



St Vincent de Paul Society NSW
Support Services *good works*