



NUMURKAH
COMMUNITY
LEARNING
CENTRE Inc.
RTO #6477

Seniors Activities

October – December 2019

Visit Today!

Office Hours: Monday – Friday 9am-4pm

Phone: 03 5862 2249 **Email:** nclc@bigpond.com

Address: 99 Melville Street, Numurkah 3636 (P.O Box: 153)

Web: www.nclc.me

Community Activities, Social Groups

Murray Avenue Community House and Garden

You're invited to the Numurkah Community House Warming!

Come have fun and take part in the creation of your Community House and Garden...

- Nature-based activities for the young & young at heart...
- Gardening Projects...
- Let the buzzing tunes of 'Royal Jelly' fill your soul
- Adam from Mierlo will whip up a neighborhood feast!

For more details please see our Murray Avenue Community House & Garden Facebook page



Date: Sunday 13th October
Time: 10am – 4pm
Venue: 13 Murray Avenue

Boomerang Bags

We are looking for volunteers to help cut, sew, stitch or iron for an exciting community project. Boomerang bags are made using recycled materials, as a means to provide a sustainable alternative to plastic bags. If you have a sewing machine and are able to, please bring it along with you.

Tea, Coffee and Morning Tea provided.

Sip N Sew Social Group

Bring your own craft projects and enjoy a tea/coffee and chat at our informal and friendly fortnightly Sip n Sew sessions.

Tea and Coffee provided.



Dates: Wednesday 30th Oct & 27th Nov
Time: 10am – 4pm
Venue: 13 Murray Avenue
Cost: FREE

Day: Every second Wednesday
Date: Next date – 16th October
Time: 10am – 3pm
Venue: NCLC – 99 Melville Street, Numurkah
Cost: Free



(03) 5862 2249

Relaxation & Wellness

Tai Chi – Seniors Free Class

The ancient gentle exercises of Taichi improve mental and physical health by stimulating and regulating the flow of vital essence.

Enjoy better energy, awareness, flexibility, balance and general well-being through daily practice.

Master Instructor: Bernie Alston

Date: Tuesday 15th October
Time: 9.30am - 10am
Venue: NCLC – 99 Melville Street, Numurkah
Cost: FREE

Meditation – Seniors Free Class

Amelia is offering a facilitated guided meditation group for all abilities and ages every Wednesday evening or Thursday morning.

Meditation Facilitator:

Amelia Slater – 0422 035 204

Date: Tuesday 15th October
Time: 11am - 11:30am
Venue: NCLC – 99 Melville Street, Numurkah
Cost: FREE

Dru Yoga

Sarah will be teaching gentle yoga stretches, relaxation exercises, breathing control and stress relief for the body and mind. Suitable for beginners to advanced.

Please bring a mat, light blanket and a water bottle.

Monday Evening Class

Date: Monday 7th Oct – 11th Nov
Monday 18th Nov – 16th Dec
Time: 6:30pm – 7:30pm
Venue: Numurkah Community Learning Centre
Cost: \$75 (5 Weeks)

Technology Skills

iPads, Tablets & Smartphones

Unlocked

This course is designed to introduce you to the basics of iPads, Tablets and Smartphones – including using the internet, email, social media, photos and more. Bring your own device if you have one, or we can provide you with one for the course.

Date: Thursday 24th Oct – 31st Oct
Time: 1pm – 3pm
Venue: NCLC - 99 Melville Street, Numurkah
Cost: \$30 (2 sessions)

Introduction to MyGov Website

Do you have a MyGov account? Have you been told to get one? Do you know how to use it? This two session course is designed to help make sense of it for you.

Date: Thursday 14th Nov – 21st Nov
Time: 1:00pm – 3:00pm
Venue: NCLC - 99 Melville Street, Numurkah
Cost: FREE

To register your place in an activity please call 03 5862 2249 or call in to 99 Melville Street, Numurkah between 9am and 4pm.