

COMMUNITY CALENDAR TERM 4 11 October – 17 December 2010

Green – Weekly

Red – Varying dates

MONDAY	Activity	Frequency & Time	Details	Venue & Contact
	Aqua Aerobic	Weekly 12pm - 1pm	Water based exercise to keep you fit & healthy. Cost is \$25 per term.	Cabravale Leisure Centre, Hanh 9610 0275/ Lien 0433 899 285
	Aqua Aerobic	Weekly 6.15pm - 7.15pm	Water based exercise to keep you fit & healthy. Cost is \$25 per term.	Fairfield Leisure Centre, Hanh 9610 0275/ Hien 0433 281 683
	Card making	Weekly 9.30am - 11.30am	Create handmade cards for all occasions. \$10 per term, morning tea provided.	Cabrogal Cottage. 1 Kennedy Way, Crystal 9610 0275
	Computer Tutoring	Weekly 11:00am -1:00pm	Get one on one tutoring in basic computer and internet skills.	Cabrogal Cottage. 1 Kennedy Way. Sarithya, 9610 0275.
	English for Work	Weekly 9:30am - 12:30pm	Develop your language skills for work. Learn to write a cover letter & resume.	Bonnyrigg Youth Centre. Sarithya, 9610 0275
	Gym	Weekly 10am – 11am	Get fit! Treadmills, weights, exercise bike & much more. \$35 per term.	Cabravale Leisure Centre, Hanh 9610 0275/ Lien 0433 899 285
	Playgroup for children under 5yrs	Weekly 9.30am -11.30am	Supported playgroup for parents. Come along & increase your skills in interacting with your child. Morning tea is provided.	Bonnyrigg Public School Community Room. Hanh 9610 0275 / CFS 9610 1456 / Mariana 0457 542 267. In partnership with Bonnyrigg Public School.
	South West Sydney Men's Shed	Weekly 8.00am – 3.00pm	The Men's Shed gives men a safe & busy environment where they can find work on local projects and have a cuppa.	9 Bishop Crescent Bonnyrigg. Michael Johnson 8786 0040
	Tai Chi	Weekly 9.30am -10.45am	Tai Chi is a gentle exercise program that can help you stay fit & healthy. Cost is \$10 per term, morning tea provided.	Bonnyrigg Public School Hall. Hanh 9610 0275/ Mariana 0457 542 267. In partnership with CFS & Bonnyrigg Public School.
	Youth drop in	Weekly 3:30pm-5:30pm	Chill out time for youths aged 12-18.	Bonnyrigg Youth Centre. Sarithya, 9610 0275
Assyrian Coffee Session	18 Oct, 22 Nov 11am – 1pm	Come and socialise with other members of your community.	Tarlington Seniors Complex 69-61 Tarlington Parade. Crystal 9610 0275.	
Carers support group	2nd Monday Monthly 12 - 2pm	Community support for new carers. Refreshments provided.	Cabrogal Cottage. 1 Kennedy Way, Hanh 9610 0275	

TUESDAY	Activity	Frequency & Time	Details	Venue & Contact
	Computer tutoring	Weekly 9:30am -12:30pm	Get one on one tutoring on Basic computer & internet tutoring	Cabrogal Cottage. 1 Kennedy Way. Sarithya, 9610 0275
	Floristry Class	Weekly 9:30am -12:30pm	Floristry skills development for women.	Bonnyrigg Youth Centre. Sarithya, 9610 0275
	Playgroup for children under 5yrs	Weekly 10am - 12noon	Supported playgroup for parents. Come along & increase your skills in interacting with your child. Morning tea is provided.	Bonnyrigg Community Centre. Hanh 9610 0275 / Lina 9822 9855. In partnership with Catholic Care.
	Senior and junior sports	Weekly 4:00pm – 6:00pm	Basketball training and games.	Bunker Park, Bunker Pde, Bonnyrigg , Sarithya, 9610 0275
	South West Sydney Men's Shed	Weekly 8.00am – 3.00pm	The Men's Shed gives men a safe & busy environment where they can find work on local projects and have a cuppa.	9 Bishop Crescent Bonnyrigg. Michael Johnson 8786 0040
	Khmer Coffee Session	12 Oct, 16 Nov 10am – 12 noon	Come & socialise with other members of your community.	Cabrogal Cottage. 1 Kennedy Way. Crystal 9610 0275.
	Lao Coffee Session	12 Oct, 9 Nov 1pm – 3pm	Come & socialise with other members of your community.	Cabrogal Cottage. 1 Kennedy Way. Crystal 9610 0275
Spanish Coffee Session	12 Oct, 16 Nov 10am – 12 noon	Come & socialise with other members of your community.	Cabrogal Cottage. 1 Kennedy Way. Crystal 9610 0275	

WEDNESDAY	Activity	Frequency & Time	Details	Venue & Contact
	Aqua Aerobic	Weekly 11am - 12noon	Water based exercise to keep you fit and healthy. Cost is \$25 per term.	Cabravale Leisure Centre. Hanh 9610 0275/ Lien 0433 899 285
	Aqua Aerobic	Weekly 6.30pm - 7.30pm	Water based exercise to keep you fit and healthy. Cost is \$25 per term.	Cabravale Leisure Centre. Hanh 9610 0275/ Hien 0433 281 683
	Guitar Tutoring	Weekly 5:30pm-6:30pm	Learn how to play the guitar.	Cabrogal Cottage .1 Kennedy Way. Sarithya, 9610 0275
	Computer tutoring	Weekly 10:00am -12:00pm	Get one on one tutoring on Basic computer & internet tutoring	Cabrogal Cottage. 1 Kennedy Way. Sarithya, 9610 0275
	Gym	Weekly 9.30am –10.30am	Get fit! Treadmills, weights, exercise bike & much more. \$35 per term.	Cabravale Leisure Centre, Hanh 9610 0275/ Lien 0433 899 285
	Playgroup for children under 5yrs	Weekly 10am - 12noon	Supported playgroup for parents. Come & increase your skills in interacting with your child. Morning tea is provided.	Corlette Way Bonnyrigg. Hanh 9610 0275 /Kate 8786 0056. In partnership with Benevolent Society.
	Assyrian Carers Support Group	1st Wednesday of every month 10am - 12pm	This group provides an opportunity for carers to get to support each other, share opinions and have time for themselves. Morning tea provided.	Tarlington Seniors Complex. Hanh 9610 0275/Marlin 8717 400
	Knitting / Crochet	1st & 3rd Wed every month 9.30am – 12pm	For beginners or experienced crafters. You can learn how to knit, and join in to make toys and blankets for charity.	Cabrogal Cottage. 1 Kennedy Way. Crystal 9610 0275.
Vietnamese Coffee Session	20 Oct, 17 Nov 3:30pm – 5:30pm	Come & socialise with other members of your community.	Cabrogal Cottage. 1 Kennedy Way. Crystal 9610 0275	

THURSDAY	Activity	Frequency & Time	Details & Contact	Venue
	Basic Computer & Internet course	Weekly 9:30am -12:30pm	Build basic skills in using a computer and surfing the web.	Bonnyrigg Public School. Sarithya 9610 0275.
	Gardening Course	Weekly 9:30am -12:30pm	Learn how to build and maintain a garden.	Cabrogal Cottage. 1 Kennedy Way. Sarithya 9610 0275.
	Homework Help	Weekly 3:30pm -5:30pm	All students Yr 1 – Yr 12	Cabrogal Cottage. 1 Kennedy Way. Sarithya 9610 0275.
	Junior and Senior Sports	Weekly 4:00pm -5:30pm	OZ Tag training and games	Bunker Park, Bunker Pde, Bonnyrigg. Sarithya 9610 0275.
	Vietnamese Autism's carer support group	Monthly, 4th Thursday 9.30am - 12.30pm	This group provides an opportunity for carers to get to support each other, share opinions & have time for themselves. Morning tea provided.	Cabrogal Cottage. 1 Kennedy Way, Hanh 9610 0275. A Program of Transcultural Mental Health Centre, funded by the Centre for Mental Health.
	Vietnamese Mental Health carer support group	Monthly, 3rd Thursday 9.30am - 12.30pm	This group provides an opportunity for carers to get to support each other, share opinions & have time for themselves. Morning tea provided.	Cabrogal Cottage. 1 Kennedy Way, Hanh 9610 0275. A Program of Transcultural Mental Health Centre, funded by the Centre for Mental Health.
	Walking group morning tea	Monthly, 2 nd Thursday 9.30am - 11.30am	Get together once a month to sharing about your daily walking exercises, morning tea provided.	Cabrogal Cottage. 1 Kennedy Way, Hanh 9610 0275.
Arabic Coffee Session	14 Oct, 18 Nov 10am – 12 noon	Come and socialise with other members of your community.	Tarlington Seniors Complex 69-61 Tarlington Parade. r 9610 0275	

FRIDAY	Activity	Frequency & Time	Details	Venue & Contact
	Aqua Aerobic	Weekly 7.15pm - 8.15pm	Water based exercise to keep you fit and healthy. \$25 per term.	Cabravale Leisure Centre Hanh 9610 0275/Hien 0433 281 683
	Basic computer & internet course	Weekly 9:30am -12:30pm	Learn basic computing, internet and email.	Bonnyrigg Youth Centre Sarithya, 9610 0275
	Community Kitchen	Weekly 10.30am - 1.30pm	Share traditional recipes, discover the cultural traditions behind food, make new friends & develop your recipe book. \$4 per session, lunch provided.	Bonnyrigg Community Centre. Hanh 9610 0275/ Huy 9727 5599. Partnership with the Vietnamese community.
	Computer Tutoring	Weekly 2:00pm - 4:00pm	Get one on one tutoring on Basic computer and internet tutoring.	Cabrogal Cottage. 1 Kennedy Way. Sarithya 9610 0275.
Community Yoga	Weekly 9.30am - 10.30am	Stretch and move with Yoga classes. \$15 per term.	Bonnyrigg Community Centre. Hanh 9610 0275/ Lien 0433 899 285	