

# SOUTH PENRITH NEIGHBOURHOOD CENTRE – Term 2, 2019

3 Trent Street, South Penrith (behind Southlands)

Phone: (02) 4721 8520

www.nepeancommunity.org.au



## MONDAY

### GENTLE EXERCISE

8:00 – 9:00am Weekly  
\$5 per class  
Call 4721 8520

### MUNCHKINS PLAYGROUP

10am – 12pm Weekly  
Rebecca 0431 592 577

### BELLY DANCING

For ladies all ages  
A modest, gentle and fun way to exercise your mind and body.  
12.30–1.30pm Weekly  
Catherine 0416 199 842



### ALCOHOLICS ANONYMOUS

6pm – 7pm  
Allan 0400 317 120

### PANTHER WING CHUN

7:30pm – 9:30pm Weekly  
Call 0407 262 273

### SAHAJA YOGA

7:30 - 9:30pm Weekly  
Enjoy the peace of true meditation.  
Helen - 0412 643 035  
Shan - 0449 881 330

## TUESDAY

### CREATIVE WRITING

9:30 – 11:00am  
Established writer or novice.  
\$5 per week  
Dorothy 0413 877 318  
dchandler17@bigpond.com



### DESIGNER BODY PILATES

6:30 – 7:30pm  
Merinda 0421 773 984  
designerbody@live.com



## WEDNESDAY

### PANTHER WING CHUN

7:30 - 9:30pm  
Ages 13yo+  
Call Chris  
0407 262 273  
Self-defence, martial arts  
info@pantherwingchun.com.au



### SWAP & GO LIBRARY

Call in for a great book to read whenever the centre is open!



## THURSDAY

### GOLDEN OLDIES SOCIAL GROUP

9:30am – 12pm  
Bus trips, social days, games, raffles, housie, craft, International days. Friendship, activities, fun!  
Call 4721 8520



### WE OFFER:

A4 Photocopying  
B&W: \$0.10 per side  
Colour: \$0.50 per side

A3 Photocopying  
B&W: \$0.30 per side  
Colour: \$1.00 per side

Laminating also available when the office is open

### Monday to Friday



### DESIGNER BODY PILATES

6:30 – 7:30pm  
Call Merinda  
0421 773 984  
designerbody@live.com

## FRIDAY

### GENTLE EXERCISE

7:30 – 8:30 am Weekly  
\$5 per class  
Gentle exercise class for all ages and fitness levels  
Call 02 4721 8520

### WESTERN SYDNEY GRAND-CARERS

10:30am – 1:30pm  
1st Friday of the month

Social support group for grandparents with full time care of their grandchildren.  
Call Cheryl 0403 151 414



### PROJECT LIFERS

6pm – 12am monthly  
Last Friday of the month  
Friendly scrapbooking group  
Call Julie 0423 275 577



## SATURDAY

### AUSTRALIAN LABOR PARTY – PENRITH BRANCH

11am – 12.30pm  
Third Saturday of each month  
Lorraine 0434 557 229



### HALL & ROOM HIRE AVAILABLE

Tables, chairs, whiteboard and kitchen available for use.

Why not hire the centre for your next party or function?

Birthdays, farewells, engagements and family celebrations.

Call 4721 8520 for rates or to check availability.  
info@nepeancommunity.org.au

## SUNDAY

### THE SAINTS IN SYDNEY

9:30am – 1:30pm  
dfoley72@hotmail.com



### UNITED PENTECOSTAL CHURCH WESTERN SYDNEY

4pm – 10pm  
Call 02 8809 6753  
administration@upcws.com

