

SOUTH PENRITH NEIGHBOURHOOD CENTRE – Term 2, 2023

3 Trent Street, South Penrith (behind Southlands)

Phone: (02) 4721 8520

www.nepeancommunity.org.au



MONDAY

GENTLE EXERCISE

8:00am - 9am Weekly
excluding school holidays
\$5 per class

Gentle exercise welcomes all ages and fitness levels, it is also suitable for anyone who has not exercised in a while, giving you the opportunity to exercise at your own pace in a friendly atmosphere.

Call Lisa or Jerry 02 4721 8520



TUESDAY

CIRCLE OF SECURITY-PARENTING™

ONLINE VIA ZOOM

10am - 11.30am

Thursdays weekly 4th May - 22nd June 2023



At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning outcomes:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Places Limited. Registration Essential.

Monica 0437 699 019 or parenting@nepeancommunity.org.au

WEDNESDAY

NEWSPAPERS AVAILABLE:

Western Weekender
Seniors Newspaper



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

A4 \$2 per sheet

A3 \$4 per sheet



SWAP & GO LIBRARY

Wednesday - Friday

Call in for a great book to read for all ages or to donate books to our library

THURSDAY

GOLDEN OLDIES SOCIAL GROUP

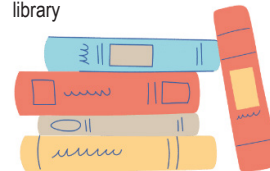
9:30am - 12pm weekly
Bus trips, social days, games, raffles, house, craft, International days. Friendship, activities, fun!
Weekly membership fee \$6
Call Jerry on 4721 8520



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XTREME HIP HOP STEP

7pm - 8pm

2nd & 4th Thursday of each month
Deaf friendly, Auslan accessible
Contact Tamara on 0403 706 729

 [mara_northey](https://www.instagram.com/mara_northey)



FRIDAY

NEWLY RENOVATED CENTRE!



HALL & ROOM HIRE AVAILABLE

Enquire within or call 02 4721 8520 for availability and rates.

SCRAP OF YOUR LIFE

6pm - 12am monthly
Last Friday of the month
Friendly scrapbooking group



SATURDAY

HALL & ROOM HIRE AVAILABLE

(12 hour minimum hire)

Tables, chairs, whiteboard and kitchen available for use.

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

LARGE HALL



SMALL MEETING ROOM



SUNDAY

KITCHEN



UNITED PENTECOSTAL CHURCH WESTERN SYDNEY

4pm - 10pm
administration@upcws.com

