

SOUTH PENRITH NEIGHBOURHOOD CENTRE – Term 1, 2024

3 Trent Street, South Penrith (behind Southlands)

Phone: (02) 4721 8520

www.nepeancommunity.org.au



MONDAY

GENTLE EXERCISE

8:30am - 9:30am

excluding public 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

THE BRINGING UP GREAT KIDS PROGRAM



Offers tools to better understand your child's actions and enhance your communication and patterns of behaviour.

Tuesdays 13th February - 19th March 2024

10am - 12pm (2 hours)

REGISTRATION ESSENTIAL

The aim is to promote more respectful interactions and encourage the development of your child's positive self-identity. This program was developed by the Australian Childhood Foundation in 2005 and has seen more than 50,000 parents benefit from it since it started.

Contact Sussan for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au

REWIND FITNESS

Tuesday 6pm

45 min total body workout inspired by 80's aerobics. All fitness abilities are welcome, leg warmers are optional 🥵

Bec 0428 377 609



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



SWAP & GO LIBRARY

Wednesday - Friday

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

REWIND FITNESS

Thursday 5:45pm

45 min total body workout inspired by 80's aerobics. All fitness abilities are welcome, leg warmers are optional 🥵

Bec 0428 377 609



XTREME HIP HOP STEP

7pm - 8pm

2nd & 4th Thursday of each month

Deaf friendly, Auslan accessible

Contact Tamara on 0403 706 729

📧 mara_northey



FRIDAY

GENTLE EXERCISE

8:30am - 9:30am

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

SCRAP OF YOUR LIFE

From 6pm

An informal night of creating, working on your own projects with like-minded creatives.

All crafters Welcome - scrapbookers, card makers, mixed media, crochet, knitters or anything else in between. Come join us!

2024 Dates:

19/01, 16/02, 31/05, 26/07, 30/08, 27/09, 25/10, 29/11

(Does not meet on public holidays)

Cost \$15 Light supper provided

Contact 0423 275 577

julie@scrapofyourlife.com.au

www.scrapofyourlife.com.au



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



KITCHEN



SUNDAY

NOT AVAILABLE FOR HIRE FROM 9AM - 3PM

NEED A HALL FOR A PARTY, BIRTHDAY, BABY SHOWER, CHRISTENING



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