

THE KARIONG CONNECTION

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY
and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 25; No 1 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



February 2017

YOUR NEIGHBOURHOOD CENTRE — What DO we DO?

Apart from putting this wonderful magazine together and running your local OOSH, we are working towards a safer, happier and more inclusive community. Our centre is accessible to all. We are unique, local and vibrant with an open door philosophy.

We aspire to empower those who seek our support, directing them towards improving their well-being by providing up to date information and linking you to services, employment and training

Our commitment is to -

- ✓ Provide opportunities for the Community to develop skills, build self-esteem, interact with others and bring about a greater sense of belonging.
- ✓ Provide information, education and advocacy through the delivery of training, events, activities and workshops
- ✓ Encourage local services to share resources and support each other to deliver best practice

We invite you to come to our centre and get to know us and see first-hand the vital and life-changing work that your local Neighbourhood Centre does. All services for you from infants to seniors and everything in between.

WE ARE HERE FOR YOU!

GIRRAKOOL BLUES FESTIVAL
4-5 MARCH 2017
MT PENANG GARDENS

GIRRAKOOL Blues Festival & BBQ
2ND ANNUAL

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OOSH UPDATE

What a truly fantastic time we all had during the Dec/Jan school holidays with our local children. So many exciting adventures were shared throughout our Vacation Care program including highlights such as Taronga Zoo, Hunter Valley Gardens, Wannabees Play Centre and Inflatable World.

Our staff were extremely proud of the way the children conducted themselves in public on these big excursions!!

We were also lucky enough to have a really special guided bushwalk tour teaching us about the importance of the Aboriginal culture as well as educating everybody about our medicinal and nutritious native flora. Our incursions offered a great deal of fun and entertainment too with a rock pool visit and a magic workshop.

We look forward to a busy first term getting to know our new families and settling all the children back into our morning and after school routines. Please feel welcome to pop in to meet our friendly staff and see the great program of activities we offer the children.

Now taking bookings for 2017 — Don't miss out

**Brandi and Nerida — Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561**



ACTIVE PLAYGROUP



**Wednesdays during school term 10.30am - 12.30pm
For 0 - 6 year olds**

Our Wednesday playgroup looks forward to welcoming many new faces into our midst this year.

Our weekly group runs from 10.30am – 12.30pm and provides a friendly, happy and supportive environment for parents and children to come along and connect with other families in our local area.

The children have the opportunity to participate in turn-taking games, art, craft and messy play experiences as well as structured music and story times together. The variety of activities we offer helps the children to develop skills important for school readiness along with promoting their self esteem and self confidence in social situations.

Our fantastic outdoor play area includes challenging climbing equipment and a giant sandpit, promoting lots of physical play and exploration. Please join us for a shared morning tea and discover new local friendships!

Enquiries: Nerida 43404561

Transition to School



The Transition to School program to be held at Kariong Neighbourhood Centre, will commence in March 2017, with a new and improved program for 3 - 5 year olds and will be ongoing.

The program is designed for children who are preparing for school to extend their basic skills and gain practice and understanding of what is expected in the 1st year of school. Each child will receive a book to record their work.

Each session will run for 1.5. hours during which time parents will leave their children with skilled qualified workers who facilitate the program.

Cost : \$10 per child per session

**Bookings are essential contact 4340 1724,
or email admin@knc.net.au
10 Langford Drive, Kariong**

Kariong Progress Association



Kariong Public School Award

At the end of each school year the Association presents an Award to a pupil considered by the School to be outstanding. This year the Award went to Mikayley Fisher.

The school believes Mikayley to be an outstanding citizen who constantly represents the School in a diverse range of endeavours, including swimming and public speaking. She always gives 100%.

She is supportive of her peers and when encountering new challenges, of which she is not confident, Mikayley keeps persevering until she achieves her goals.

Trail bikes

Just a reminder of how dangerous riding trail bikes on public thoroughfares can be was witnessed by numerous people just before Christmas when one came to grief, and the rider had to be transported to hospital by Air Ambulance. Riding trail bikes, unregistered and without helmets around the streets of Kariong, apart from being illegal, is just moronic, putting themselves and residents at great risk.

Langford Drive and Woy Woy Road intersection

Lucy Wicks, local Federal Member, is still agitating with Central Coast Council on the delay with this. Hopefully more news in the March newsletter.

Kariong crime stats for October & November 2016

Assault	Break & enter	Malicious damage	Robbery	Stealing	Steal vehicle
2	1	3	0	5	1

November 2016

Assault	Break & enter	Malicious damage	Robbery	Stealing	Steal vehicle
3	2	3	0	1	0

The Association did not meet in December or January, but the next meeting is scheduled for Wednesday

8 February 2017 at 7.30pm

at the Kariong Neighbourhood Centre.

The primary purpose of that meeting will be the future direction of the Kariong Progress Association, so we invite you to come along that night and give us your thoughts on just what the Association could or should be doing in Kariong in the future.

PUBLIC MEETING REPORT

NATIONAL BROADBAND NETWORK (NBN) rollout in Kariong

On Monday 19 December Lucy Wicks, local Federal Member, convened a public meeting at Kariong Mountains High School to explain the several delays to the rollout of NBN services, which has been frustrating local businesses and residents. Two representatives from NBN also attended the meeting.

NBN had advised Lucy Wicks of a significant issue preventing it from safely delivering the fibre into this area. It seems that to complete the rollout, NBN must make use of existing conduits that feed from the exchange in Gosford. However, the existing conduits run through private land and despite NBN's best efforts, a local landowner is refusing access to their land, meaning that NBN has been unable to survey existing underground conduits.

NBN has submitted a case to the Telecommunications Industry Ombudsman to have the access refusal overturned. The date for a decision is not known. There was considerable discussion on the subject, and Lucy Wicks and the NBN representatives agreed to provide feedback from a range of suggestions and comments.

The feedback to that meeting a few days later, to Lucy Wicks from NBN, was that because a number of the suggestions and comments related to technical and legal matters NBN felt it prudent that NBN provides accurate advice to the community. To that end NBN will provide a more comprehensive response in the new year. To date that has not been received.

Lucy Wicks agreed to provide information when it came to hand from NBN, and suggested keeping up to date with her on Facebook / Twitter / lucywicks.com.au

OPEN ACCESS

Internet and computer use available

At Kariong Neighbourhood Centre
During office hours 9am - 4pm
For information ring 4340 1724
From \$1.50 per half hour



FREE FAMILY LAW CLINIC

at Karióng Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Karióng Neighbourhood Centre

on 4340 1724 for an appointment

30 Years Experience in:

- Family Dispute Resolution/Mediation • Child Welfare
- Family Law Divorce • Property & Parenting • Criminal Law
- Driving Matters • Wills & Probate • Neighbourhood Issues

Please note Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.



WHAT'S ON ...AT KARIÓNG LIBRARY

The Karióng Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm - 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155

Welcome to the library in 2017. Hopefully this year will be a brighter and more peaceful world. Storytime resumes on Tuesday 7th February at 10.30 am.

The purpose of Storytime is to encourage a love of reading. This great program to foster development of new skills, is for children 3 - 5 years, their parents, grandparents and carers.

Karióng Library keeps up with advances in technology and offers a huge range of eBooks, newspapers, magazines and movies – all for free through our online portals [Axis 360](#) and [Overdrive](#). For those of you who missed the demonstration of the library's online databases given at the January Book Club and would like to have that information, please phone the library for assistance on 4325 8155 or check out www.gosford.nsw.gov.au/libraries/elibrary

Join the **Karióng Library Book Club** and discuss a wide range of books. The group meets on the last Friday of the month at 10am. Morning Tea is provided.



On **Friday 24th February** Book Club members will discuss Australian author Kate Grenville's novel **The Secret River** and her memoir **Searching for the Secret River**.

The Horse Boy: A Memoir of Healing by Rupert Isaacson has also been selected for discussion in February. This memoir tells the dramatic and heartwarming story of a family willing to go to the ends of the earth to help their son Rowan who was diagnosed with autism. Their adventures began when Isaacson, a lifelong horseman, rode their neighbour's horse with Rowan.



Contact Library Action Group at: klaq2013@yahoo.com.au.

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?
- A DESIRE TO HELP OTHERS?

At Karióng Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability. In order to continue these services, we need your help.

We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

Please ring KNC on 4340 1724 or email admin@knc.net.au

EST 1987

KARIONG COMMUNITY

BAPTIST CHURCH

If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home, we would love for you to come and check us out, and discover the difference at KCBC.

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor.

The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.

JAM (Sunday School) – Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 6, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10.00am – 12.00pm

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

Friends Group

Open to all - Meets regularly for meals, and interesting and fun outings.

Other

We also have various men's, women's and family events throughout the year.



CCFSS Kariong Groups February 2017

Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also**. The next meeting, Gosford group,

23 February, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong

Triple P 2-8 years Group Program for Grandparents Raising Grandchildren



FREE Triple P Group Program for parents with children 2-8 years. Come along and learn from the program and each other.

Venue: Central Coast Family Support Services
21 Old Mt Penang Road, Kariong

Dates: 5 Friday sessions; 3, 10, 17, 24 and 31 March 2017
10.00am to 12.00pm

Triple P 2-8 years Seminar Series

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns.

Venue: Narara Community Centre

Dates: 3 Monday sessions; 13, 20 and 27 February
10.00am to 12.00pm



The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

Venue: Green Point Community Centre

Dates: 6 Wednesday sessions: 8, 15 and 22, February,
1, 8 and 5 March 2017

Venue: Gumnuts Playgroup, Gosford Uniting Church Hall

Dates: 6 Friday sessions: 17, 24, February 2017
3, 10, 17, and 24 March

To Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com. **Website:** www.ccfss.org.au

*for groups in other locations please see www.ccfss.org.au

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Ettalong Beach Arts & Craft Centre Inc.

*Kitchener Park, Corner Maitland Bay Drive
and Picnic Parade, Ettalong Beach Phone 02 4341*

Recommence classes for 2017

TERM 1 - Monday 30 January – Friday 31 March

Adult Classes held in —

- Pottery Silvercraft • Patchwork & Quilting
- Painting & Drawing • Watercolour Painting

Children's Classes held in Pottery and Art

Check the web page under

FEES & CLASS TIMETABLE

For all details go to www.ebacc.com.au or
Phone 02.4341 8344 or Facebook.com/EBACCINC



**Australian
Breastfeeding
Association**

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

Come along and meet other mums in the area!

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from 10- 12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

{VDay}
2017

VDay Gosford Presents...

Proceeds will be for the benefit of Coast Shelter's preventative educational initiative: 'LOVE BITES' a programme designed for highschools, raising awareness of issues surrounding Domestic Violence and Sexual Assault.

**The
Vagina
Monologues**

THE RHYTHM HUT
Fauce Street, Gosford.

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SAT 25 FEB @ 2pm & 8pm**

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Limit 3 students per session

Mondays: 3.30 – 4.30pm / 4.40 – 5.40pm

Bookings & enquiries:

Marta.lett@gmail.com / 0423 947 472

Venue: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 10th February, 2017** at 7.00pm for a 7.30pm start.

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

At this stage no Sunday bushwalk has been planned for February.

Our monthly meetings include a speaker, a Plant of the Month and Book of the Month Presentation as well as a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

Our speakers in February Sandra & Steve Wilson will be talking about the Solitary & Social Australian native bee and their importance to the health of the environment. On conclusion of the meeting supper is served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at damael@hotmail.com.au or telephone 4365 5049

HAVING AN EVENT? Consider VENUE HIRE AT KARIONG NEIGHBOURHOOD CENTRE



We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. From only \$29 per hour for members

Tables and chairs are included with your hire, and we have a BBQ available for hire.

For more information or to make a booking ring 4340 1724 or email admin@knc.net.au



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10 Langford Drive Kariong

Phone 4340 1724 to reserve your place



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Wednesdays 9.00 - 10.00am

At Kariong Neighbourhood Centre
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The Central Coast's newest car boot sale comes to Point Clare!
2nd Saturday of each month, 9am-1pm

- ✓ February 11th
- ✓ April 8th
- ✓ June 10th
- ✓ August 12th
- ✓ October 14th
- ✓ December 9th
- ✓ March 11th
- ✓ May 13th
- ✓ July 8th
- ✓ September 9th
- ✓ November 11th

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Do you need help with the NDIS?

Fairhaven Services is a not-for-profit organisation that has been working with families, carers and people living with disability on the Central Coast since 1962. We provide supports and services to help you achieve your goals and aspirations, to enable you to live as independently as possible.

An approved NDIS provider, we offer person centred assistance tailored to meet your specific needs. Including:

- ✓ preparing for your NDIS First Plan,
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Parklands Community Preschool

Now taking enrolments for 2017

Parklands Community Preschool provides education and care for children aged 2-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation which is partially funded by the NSW Department of Education. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

We have been rated as **EXCEEDING** the National Quality Standards.

Parklands Community Preschool - a great choice for you and your child prior to starting school.

Building 34 Mt Penang Parklands, Kariong
Ph. 43401342 Fax 43405742
parklandspreschool@bigpond.com.au

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ALL MATERIALS SUPPLIED!!

Don't miss this fabulous opportunity

When: Mondays at 12.00 noon until 2.00pm

Where: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

All ages and abilities welcome & carers also welcome

To Register please ring 4340 1724



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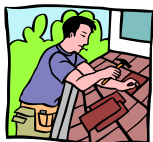
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11th of February 2017 at 6pm

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Tickets: Adults \$30 ea Children 6yrs+ \$10
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West Gosford, NSW, 2250
Opposite Bunnings

SUPPORT



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

AL-ANON

If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>

Central Coast Community

Handy Contacts

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566

Scouts



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES? TRY SCOUTING – OPEN TO BOYS AND GIRLS

- Joey's 6 to 7 y/o - Meet Monday 4:00pm to 5:00pm
- Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm
- Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders
Contact Teresa 0408 606 154 for details

CLUBS



'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.

MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male and female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on **4344 6867**

VOLUNTEERING

St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

4323 6080 or email

gosford.region@vinnies.org.au



Volunteers needed

for social inclusion programs

Visit isolated individuals for social support ie: chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY



For emergencies or life threatening situations call **Triple Zero (000)**



For non emergencies call the **Police Assistance Line 131 444**



To provide crime information anonymously contact **Crime Stoppers 1800 333 000**
www.nsw.crimestoppers.com.au

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

MONDAYS**Pilates for Seniors - sarah@yourtemple.com.au**

9.30am to 10.30am **During school term.**

A great way to get your body back into shape with gentle exercise.

Contact Sarah to make a booking 0425 265 609 \$10.00 each class

School Readiness Program - for 3 to 5 year olds

The program is designed for children who are preparing for school to extend their basic skills and gain practice and understanding of what is expected in the first year of school. \$15.00 per session

9.30am - 11.00am Bookings essential phone 4340 1724

Jellyfish Art - Art & Craft Workshop for all ages and abilities.

12.00pm - 2.00pm Bookings essential ring 4340 1724

\$10 per session All materials supplied

TUESDAYS**Immunisation Clinic for children - NSCCAH**

Free service provided by Area Health. No bookings required.

The 2nd and last Tuesday of each month. 12.00pm — 1.00pm

Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.15am sharp to 12.00 noon. **During school term.**

Cost \$4 for members, \$4.50 for non-members. Morning tea

included. Join us for a fun morning with lots of laughs. Beginners welcome

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

Yoga with Corina — 7.00pm—8.00pm Resumes 21st February

Cost: \$10 if paid in advance, \$12 for casuals

For more information contact Corina Jones 0409 242 153

WEDNESDAYS**Tai Chi with Helen from the Australian Academy of Tai Chi**

9.00am- 10.00am All welcome. Cost \$10 per session

For bookings please contact Helen on 0435 121 520.

Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness

10:30am to 12:30pm **During School Term**

Cost: \$4 per child, (member) \$4.50 per child (non-members)

\$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses.

To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm

www.weightwatchers.com.au Phone: 131 997

THURSDAYS**Kariong Arts and Crafts Group 9.30am to 12 noon weekly.**

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Morning Tea provided.

Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company. Bring a plate to share. Monthly outings on the last Thursday of the month. The group leader is caring & eager to show you all a great time! 12:15pm to 2.00pm **During school term**

Cost: \$4.00members, \$4.50 for non members.

Ukulele Lessons

Ukulele Group Lessons \$10.00 per lesson 7.00pm.

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

FRIDAYS**Australian Breastfeeding Association Meeting**

All welcome! **Fortnightly** 10.00am to 12 noon **During school term**

Contact kariongabagroup@gmail.com or phone 1800 686 268

Multiple Birth Playgroup 9.30am - 11.30am Fortnightly during school term

\$4.00 per family. Bring along a plate to share for morning tea. All welcome

Feather Touch Massage Begins 3rd for 4 weeks 10.15am —12.15pm

Join our group to develop your own tool kit for life \$15 per week

To book ring 4340 1724

SATURDAYS

Rooms are available for hire for events and children's birthday parties

For bookings please Phone the Centre on 4340 1724

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates 9.15am - 10.15am

Boxing. A great way to get your body back into shape. Contact Sarah to

make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson 9.30am

Don't own a Ukulele - no problems we supply what you need to start.

Contact Greg 0419 217 006

SUNDAYS**River Christian Church - From 9:00am, to 2.00pm**

Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 15th February 2017

Please submit advertising to admin@knc.net.au

and Community Announcements to

coordinator@knc.net.au or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded at www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc. publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.

From Management, staff and volunteers at Kariong Neighbourhood Centre, we would like to wish you all the best for 2017 and we look forward to a full and exciting year ahead during which we hope that we can connect with you, our Community, become acquainted, and be of service.

Advertise with us

We have had very positive feedback from our advertisers regarding the business generated from advertising in the Kariong Connection.

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more.

For more information on our very reasonable rates

*Contact us on 4340 1724 or
admin@knc.net.au*

Information Booklets

on services available to you on the Central Coast
available at Kariong Neighbourhood Centre

We are here to support you !!

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact details and a brief overview of services provided.

These directories are a very valuable resource to have.
Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



SOMERSBY ANIMAL HOSPITAL

79 – b Howes Road, Somersby

Call us on: 4372 1799

Opening hours:

Weekdays – 8am – 6pm

Saturdays – 8am – 1pm

After hours available

Luxury Cat Boarding

Taking bookings for the New Year

Please phone to arrange a tour of our facilities

www.sahvet.com.au

