



Free EARLY CHILDHOOD CLINIC
* Infant health checks (0-5 years)*
Tues 8:30am-5pm | Wed 10am-3pm
Appointments essential
Phone Gosford Gateway Clinic
on 4328 7900

Mums & Bubs Groups

Run in blocks of five weeks, these groups provide new mums with support and information to help through the early days. Meet other new mums, enjoy a lovely morning tea and have those questions answered in a friendly and supportive environment. By invitation from your local Area Health Dept. Nurse
Enquiries 4328 7900



FREE IMMUNISATION CLINIC

2nd & last Tues each month
for 2 month to 4 year old children
12noon - 1pm
No need to book, just come along

FREE FAMILY LAW CLINIC

With Katie Smith

Appointments Available

(Availability according to court appearances)

Bookings Essential

Please Phone: 02 4340 1724

30 Years Experience

Web: <http://www.katiesmithsolicitor.com.au/>



KARIONG OUT OF SCHOOL CARE (OOSH) and VACATION CARE

We provide quality affordable child care. Catering for children from 4 years to 14 years of age .

Before school care operates from 6:30am to the commencement of school and After School from 2:30pm to 6:30pm on each school day.

During Vacation Care and on Staff Development days (pupil free days) the Centre offers care from 6:30am to 6:30pm.



Child Care Subsidy is available if you are registered with the family assistance office.
For more information please call us on 43404561 or email oosh@knc.net.au

HOLD YOUR PARTY HERE



Kariong Neighbourhood Centre is the perfect venue for your Child's Party, Christening, or Baby Shower. We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties.

Call today to arrange your booking on 4340 1724 or email admin@knc.net.au.

KARIONG NEIGHBOURHOOD CENTRE



What's On

INFORMATION & REFERRAL

ADMINISTRATION SERVICES

INFORMATION BOOKLETS

SERVICE GROUPS, WORKSHOPS & MORE:

Little Big School - Active Playgroup -
Early Childhood Clinic - Immunisation
Clinic - Be Connected - Family Law -
Pilates - Ukulele - Yoga - Indoor Bowls -
Craft & Chat Group - The Over 50's
Friendship Group - Vacation Care -
Before and After School care - ...

KARIONG NEIGHBOURHOOD CENTRE

10 Langford Drive, Kariong, NSW 2250

Phone: 02 4340 1724

Fax: 02 4340 4595

Email: admin@knc.net.au

Web: www.knc.net.au

Little Big School

Our endeavor is to support each child's successful pathway to school

Cost \$10 per child per session plus
\$12 Annual Enrolment fee

Bookings essential

Call or Email for more information

4340 1724 or

admin@knc.net.au



Fridays — School Term Only
From 9.30am - 11.30am

YOUR LOCAL PLAYGROUP



Every Wednesday during school term

10.30am - 12.30pm for 0 - 6 year olds

\$5 per child + \$1 per additional child

For more information, ring 4340 1724

Be Connected

Every Australian online.

FREE COMPUTER CLASSES FOR SENIORS

EASILY LEARN TO:

- Search the Internet for information
- Keep in touch with others
- Use Social Media like a pro
- Safely shop online
- And much more!



Book Now:

☎ 4340 1724

@ admin@knc.net.au

CRAFT & CHAT GROUP Thursdays 9.30am to 12.00 noon School term only

A social group for people who enjoy doing craft activities and would like to have some company.

Bring your own project to work on or learn new skills from others. Newcomers welcome, no expertise required.

\$4 for members, \$4.50 for non members. Morning tea is provided.



THE OVER 50's FRIENDSHIP GROUP Thursdays 12.15pm to 2pm. School term only

Say hello and connect with your community, have a chat and share a laugh. Expand your mind and enhance your memory. Become involved. We're relaxed and friendly, and we enjoy monthly excursions. Men welcome!

Come along, we'd love to meet you. Bring a plate to share, join in the fun and most of all, establish some rewarding friendships!

\$4 for members, \$4.50 for non members.

INDOOR BOWLS Tuesday 9.15am to 12noon School term only

Join us for a laugh and a stretch.

For more information ring the Centre or just come along.

New players are always welcome.

No experience necessary.

\$4 for members, \$4.50 for non members.

Morning Tea is provided.



FIRST AID Training

(Directions Health)

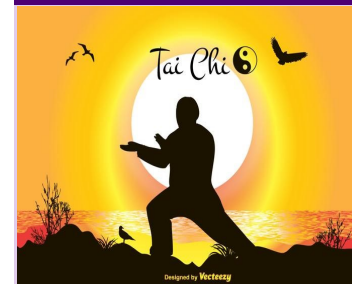
Wednesdays fortnightly

Call 94863120 or email

enquiries@firstaid.net.au

www.firstaid.net.au

TAI CHI - Australian Academy of Tai Chi



Wednesday 9am to 10am
(during school term)

\$12 per lesson

Contact Helen on 0435 121 520



PILATES FOR SENIORS Mondays 12pm - 1pm (During School Term)

\$10 per class

For information & bookings contact

Sarah 0425 265 609 or

Sarah@yourtemple.com.au

Also PILATES for FITNESS

8.15am - 9.15am on Saturdays



LEARN TO PLAY THE UKULELE Saturday mornings 9:00am to 11:00am

Don't own a Ukulele? - No problems - We will supply you a Ukulele for you to use free for the first 3 lesson.

Bookings required:

Phone (02) 4340 1311

(after hours 0419 217 006) or email

debi29@bigpond.com

Cost: \$10.00 per lesson (handouts and song sheets provided)



YOGA with CORINA Tuesday evening 7pm - 8pm - School term only



Call Corina Jones on 0409 242

153 or email

jcorina@rocketmail.com