

THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

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

Vol 27; No 1 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



February 2019



OOSH UPDATE

Only 5 minutes off the M1

What a wonderful, fun Vacation Care we have had! Highlights included in-house cooking days with several kids revealing secret cooking talents, our excursion to Monkey Mania and Clip N Climb, with plenty of sliding, building, climbing, bouncing and the kids really enjoying themselves, and our trip to The Newcastle Museum, which involved lots of investigation and discovery. That said, it is hard to choose a favourite. Our regular before and after school care service resumes on Wed 30th Jan 2019.

Marina Bosworth

Nominated Supervisor

Phone: 4340 4561 | Email: oosh@knc.net.au



Annual fair and show 29-30th June 2019

**FREE EVENT
for the community**

Providing a fabulous festival of exotic and native Australian Orchid displays!

Where: Mingarah Recreation Club Tumby Umbi

Times: 9am-4pm Sat 29th June

& 9am-3pm Sun 30th June

A SUB CLUB OF MINGARA RECREATION CLUB LTD.

PO BOX 8028, TUMBI UMBI, NSW 2261. ABN 96 189 570 048.



Little LIBRARY



Open the door to KNC's tiny little library and you will find a range of children's picture books, novels and magazines.

Feel free to take one to read and enjoy, then return it when you are finished for others to enjoy!

Where is the Little Library? Look for the red & yellow library box in the front carpark of the Centre!



Little Big School



Our endeavor is to support each child's successful pathway to school. We provide fun activities that promote learning and development in a small pre-school like setting

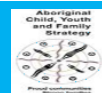
Fridays — School Term Only | From 9.30am - 11.30am

**FACILITATED BY AN EARLY CHILDHOOD
TEACHER & CHILDHOOD EDUCATOR**



3 to 5 year olds

Cost \$12 per child per session, plus \$12 annual booking fee



Bookings essential
Phone 4340 1724 or email
admin@knc.net.au

COMMUNITY CALENDAR

What's On in Kariong! | February 2019

Fri 1	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Sat 2	Barneys House Church 11am Contact Lesley, ph: 0488 709 999
Mon 4	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Fri 8	Australian Plants Society meeting at Phillip House, 7pm for a 7:30pm start. Contact Elsie ph: 0408 653140 <u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Sat 9	Barneys House Church 11am Contact Lesley, ph: 0488 709 999
Sun 10	Australian Plants Society - Members bushwalk in the local area, contact Elsie ph: 0408 653140 <u>Boomerang Bags Making-Bee</u> 9.30am-12.30pm. Kariong Progress Hall, Dandaloo St. Contact Lisa ph: 0429 431 889
Mon 11	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Wed 13	Kariong Progress Association "Meet the Candidates" 6:45pm, Enquiries: 0403 452 293
Fri 15	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Sat 16	Barneys House Church 11am Contact Lesley, ph: 0488 709 999 Green Living Workshop: Compost & Worm Farming , at Kariong Eco Garden, 9am-11:30am. Contact ph: 4325 8175 or email: greenliving@centralcoast.nsw.gov.au
Mon 18	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889

Fri 22	Kariong Book Club 10am at Kariong Library, ph:4325 8155 <u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Sat 23	Barneys House Church 11am Contact Lesley, ph: 0488 709 999
Sun 24	<u>Kariong Bushcare</u> , Oakes Drive Kariong, 9.30am-11.30am. Contact Stacy ph: 0427 078 229.
Mon 25	<u>Kariong Eco Garden Volunteer Morning in the Garden</u> 10am-12noon. Kariong Eco Garden, Dandaloo St. Contact Lisa, ph: 0429 431 889
Tues 26	<u>Energy Bill support</u> in Woy Woy, 9am - 3pm (last Tues each month). Call Community Connections to book Ph:02 4341 9333 and press Option 3.

NEXT MONTH

MARCH	<u>Bottle & Can Run at GIRRAKOOL Blues Festival</u> , Mt Penang Parklands, half day shifts, 9am – 12noon. Contact Lisa ph: 0429 431 889
Fri 1st - Sun 3rd	



1st KARIONG SCOUT GROUP

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

FREE COMPUTER CLASSES FOR SENIORS

- Keep in touch with others
- Use social media like a pro
- Surf the internet
- Safely shop online
- And much more!



Book now: 4340 1724 admin@knc.net.au

Australian Plant Society

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



Dan Clarke will be the speaker at our next meeting (Friday 8/2/19 7pm, Phillip House). Dan is a Conservation Officer for Australian Plants Society NSW, and his topic will be 'Threatened Species Consideration Initiatives'.

There will also be a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens, in addition to Australian native plants for sale.

On Sunday morning members will be enjoying an organised bushwalk in the local area.

Visitors are always welcome to attend our meetings.

On conclusion of the meeting supper will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives an account of our meeting and activities held during the month and future activities is distributed to members by email.

Inquiries contact Elsie at damael@hotmail.com.au or phone 0408 653140.



Kariong Eco Garden Incorporated
2 Dandaloo Street, Kariong NSW 2250
Phone: 0429 431 889
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au

Happy 2019 to all – if your new year's resolution was to grow some food, plant habitat for local birds, butterflies or frogs or make your home or garden more sustainable then pop in and see us on a Monday or Friday morning – or the second Sunday each month 10am – 12noon.

The garden is never locked so you can also visit any time, dawn til dusk, to get ideas. We only ask that everyone takes care of the space. If you would like to share in the produce then please share in the effort growing, weeding, watering and composting to make healthy soil – or make a donation (seeds, seedlings or money) to the garden.

You will find the garden behind the Kariong Progress Hall, in Dandaloo St. Find out more on our facebook page or website: www.kariongecogarden.org.au



Parklands Community Preschool

- * Education & care for children 3-6 years old
- * Commitment to quality early-years education, rated EXCEEDING with the National Quality Standards
- * Embracing sustainable practices & play based learning in a natural environment

Building 34, Mt Penang Parklands, Kariong NSW
Ph: 4340 1342 | Email: parklandspreschool@bigpond.com

1st KARIONG SCOUT GROUP



Hall for Hire

We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Classes or Celebrations.

Very flexible availability, located just off the M1.

We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please contact:

Sandra McIntosh — Secretary

Ph: 0490 128 259

hallhire@kariongscoutgroup.com.au

\$25 p/h



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm

(Availability subject to court appearances)

Bookings Essential

**Please Phone Kariong Neighbourhood Centre
on 4340 1724 for an appointment**

KARIONG PROBUS CLUB Inc.



MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male & 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**



Parramatta Mission Counselling Services at West Gosford is committed to minimising gambling related harm in our community. We do this by offering free counselling and information to anyone affected by problem gambling. Our counsellors can also facilitate presentations; write articles for your newsletter or website; provide information stalls at events; and provide gambling help promotional materials.

We aim to empower our clients to find their inner strength to move away from problem gambling and towards a happier life. A part of doing this work requires educating people on the hidden dangers and misconceptions around gambling and providing them with resources and strategies to make positive, responsible choices.

Please contact PM Counselling West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html



Happy New Year to all of our friends and neighbours. We are starting our New Year with a lot of exciting things planned.

Barneys House Church is being held at **4 Casey Crescent** for Term 1 and starts at **11:00 am** sharp each Saturday. As always, there will be a delicious lunch each week at the end of the program.

We would like to invite everyone to come and take part in our safe, interactive Church. We no longer have a specific children's program, so we have redesigned our church program to meet the needs of all ages. No matter what your age is, there will be something that will be just for you.

Looking forward to meeting more of you this year.

Standpipe



Hi all,

Its time for this month's news from Kariong Rural Fire Brigade.

This month we would like to bring your attention to an application called Fires Near Me. Fires Near Me is a free application offered by the NSW RFS and is a platform that provides information about fires in your local area and updates on major fire activity. The app also includes other helpful information such as fire danger ratings and emergency information such as tips of what to do in a fire situation. A new message feature was recently added where fire alerts and information can be pushed to your phones notifications.

We encourage you to visit your relevant app store and download this helpful application. Being informed of fire activity is a crucial factor of your bushfire survival plan.

That's it for now, Stay Safe and be Firewise.

Kariong Progress Association

EMAIL: kariongpa@gmail.com

FACEBOOK: Kariong Progress Association



Next Meeting: Wednesday 13th February 6.45 pm

Meet the Central Coast Candidates for the March State Election: Liesl Tesch (Labor), Sue Dengate (Liberal) and others.

General Meeting which will commence at 8.00 pm.

We had a very informative meeting with the Kariong Bush Fire Brigade in December.

- * All swimming pool owners willing to be an extra water source in cases of emergency please call them on Ph:4394 3100
- * You will be issued with an identifying SWS Number to assist the Fire Brigade locate extra water
- * This SWS number could help to save your property

Enquiries, please phone: 0403 452 293

KARIONG Crime Stats for Nov 2018

Month	Assault	Break & enter	Malicious damage	Robbery	Theft	Vehicle theft
Nov	2	1	3	0	2	1

What's on at Kariong library?



The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) and Saturday 9.30am until 2.30pm (closed 12 to 12.30pm) **Tel: 4325 8155.**

Babytime (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided and new members are welcome. Our monthly book is available at the library so please grab your copy and come along to our discussion – we'd certainly love to meet you.



Sunday Service @ 9.30am – Kariong Public School Hall - entry via Truscott Ave.

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. During the church service a crèche is provided for 0 – 5's as well as JAM (Jesus and Me), our Sunday morning kids & pre teens program for Kindergarten to Year 10.

Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime playgroup – Tuesdays @ 10am – 12pm. Playtime is for parents and their children aged 0-5 year.

KIDS COVE - Fun Activities - Year 1 - 6 for Primary school aged kids, 5:45pm 23/2/19.

WAVES Youth Group – Fun activities – Year 7 - 12, 7pm 9/2/19 and 23/2/19

Bible Study small groups

For more information go to our Facebook page or contact Andrew Dawkins on ph: 0412 627 748 or email: andrewmarkdawkins@gmail.com



CLASSES FOR 2019

CLASSES AT THE ETTALONG BEACH ARTS & CRAFTS CENTRE WILL COMMENCE ON 28th JANUARY 2019

The centre is located in the corner of Kitchener Park, Ettalong Beach on the corner of Picnic Parade and Maitland Bay Drive. Classes run Mondays through to Fridays, tutoring the following courses:

MONDAYS: Patchwork and Quilting; Social Patchwork & Quilting; Pottery; Silvercraft

TUESDAYS: Silvercraft; Pottery

WEDNESDAYS: Drawing and Painting, Includes Oils, Acrylics, Pastel

THURSDAYS: Silvercraft; Social Stitchery

FRIDAYS: Watercolours

FOR MORE DETAILED INFORMATION ON CLASS TIMES AND FEES PLUS WORKSHOPS :

Visit: www.ebacc.com.au | Ph: 0412 155 391

Facebook: [Facebook.com/EBACCINC](https://www.facebook.com/EBACCINC)



Energy Bill support in Woy Woy

Bring your electricity or gas bills to a free monthly outreach service in Woy Woy.

Energy & Water Ombudsman NSW (EWON) staff can help people understand their energy and assist with any billing issues.

Individual appointments available with EWON staff can:

- * review and explain billing
- * check your rebate eligibility
- * talk to your retailers about outstanding issues
- * resolve complaint issues
- * help establish payment plans, links to special support programs and more.

See ewon.com.au/events for more information.



Get involved with community activities at Fairhaven!

Our new activities program has been designed to help you get active, develop skill, build friendships and have fun! Suited for people with disability, including if you have an NDIS Plan. **Activities start from just \$5.** Choose from:

- Cooking • Computer/Device usage • Learning Club
- Squash • Craft • Weaving • Painting/Drawing • Fun Boxing
- Gardening • Drumming • Cartooning • Singing • Tai Chi
- Hair, Skin and Self-Care • Travel training • Fishing
- Slow-calling Bingo • Jake's Rock 'n' Jam • Beginner's Ukelele
- Art Therapy (NDIS funded) ... **and more!**

Check out the full activity schedule
www.fairhaven.org.au/community



fairhaven

Visit 209 Brisbane Water Drive, Point Clare
Phone 4349 5500 **Email** hello@fairhaven.org.au

Op Shop
Antiques and Collectables
Thrifty Threads craft shed
Upcycled furniture and gifts
Second hand book shop
Furniture barn
Pet friendly café

Proceeds support people who live with disability.

Fairhaven Shopping Village

Visit 209 Brisbane Water Drive,
Point Clare **Phone** 4349 5500

Open Mon-Fri 9am-4pm. Sat 9am-2pm

fairhaven
shopping

KARIONG NOW HAS A LOCAL TRAVEL AGENT



**I am your
Local Travel Agent**

Phone: 0420 536 366

HENRY KENDALL COTTAGE & HISTORICAL MUSEUM

25-27 Henry Kendall St, West Gosford

Set on 2 beautiful acres Henry Kendall Cottage (c1840) and Historical Museum is a wonderful way to step back into local history.

Open

Wednesday, Saturday, Sunday – 10.00am to 3.00pm

Public Holidays – 10.00am to 3.00pm

(with the exception of Christmas Eve, Christmas Day and Good Friday)

Adult – \$5 Concession – \$4 Child – \$3

Child under 5yrs – Free

Family (2 adults and up to 3 children) – \$10

Schools - Student – \$2

Accompanying Adult – 1 free per 20 students

Please note: Group tours can be booked for any day of the week by pre-booking

For more information please phone 43252270
or go to henrykendallcottage.org.au



20 LANGFORD DRIVE, KARIONG
4340 5154

www.betterhealthpractices.com.au

Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
 - Naturopathy • BabyROO Classes
- Health fund & Medicare accredited*



Medicare Child Dental Benefits Schedule Bulk Billed

4340 2022

OPEN LATE NIGHT
THURSDAYS

30 YEARS LOCAL



Emergency dental care
Preventative care
Teeth whitening
Cosmetic dentistry
Dental implants
Facial cosmetic injections
Sleep dentistry (IV sedation)
Oral surgery
Wisdom teeth removal
Orthodontics and Invisalign
3D CT scanning

www.vcdental.com.au

11 Mitchell Drive, Kariong 2250 | also at East Gosford



Too busy to clean ?

Get back your weekends doing what you love

- Residential & Commercial Cleaning
- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

reception@fibern.com.au <https://www.fibern.com.au>

02 4340 0800 or 0405 189 042

0400 403 411

Shop 8/10 Curringa Rd Kariong

Shannon and Son's family owned and run service

Quality, loving, no cage Salon

Facebook, Instagram fetchgrooming.com.au

Fetch
DOG GROOMING

Doggy Day Spa Salon



A PLUS TAX AID



Tax agent
24794808

Registered Tax Agent Self-Managed Super Fund Advice

Level 3 Imperial Shopping Centre
171 Mann Street Gosford

Website: www.aplustax.com.au

E-mail: info@aplustax.com.au

Phone: 4339 9936



The Make-Up Lounge

- Make-Up • Massage • Nails
- Facials • Waxing • Spray Tans

Pre-purchase 5 spray tans for \$99

Mobile service available

0432 284 700 | www.themakeuploungebyheather.com

The Times Cafe

open early 7 days

Quality Coffee * Gourmet Burgers & Wraps
Breakfast * Shakes * Smoothies

Shop 4, 10 Curringa Rd, Kariong NSW 2250 Tel: 4340 5427



St Vincent de Paul Society
good works

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.

Know your local Butcher The Sausage Man

Best snags on the Coast in your own Backyard

National and State Champion

Proud sponsors of Kariong Soccer and Rugby clubs



- Over 100 varieties of sausages to choose from
- Every one will have a favourite!!
- Open 7 days
- Spit hire
- Quality pet food

 Find us on
Facebook

Shop 1/Arunta Ave, Kariong Phone: 4340 1064

KARIONG QUALITY MEATS

We R Electrical

For all your electrical needs

Ben Stephenson
Director

Mobile: 0417 047 235

Email: werelectrical@aapt.net.au

ABN: 72 147 825 910

Licence No: 233442C

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fix it"

Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 4340 0974 / 0410 434 845

-----fully insured-----



ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR

DOMESTIC/COMMERCIAL

ALL REPAIRS & SPECIAL EFFECTS

FREE QUOTATION

WORK GUARANTEED

Call 0408 917 774

Lic. No. 129863C

Australian Academy of Tai Chi

- Stretching • Coordination • Balance • Strength
- Mindful Meditation • Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



ABILITY LINKS

NEW SOUTH WALES



Linkers
can assist
you to

Look at ways
you can
participate in
and be part
of your
community

Develop
your existing
support
networks and
create new
networks

Build your
confidence,
set goals
and plan
your
future

ABILITY LINKS is
a FREE,
State
Government-
funded service
linking people
with disability
aged 7-64 to their
local communities

Gosford
4905-0749

Wyong
4905-0750

www.abilitylinksNSW.org.au

Alison Downey

B.app.sc MSPA CPSP

Speech Pathologist | Speech Therapy for Children

Do you have a concern about your child's talking, listening or comprehension. Alison is a dedicated, passionate and experienced speech pathologist providing assessment and therapy services in a professional and friendly environment.

Please contact Alison if you would like to talk about your concerns for your child.

PHONE 0400 145835

email: adow8044@bigpond.net.au

facebook: www.facebook.com/alisondowneyspeechpathologist

website: <http://www.alisondowneyspeechpathology.com.au>





Have you had a look at our new Website?

Check it out at www.knc.net.au

You can download information and forms required for venue hire and OOSH services, and access information on all that goes on at the Centre

You might also like to Follow, Share & Like us on Facebook

for daily updates on what is happening at the Centre and in your Community



Kariong Neighbourhood Centre



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.



Dr Lloyd's
Mobile VetCARE

Central Coast Home Visits
Caring for your pets in your home!

0404 949 739
www.lmvc.com.au



FREE TV RECEPTION TEST

We will Test & Diagnose any problems you are having with your TV Reception for FREE!!

Digital TV Antenna Services TV & Speaker Mounting

0419 409 180



Bamboo Professional Business Services

For all professional business services including company secretarial (ASX and private companies), Investor Relations, PA, book keeping, event management, diary management, social media (small business) and administration needs

Contact Sandra McIntosh, phone: 0450 253 059

BRAVE TECH
MAKING TECHNOLOGY WORK



Local Kariong Computer Support

We come to you!

- Windows & Mac Repairs
- Computer Upgrades & Sales
- Power Backups (UPS)
- Data Backups & Storage
- Networking, Wifi & NBN
- Data Recovery
- Operating System restores & Reloading
- Software installation
- Consulting and advice
- Computer Training
- Managed IT Solutions for Businesses
- Audio Visual Systems
- Home Automation
- Smart Lighting
- Network Cameras
- Mobile Repeaters
- ON SITE SERVICE

Call Brock: 0401 887 172 or info@bravetech.com.au

facebook.com/au.bravetech
www.bravetech.com.au

ADVERTISE WITH US

YOU WON'T FIND CHEAPER & more EFFECTIVE ADVERTISING ANYWHERE !!

Our newsletter

- is delivered to over 2000 local community members and local businesses,
- is emailed in full colour to over 600 more within and outside the community.

For more information on our very reasonable rates
Contact us on 4340 1724 or admin@knc.net.au

PLEASE NOTE:

JP service no longer operates at the Centre
Justices of the Peace available within Kariong area:

Derek Crawford **4340 1286**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Tracie Gosling **0412 486 678**

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

Catholic Health Care

9:45am to 11:15am. FEEL FIT, 4th Feb - 25th Mar 2019 (8 weeks). Please contact ddavies@chcs.com.au

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **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.

TUESDAYS

Immunisation Clinic for children - NSCC Area Health

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month.

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.** Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs.

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

7-8pm **During school term.** Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am — 10:00am **During school term.** \$12 per lesson For information 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: \$5 per child plus \$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

THURSDAYS

Kariong Crafts & Chat Group

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly. **During school term.** 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.

During school term. Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month.

Cost: \$4.00members, \$4.50 for non members. 12:15pm to 2.00pm.

EV Church

Thursdays, 9.15am to 11.45am. **During school term.**

FRIDAYS

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.

9.30am—11.30am **During School Term.**

\$12 per child per session + \$12 enrolment fee. Bookings essential. Ring 4340 1724 or email admin@knc.net.au to book Call into the Centre for an information / registration pack.

SATURDAYS—Available for PARTY hire!

Pilates 8.15am - 9.15am

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. 9.00am —11.00am Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724.

ACTIVE PLAYGROUP



Wednesdays during school term 10.30am - 12.30pm | for 0 - 6 year olds

Bring your little ones along to help develop social skills while having fun in a safe and interesting play space. Let them enjoy play equipment, sand pit and stimulating activities while you meet other local families and also get to socialise.

**Inquiries: 4340 1724 | Coordinated by Miss Lyn
Cost: \$5 plus \$1 each additional child**

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 13th February 2019

Please submit advertising and community announcements to admin@knc.net.au or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from 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.