

The JNC would like to thank Anne Hart for the compilation of Get Up and Go!



Researched and Compiled January 2008

Get Up and Go!

Healthy, fun activities for adults of all ages in and around Sydney & the Eastern Suburbs

Things to do by yourself or with a friend.



This resource was compiled and distributed by
The Junction Neighbourhood Centre



JNC does not endorse nor take any responsibility for services provided by the businesses listed in this publication.

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Who are The Junction Neighbourhood Centre?

Located at: Shop 2,669-673 Anzac Parade,
Maroubra Junction 2035

Ph: 9349 8200

Fax: 9344 7294

Website: www.jnc.org.au

The vision of The Junction Neighbourhood Centre is to contribute to and be part of a community that works together for justice, reconciliation, fairness, acceptance & tolerance for all. We strive to provide responsive and meaningful services to meet identified community needs and seek to develop community participation in the development of these services.

JNC is a non profit community organisation subsidised through government funding, membership fees, sponsorship and fund raising.

People who use JNC services have a right:

- * To access services without discrimination.
- * To be informed about available services.
- * To pursue any complaint about the services provided in confidence.

JNC receives funding from:

Department of Community Services; Department of Family & Community Services; Legal Aid Commission; Department of Ageing, Disability & Home Care; Department of Health & Aged Care; Randwick City Council.

The management committee and most of the services offered by JNC are supported by volunteers. We encourage the participation and involvement of the local community.

What does Craftshare do?

The main project underway is the *Wrap with Love Project*. The members knit squares that are then arranged and sewn into colourful rugs that are distributed world wide to people in need. A knitting & crochet teacher is available for anyone who wants to learn. You can knit, sew, wind wool or just sit and chat. Guest speakers are also arranged. Suggestions for speakers are made by the members or offered by The Junction Neighbourhood Centre. Outings, arranged by the members, may also be arranged from time to time.

Senior's English and Social support Classes

The aim of Senior's English is to provide weekly support to seniors from a multicultural background. This will give an opportunity to improve or maintain English language skills and keep linked with the community, thus avoiding social isolation

Who can attend?

Classes are for Home and Community Care eligible clients. Students must be over 65 years of age and live in the Randwick Local Government area.

Class Information:

These small classes (maximum of 8 people) are given by trained volunteer teachers and are free of charge.

The are held Thursdays at The JNC from 10am to 11.30am and 12 noon to 1.30pm

Enquires:

**Please contact Kim or Alexis on 9349 8200
or call into The JNC at:
Ground level-Shop 2, 669-673 Anzac Pde,
Maroubra Junction**

“Associate with positive, goal-oriented people who encourage and inspire you”

LEISURE

- **Libraries**
- **Learn to Dance**
- **Theatre and Choirs**
- **Acting**
- **Arts & Crafts for Beginners**



LIBRARIES

Reading.. The ultimate free escape from the pressures of daily living. Check out your local library and see what's going on.

Bowen Library - 669 Anzac Pd. Maroubra Junction
Books, DVD's, music, workshops, video games, internet access, coffee shop, English classes, computer classes.
Something for all ages and languages. **Phone: 9314 4888**

Malabar Community Library -1203 Anzac Pd. Matraville
Ph: 9661 6192

Randwick Branch Library
Level 1 Royal Randwick Shopping Centre Randwick. **Ph: 9399 6966**

State Library of NSW Macquarie St. Sydney
Our state library has over 5 million items in it's collections. Spend some time in the Mitchell Reading Room and peruse the historical Australian and Pacific collections. **Phone: 9273 1414**



LEARN TO DANCE

“Dance like nobody is watching”

Coogee Randwick RSL Club Learn to Swing dance classes are held on Wednesdays at 7.00pm (Beginners) and 8.15pm (more advanced). Partners not necessary - attend on your own and enjoy the company of others.

For more information telephone: **0407 510 756**.

Belly Dance Harem Learn the magical art of belly dancing at a city location. For further information telephone: **0412 399767** or **website www.bellydanceharem.com.au**

Latino Dance Workouts are held at the Bondi Waverley School of Arts, 138 Bondi Rd, Bondi. Give your workout a Latin flavour as you learn to dance the Salsa, Merengue and other popular dances. No partner needed. This Eastern Suburbs Community College course runs over 8 weeks and approximate cost is \$88.00.

Ph: 9387 7400

UNSW Kensington (Sam Cracknell Pavilion) Learn to dance on Thursdays at 3.00pm (Level 1). Partners are not required. Cost is approximately \$15 per class although discount cards are available.
Ph: 0407 510 756.

The Junction Neighbourhood Centre Classes:

Papercraft

The art of hand making decorative cards using a variety of techniques. You will be amazed at just what you can produce after just one lesson.

When are the classes ?

2 and ½ hr class weekly for one term, which is approximately 10 weeks.

Fridays 11am - 1.30pm at The Junction Neighbourhood Centre Shop 2, Front of Bowen Library Building

What costs are involved ?

\$20 enrolment fee for one full term – Fridays. Phone JNC and ask for Kim 9349 8200 for enrolment.

Craftshare

Craftshare started in 2006 with the intent of forming a group that would provide a social and creative outlet for it's members. The JNC provides the venue and support for this group, but it's members determine it's activities.

Where & When does Craftshare meet?

*Every Monday on Level 3 of the Bowen Library.
Start: 12 midday - Finish: 2.30pm.*

Come along any Monday and join in the fun or speak to Kim on 9349 8200 if you would like a personal introduction to the group.

Is there a cost?

Only cost is contribution for tea and coffee supplied.

Tax Help The Australian Taxation Office is always looking for volunteers to give advice and help prepare simple tax returns for individual low-income earners.

Tax Help volunteers are placed within local community organisations from July to October yearly.

Training, expenses and ongoing assistance is given.

To be part of Tax Help, phone the ATO on **13 28 61** for more information.

Computer Pals for Seniors provides computer courses for older people in the Eastern Suburbs. Volunteer Computer trainers sought. **Contact: 9130 1638**

Randwick Council Bushland Management Unit

Nine volunteer bushcare groups work each month to protect and conserve Randwick's natural heritage. **Contact: 9399 0708**

Halliwick Swimming Club for Adults with Disability

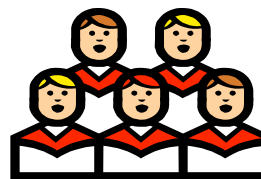
Volunteers needed Sundays 9.45am to 11.30am (Prince of Wales pool) to assist with water activities and helping clients in and out of swimming gear. Not all volunteers need to wear swimming gear. Training provided. **Contact: 9369 5366**

Guides NSW

Female volunteers become guide leaders, providing girls from 5 years with opportunities to develop confidence, initiative and leadership qualities. Leaders are trained. **Contact: 9698 3322**

Sisters of Charity Outreach Service

Volunteers assist with home visiting, driving, office work, teaching, childcare, fundraising, reception, shop duties and court support. **Contact 8382 6430**



“He who sings frightens away his ills”

THEATRE AND CHOIRS

Bondi Pavilion Community Cultural Centre at Queen Elizabeth Drive, Bondi Beach has various activities including theatre, **Bondi Sing-along Singers for over 55s**, as well as a **Community Choir**. Details – Phone **8362 3400**.

Waverley Lugar Brae Players

Provides good musical comedy at an affordable price and creates an avenue for members of the community to contribute to culture in the area through music, acting, singing, dancing and stagecraft.

Church in the Marketplace – 9389 5361

Sydney Philharmonic Choirs recruits singers throughout the year. They are always interested in hearing new singers and hold open days every three months. An Open Day runs for 4 hours (usually 1pm – 5pm on a Saturday or Sunday). There is a \$28 audition/Open Day fee. Auditions last about 15 minutes and you will need to prepare a solo piece. They will write to you as soon as possible after the audition to let you know whether or not there is a place for you in one of their choirs. **Telephone: 9251 2024**.

St Stephen's Uniting Church Choir has had a fine choral tradition almost continuously from the time of its formation as a Presbyterian church in the 19th century. They are always looking for choristers of any age to join their committed group of volunteers who sing at the 10am service every Sunday.

To arrange an audition contact Adrian Chong, Director of Music, 197 Macquarie St. Sydney **oradrian@ssms.org.au**.



“When you see a person without a smile, give him yours”

ACTING

NAFA (Networking Action for Filmmakers and Actors). Meetings are held at the Junction Neighbourhood Centre and are open to the public. NAFA has workshops and auditions for their projects NAFA also provides film screenings, talks and networking. **Phone Tony Chu on 0412 230 415 or www.nafa.net.au**

Eastern Suburbs Community College drama section has a range of courses in acting or stand-up comedy updated each term
Ph: 9387 7400 www.escc.nsw.edu.au

Sydney Community College drama section has a range of acting, circus arts and stand-up comedy courses updated each term
Ph: 815 27555 www.course.com.au

The Actors’ Centre allows you to mix with industry professionals and be involved in classes suitable for beginners to advanced, including drop-in classes. Ph: **9310 4077** or visit 241 Devonshire Street, Surry Hills. **www.actorscentre.com.au**

Improcorp Australia Learn the art of improvisation, no experience is necessary. **Phone 9326 4442 www.improvisation.com.au**



“In seeking happiness for others, you find it for yourself”

VOLUNTEERING

Volunteering can be a very rewarding way to positively change your life and the lives of others.

VAST (Volunteer and Service Training)

The Junction Neighbourhood Centre:

Shop 2, 669-673 Anzac Parade, Maroubra

Vast places volunteers in Home & Community Care (HACC) services throughout Sydney and the Eastern Suburbs.

You may wish to work with older people, children and adults with disability or office and project work and much more.

The time and hours you wish to work is entirely up to you.

VAST conducts a free one day volunteer orientation training course which assists new volunteers in their specific field. All you need to do is **ring 9349 8200 and request an appointment with VAST.**



SEE THE UNIVERSE

Sydney Observatory - Visitors can view the moon, the planets, double stars, star clusters and nebulae. Each tour is guided by an astronomer and includes the 3D space theatre and exhibitions. Night time charges (till 10pm) just \$15 per adult.
Telephone: 9921 3485.

RETREATS AND MEDITATION

New South Wales Retreats Online has a website listing more than 2000 conference and retreat centres.

Website is: www.retreatsonline.com.au

Dargan Springs Mountain Lodge in the Blue Mountains offers guests quality accommodation. Single rooms are available for those staying on their own. Privacy will be respected and there is no minimum length of stay. Prices and further details are accessible on their website:
www.dargansprings.com.au.

Sydney Buddhist Centre at 24 Enmore Road, Newtown conducts weekend retreats every few months where guests can learn to meditate, the cost of which is about \$150.00.
For additional details of all courses **telephone 9519 0440.**



ARTS & CRAFTS FOR BEGINNERS

Eastern Suburbs Community College conducts many courses throughout the Eastern Suburbs. Here are just a few to whet your appetite for learning something new. A new booklet on all courses available comes out every season.

Contact Eastern Suburbs Community College on 9387 7400:

Pottery for Beginners: Learn basic pottery techniques with the aid of an experienced potter. Each student is assisted in the development of their own personal style. Clay and glazes are provided at cost price. Cost approx. \$180.00 for 8 lessons.

Drawing and Painting: This course allows you to learn the basic skills of drawing and painting in a relaxed atmosphere. You will be introduced to some of the tricks of the trade and you will be inspired to reach your artistic goals. Cost approx. \$144.00.

Jewellery Making: Suitable for beginners, this course covers basic beading techniques, making silver wire attachments such as clasps, etc. Make a selection of pieces from a simple beaded necklace to more complex designs such as chokers, earrings and more. Cost is approx. \$155.00.

Sculpture: Discover the possibilities offered with clay and learn how to sculpture from life using different live models. Information will be given to participants as to sculptors who have used clay to capture the human form. Cost approx. \$180.00.



HEALTHY MIND AND BODY

- ***Aqua Aerobics***
- ***Walking for Pleasure Groups***
- ***Federation of Bush Walking***
- ***Laughter Clubs***
- ***Yoga***
- ***Tai chi***
- ***Local Community College Courses***

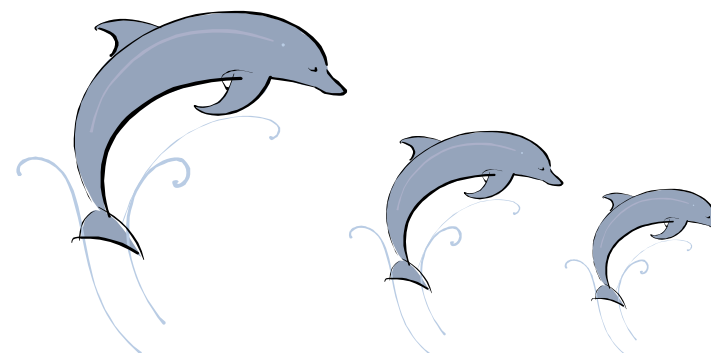
AQUA AEROBICS

Des Renford Aquatic Centre offers regular aqua aerobic classes. Also swim at your leisure or train hard in a fun and social environment. After your morning swim relax with a tea or coffee in the clubhouse and enjoy the company of others. Coffee club meets weekday mornings (except Wednesdays) at 8am. Corner of **Jersey Rd** and Robey Street, Maroubra – **Phone 9349 1106**

Souths Juniors at Kingsford conducts aqua aerobics classes on Mondays and Fridays at 8.00 am and Tuesday, Thursday and Friday at 9.00 am. It's a fun workout, combining muscle toning with vascular conditioning. **Ph: 9349 7555.**

JUST FOR YOU

- ***Swim with Dolphins***
- ***See the Universe***
- ***Retreats and Meditation***



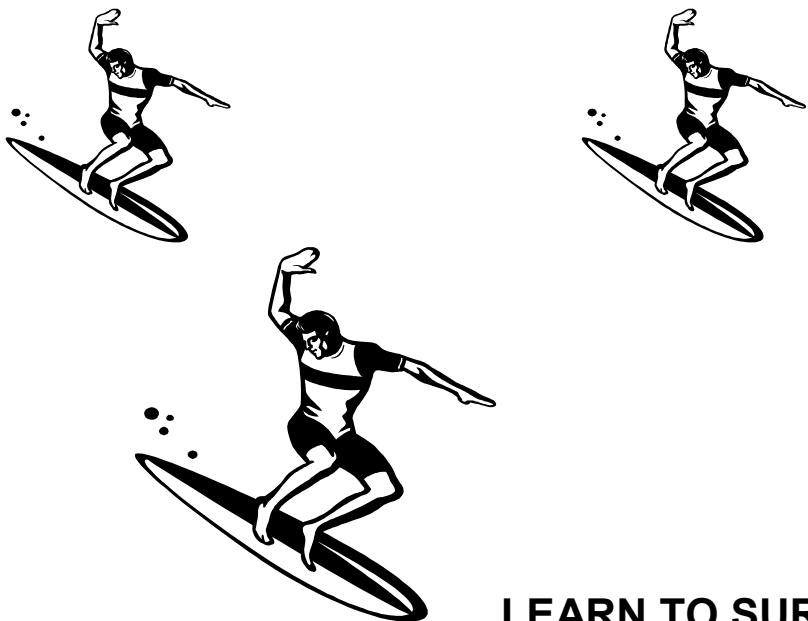
SWIM WITH DOLPHINS

This is a bit out of area, but don't we all want to do this!?!

Coffs Harbour's Dolphin Adventure:

There are four dolphins with whom you can swim. Weekend programs begin at 7pm on Friday and finish at 3pm on Sunday. They include two swims and two pat-and-play sessions where you hug, caress, linger and play with the dolphins – and they with you. The weekends start at \$595 for adults. Virgin Blue flies to Coffs Harbour and fares from Sydney are about \$85.

For further information Ph: 6652 2314.



LEARN TO SURF

“Let’s Go Surfing – Surf School”. Surfing and body boarding lessons. Open 365 days for lessons and equipment. 128 Ramsgate Avenue, Bondi Beach. Contact Craig Wachholz on **9365 0870** for further details. Waverley Council also runs surfing lessons.

SCUBA DIVING

Pro Dive Coogee Beach has scuba diving courses and sale and hire of scuba equipment. **9665 6333**

“For every minute you are angry,

you lose 60 seconds of happiness”

WALKING FOR PLEASURE GROUPS

Sport and Recreation Dept. has lists of walks conducted by the “Walking for Pleasure” people. These walks vary in distance and cover Sydney and surrounding areas. Check out the website www.dsr.nsw.gov.au Ph: 9006 3888

There is also **The Bush Club** which is Sydney-based. Their program includes walks every day of the week, easy-hard day walks and easy-hard pack walks from overnight to several days. Their website is www.bushclub.org.au/about.html. Ph: 9899 1747

The Eastern Beaches Coast Walk is an individual walk experience which is funded by Randwick Council in conjunction with several NSW State Government Departments. The walk is from Maroubra Beach to Clovelly Beach with spectacular views of the coastline. www.randwickcitytourism.com.au Ph: 9344 7006 for more information, brochures & maps



FEDERATION OF BUSH WALKING

Bushwalking is an activity that develops both the mind and the body. Get away from the hustle and bustle of the city and learn to appreciate the peaceful charm of the Australian bush. There are many clubs and they cater for all age groups. Clubs central to the Eastern Suburbs are:-

The Bush Club Inc. PO Box A1241, Sydney South 1235
Ph: 9625 5278 (Phil).

Coast and Mountain Walkers of NSW Inc.
GPO Box 2449 Sydney 2001. **Phone 9320 5718** (Kirsty at work).



LAUGHTER CLUBS

Laughter is great for your health and feels good! Laughter relaxes muscles, reduces stress and eases depression.

Laugh for no Reason conducts free classes every Sunday, commencing at 10.00am at the south end of the Pavilion, Bondi Beach. For further information call Noni Gove on 9130 2317

YOGA

Yoga in Daily Life – Kensington Centre has various classes six days a week as well as running special workshops. Yoga mats and equipment are provided. The centre is located at 117-119 Anzac Parade, Kensington. Cost of classes are approximately \$17 or \$12 concession. Discount class passes are also available for between 8 to 36 classes. **Phone 9518 7788.**

TAI CHI

The Tai Chi Society holds classes at Bondi Junction (Waverley Primary School 155 Bronte Rd) on Tuesdays commencing at 7.30pm. The first of 8 lessons is free and without obligation. Full fee is \$90, concession \$80 and children under 16 \$70.

For information phone 9954 7266.

MATRAVILLE TENNIS, SQUASH & INDOOR CRICKET CENTRE

Located at 441 Bunnerong Road, Matraville this centre offers a variety of activities to suit all ages. For further information and coaching details contact them on **9661 6711.**

BOWLING

Randwick Bowling Club, located at The Avenue, Randwick, offers barefoot bowling for beginners and helpful coaching for new playing members. Lawn bowls is a great way to keep fit and stay active and it continues to grow in popularity with all ages. This friendly club also has social events throughout the year. **Enquiries: 9399 3036.**

“Gather the crumbs of happiness

and they will make you a loaf of contentment”



FISHING CLUB

Maroubra Seals Club (located at Maroubra Beach) has various activities, including a Fishing Club. Trips are arranged on a need basis. This club activity is open to all members. For further details phone: **9349 2299.**



GOLF

Moore Park School of Golf is an 18 hole golf course with a driving range and tuition available. **Phone: 9663 5666**

St Michaels Golf Club is set atop the cliffs of Little Bay and is a public golf course with tee times available for non members. To reserve a tee time you should contact the Golf Shop on **9322 0621** Membership information is available on **9311 0068**.

Bondi Beach Golf Club is another public course which is located at 5 Military Road, North Bondi. Bookings are essential, however each player must have their own set of clubs. More details are available on **9130 3170**.

TEAM SPORTS

Randwick Netball Association Join an adult netball team. Seniors play Saturday afternoons at Heffron Park. **9344 9483**

Wyvern Basketball Club Basketball for all ages. Courts are at South Sydney High School and Alexandria Basketball Stadium. **9398 6448**

Eastern Suburbs Touch Football – Men, women and mixed teams, 8 years and up. Games at Centennial and Queens Park. **0419 206 109 (bh) 9667 0979**

Moore Park and South East Cricket Association – Over 40 teams (6 grades) playing from mid September to March. **9360 4697**

EASTERN SUBURBS COMMUNITY COLLEGE

These are a selection of health and fitness courses throughout the Eastern Suburbs.

Contact Eastern Suburbs Community College on 9387 7400:

Movement Meditation teaches you to move with awareness and care, to connect more deeply with your body.

Movement Meditation is an effective way to still the mind, expand body sensation and soothe the nervous system. Cost is \$88.00.

Hula Hoop combines exercise, dance and fun into a workout that accommodates all levels of fitness and allows you to enjoy an energy workout, as you learn skills which can be applied to your lifestyle. Cost for eight weeks is \$114.00.

Pilates Floor Exercises are used to strengthen and tone weaker muscle groups, stomach and hamstrings.

Pilates will improve your body shape and posture and help you become more balanced and centred.

Cost for the eight week course is \$114.00.

Sleep Easy will assist you in getting to sleep.

Do you have a busy mind? Do you wake in the early hours?

Learn to achieve better sleeping patterns and wake in the morning feeling refreshed. Topics include stress and sleep, your body clock, nutrition and better breathing.

Cost for this one day course is \$76.00.

Boot Camp is aimed at getting you into shape quickly by immersing you in a comprehensive fitness program. Designed for all fitness levels, this program provides effective and motivating outdoor fitness training for 16 mornings over eight weeks at a cost of \$256.00.

SOCIAL GROUPS

- * **Parents without Partners**
- * **Social Singles Club**



PARENTS WITHOUT PARTNERS

This organisation operates throughout NSW. The City of Sydney Branch serving the Eastern Suburbs conducts New Member Information Sessions every month where you can find out more about the group, meet others joining at the same time and sign up. Membership is open to singles whether separated, divorced, widowed or never married. Adult activities include weekly house parties, club nights, dances, talk nights, harbour cruises, barbeques, bush walks, etc. Family activities include cinema, tenpin bowling, barbeques, games and outings and excursions. Membership is inexpensive and all functions are very reasonably priced.

(Tel. 1300 364 658)

”Whoever is happy will make others happy too”

SOCIAL SINGLES CLUB

RSVP runs a popular dating service using the Internet. Access to the site is www.rsvp.com.au. A person’s details and photo (if available) are entered, which also allows that person to search and find a date, or check out their social events, such as harbour cruises and dances where people can meet other singles.

SPORTING ACTIVITIES

- **Horse Riding**
- **Golf**
- **Team Sports**
- **Matraville Tennis and Squash Centre**
- **Bowling**
- **Fishing Club**
- **Learn to Surf**

HORSE RIDING



Malabar Riding School offers private and group tuition 7 days per week from 9.00am until 3.30pm. Tuition is for beginners to advanced riders and incorporate safety horsemanship skills, general riding skills, etc. Cost for group sessions of 1 hour is \$55 per person and 2 on 1 private lesson is \$70.00 per person. Bookings Ph: **9311 4758**.

Centennial Parklands Equestrian Centre provides park rides and riding lessons to the public. Located at 114-120 Lang Road between Fox Studios, the Entertainment Quarter and Centennial Park, there are a number of riding schools. Centennial Park has a renewed 3.6 kilometre tree-lined horse rack. No experience is necessary; you will be guided through the park by a professional instructor.

Riding boots and helmets are provided.

To make bookings and obtain charges, phone one of the following:

Budapest Riding School	0419 231 391
Centennial Stables	9360 5650
Eastside Riding Academy	9360 7521
Papillon Riding Stables	8356 9866