

Term 3 - July to September - 2022

MONDAYS			CONTACT:
11am - 12pm	EVERYBODY YOGA	Gentle Chair Yoga in person & online.	KNC: 4782 1117
2pm - 3:30pm	NATTY NEEDLES CRAFT CIRCLE	Join us for a cuppa and some creative fun.	Bren: 4782 1117
7pm - 8pm	NARCOTICS ANONYMOUS	Fellowship for people recovering from addiction.	NA: 1300 652 820
From 9am	STANDING STRONG	Exercise classes focusing on strength & balance At St Albans Church Hall Leura.	Eddie 0403 880 560
TUESDAYS			CONTACT:
10am - 12pm	WALANMARRA ART GROUP	Aboriginal Women's Art Group.	Sue: 0438 830 390
12pm - 1.30pm	ME/CFS FIBROMYALGIA SUPPORT	Third Tuesday of the month via Zoom.	MMNC: 4759 2592
WEDNESDAYS			CONTACT:
10am - 11am	MINDFULNESS MEDITATION	Meditation class in person & online.	KNC: 4782 1117
11am - 1pm	KATOOMBA FILM SOCIETY	New & classic films to watch and discuss. Running on the 3 rd Wednesday of every month.	Bren: 4782 1117
7pm - 8pm	A CREATIVE OUTLET	Online community art group via Zoom.	Helen: 0409 033 924
THURSDAYS			CONTACT:
10am - 12pm	KATOOMBA PLAYGROUP	Fun & connection for pre-schoolers & parents. At the Girl Guides Hall 17 Station St. Katoomba.	KNC: 4782 1117
10am - 12pm	BOOK CLUB FOR SENIORS	Last Thursday of the month.	Bren: 4782 1117
1pm - 3pm	WRITERS GROUP FOR SENIORS	Last Thursday of the month.	Bren: 4782 1117
Monthly	BUS OUTINGS	One Thursday each month.	Bren: 4782 1117
FRIDAYS			CONTACT:
7.30pm - 8.30pm	NARCOTICS ANONYMOUS	Fellowship for people recovering from addiction.	NA: 1300 652 820

Community Information & Referrals

Finding the right help and support can be a difficult and sometimes overwhelming process. The staff and volunteers at our Neighbourhood Centres are here to help you.

If we can't directly offer the support you need, we can provide you with information about other services and connect you with people who can help. Please don't hesitate to give us a call or drop in for a chat about what you need for yourself, your family or someone you know. You can also find a list of some other community services at www.belongbm.org.au



Volunteering

Would you like to spend some time making a difference to the lives of others and our community? We have a variety of volunteering opportunities, talk to one of our team today and let us help you join the Belong Blue Mountains volunteers' team. Contact Sonda 4782 1117

Cuppa & Chat

Pop in any time for a cuppa and a chat, enjoy our space and let us get to know you.