

Term 3 – July to September - 2022

MONDAYS			CONTACT:
1pm – 3pm	SOCIAL STORIES	Connect and relax over a story.	Chris: 0468 346 834
TUESDAYS			CONTACT:
11am – 1pm	COMMUNITY RESTAURANT	Blue Mountains Food Services senior's lunch.	BMFS: 4759 2811
12pm – 1.30pm	ME/CFS FIBROMYALGIA SUPPORT	Third Tuesday of the month via Zoom.	MMNC: 4759 2592
WEDNESDAYS			CONTACT:
9.30am – 10.30am	FREE 2 FLOW	Gentle exercise for better function and feel.	Mark: 0420 303 033
9.30am–11am	PLAYGROUP	Join us for play and craft - during school term BLAXLAND <u>EAST</u> PUBLIC SCHOOL.	LMNC: 4739 1164
10am–12pm	HARMONY FRIENDSHIP GROUP	Laughter, stories and connection for seniors.	LMNC: 4739 1164
7pm - 8pm	A CREATIVE OUTLET	Online community art group via Zoom.	Helen: 0409 033 924
THURSDAYS			CONTACT:
9.30am –10.30am	TAI CHI	Gentle movement for relaxation.	Mark: 0420 303 033
10am–12pm	OVER 60s SOCIAL CLUB	Games and Social connection for seniors.	Bren: 4739 1164
From 11.00am	STANDING STRONG	Exercise classes focusing on strength & balance.	Eddie: 0403 880 560
9.15am – 11.15am	PLAYGROUP	Join us for play, craft, and chat - during school term BLAXLAND PUBLIC SCHOOL.	LMNC: 4739 1164
FRIDAYS			CONTACT:
10am–12noon	CLAK 'n' YAK	Knitting, Crochet, Quilting & Chatting.	Bren: 4739 1164
12.30pm – 2.30pm	BUGS	A social group focused on learning & playing the ukulele.	LMNC: 4739 1164
3pm – 5pm	CREATIVE WRITERS GROUP	A supportive environment for anyone interested in Writing.	LMNC: 4739 1164

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 4739 1164

Cuppa & Chat

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

Lower Mountains Neighbourhood Centre, 33 Hope Street, Blaxland.

Open 9am-4pm Tuesday to Friday.

For more info call 4739 1164

email: info@belongbm.org.au

visit www.belongbm.org.au