

Term 3 – July to September - 2022

MONDAYS

CONTACT:

9:15am	MID MOUNTAINS WALKERS	Heart Foundation walking group.	MMNC: 4759 2592
9:30am - 11am	KOOKABURRA PLAYGROUP	Fun & connection for preschoolers & parents.	MMNC: 4759 2592

TUESDAYS

CONTACT:

From 9am	STANDING STRONG	Exercise classes focusing on strength & balance.	Eddie: 0403 880 560
10:30am - 12pm	LAWSON LITERARY LOT	Book club on the first Tuesday of the month.	MMNC: 4759 2592
12noon – 1.30pm	ME/CFS FIBROMYALGIA SUPPORT	Third Tuesday of the month via Zoom (ONLINE).	MMNC: 4759 2592

WEDNESDAYS

CONTACT:

11:30am	COMMUNITY RESTAURANT	Blue Mountains Food Services senior's lunch.	BMFS: 4759 2811
3:30pm – 6.00pm	CHESS CLUB	For all ages, all experiences levels.	MMNC: 4759 2592
7pm - 8pm	A CREATIVE OUTLET	Online community art group via Zoom.	Helen: 0409 033 924

THURSDAYS

CONTACT:

10am – 12noon	ARTS TABLE	A creative group for women, Fortnightly.	BMWHRM 4782 5133
10am - 11:30am	COMMUNITY CAFÉ	Weekly social for seniors.	Bren: 4782 1117
9:30am-12:30pm	ST VINCENT DE PAUL SUPPORT	Assistance with vouchers and information.	MMNC: 4759 2592
12noon – 2pm	ME/CFS FIBROMYALGIA SUPPORT	First Thursday of the month.	MMNC: 4759 2592
1:30pm - 3:30pm	ISRAELI FOLK DANCING	Weekly in school term.	Yudit: 4759 1952

FRIDAYS

CONTACT:

9:15am	MID MOUNTAINS WALKERS	Heart foundation walking group.	MMNC: 4759 2592
11am -12:30pm	CHAIR YOGA	Weekly yoga class.	Marilyn: 0425 361 77
1pm – 3pm	SOCIAL STORIES	Connect and relax over a story.	Chris: 0468 346 834
1pm - 4pm	SCRABBLE & BOARD GAMES GROUP	Meets all year round, ring for details.	Bren: 4782 1117

SATURDAYS

CONTACT:

10am -12noon	MID MOUNTAINS COMMUNITY GARDEN	Weekly working bees, workshops and more.	Janet: 0407 926 386
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SUNDAYS

CONTACT:

1pm – 4pm	BIPOLAR SUPPORT	Third Sunday of the month.	Txt Kristy: 0433 204 041
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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 4759 2592

Cuppa & Chat

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

Mid Mountains Neighbourhood Centre is at 9 New Street, Lawson
Open 9am-4pm Weekdays.

For more info call 4759 2592 email: info@belongbm.org.au visit www.belongbm.org.au