

Peninsula Community Centre Users Directory

Monday	9am Gentle Active over 50's Class	10am Dementia Carer Support Group- (first Monday of the month)	11-12pm Zumba Gold	4pm-9pm Physie kids/teens	12-4pm 6.30pm Bridge	Sydney Distance Education
Tuesday	9.30am-12pm Social Shindigs 9.30am Mums and Bubs Return to Exercise Class	9.30am Fitness With Lauren	Peninsula School For Seniors 10am Gen.Meeting 11am Speaker/ activities 12.30 Rummy Club	11am Stretch Class 11.30am Mahjong	12pm Central Coast Women's Friendship Group- Mahjong/games/lesso ns	6.15 Narcotics Anonymous 6.30pm Bridge 7pm Physie- Ladies
Wednesday	9am Omnia Inclusive Employment Solutions 9.30-11:30am Woy Woy Peninsula Play Group (school term)	9.30am Peninsula School For Seniors Craft	9.30 last Wed of month Peninsula Carer Support Group 9.30am Coastal Boot scooters Line Dancing	11.30am Social Shindigs	3.30pm- 8pm Physie - kids/teens	6.30pm Scrabble Club 6:30-8:30pm Bridge 6-7pm Bright Diets Nutrition Workshop (1/mth)
Thursday	9.15am Little Kickers 1 ½ - 2 ½ 10.30 Junior Kickers 2 ½ - 3 ½ 11.30 Mighty Kickers 3 ½ - 5			Bridge 10-30	6.30-7.30pm Zumba Gold-	Physie- 7pm
Friday	8.45-9.45am Social Shindigs	9am Fitness with Lauren	9.15-12:30pm Baby Sensory (School Term) 11am-12pm Zumba Gold	3.30pm Rugbytots	AA- 6:15-7:15 OA 7:70-8:30	6-7pm GKR Karate
Saturday	9.30am-12:30am Roundabout Circus Unicycle Club	9-2pm Social Shindigs		2-4pm AA Family Group	7.30pm Bingo	
Sunday	8:30am-12:30pm 4pm-8:30pm Grace Church			6:30pm-8:30pm Bridge		

Contact Details

Please contact the organiser prior to meetings as bookings are often essential

Baby Sensory Central Coast NSW

Ph: Sam, 0490 412 928

E: centralcoast-nsw@babysensory.com

Mums and Bubs Return to Exercise class

Ph: Lisa Mitchell, 4342 5905

E: lisamitchellhwf@gmail.com

W: <https://www.lisamitchelltraining.com/>

Woy Woy Peninsula Playgroup

W: <https://www.facebook.com/groups/542135446760850>

Little Kickers

Ph: 0421 234 521

E: awalker@littlekickers.com.au

W: www.littlekickers.com.au

Rugbytots

Ph: Tim, 0414 413 724

E: timw@rugbytots.com.au

W: <https://www.rugbytots.com.au/>

Centre Stage

2.5yrs to adult

Ph: Leanne Smithers 0425 382 383

E: info@centrestageschoolofdance.com.au

W: www.centrestageschoolofdance.com.au

Woy Woy Rec Physie

Ages 2 and up

Ph: Kristy, 0404 019 025

W: www.woywoyrecphysie.com

Roundabout Circus

Ph: 02 4311 7133

E: admin@roundaboutcircus.com

W: www.roundaboutcircus.com

Zumba Gold

Low impact for older people

Ph: Vicki 0419958379

W: www.zumbafitnesswithvicki.com.au

Fitness with Lauren

Low impact for older people

Ph: 0424176411

Gentle Active Over 50's Class

Ph: Jenny 0424347578

Coastal Bootscooters Line Dancing

Ph: Daphne 0409150518

E: coastal.bootscooters.inc@gmail.com

<https://www.facebook.com/Coastal-Bootscooters-107477451917944/>

Moving For Joy

Ageless Grace Brain Health program and Qi Gong
Health program with Chair dancing
Ph: +61 425 316 848
E: movingforjoy@gmail.com

Bright Diets Nutrition Workshops

Ph: 0431 77 44 11
E: dietitians@brightdiets.com.au
W: www.brightdiets.com.au

Peninsula Carer Support Group

Ph: Cath 43237731
E: catherinerowe@ccarafmi.org.au

Dementia Carer Support Group

Ph: 1300 725 565

Omnia

Inclusive Employment Solutions
Ph: 4322 55 11

Social Shindigs

Ph: Lauren: 0424 176 411 Abbey: 0425 305 420
E info@socialshindigs.com.au
W: <https://www.socialshindigs.com.au/>

Bingo Woy Woy Catholic Parish

E: ww2cphousie@hotmail.com
W: <https://www.facebook.com/woywoybingo>

Brisbane Water Scrabble Club

Ph: Trish: 43419929

Central Coast Women's Friendship Group

Booking essential via MEET UP
<https://www.meetup.com/central-coast-womens-friendship-group>
or Facebook Page

Peninsula School For Seniors

Ph: Dianna 4341 8171 Dee 43431903
Also runs a monthly bus trip within Central coast with morning and afternoon tea 2-3 times a year bus trips further afield, Theatre trips also arranged.

Narcotics Anonymous

Ph: 1300 652 820 or 0488 811 247

Alcoholics Anonymous

Ph: 1300 222 222.

Overeaters Anonymous

Ph: 61 400074956

Other Local Activities

Meals on Wheels

Community Restaurant at Woy Woy Tuesday 9.30-1.30pm
Yaringaa Building, Crn Ocean Beach Rd and Mc Masters Road
Meal purchase or delivery service
Ph: 43416699

Park Run

Free 5km walk, run, volunteer 8am Saturdays
Lions Park

Tai Chi

9:30 am Wednesdays Free
Woy Woy Rugby League Ground Chambers Place Woy Woy

Brisbane Water Paddlers

<https://bwpaddlers.wixsite.com/brisbanewater>

Waterways Guide

<https://www.waterwaysguide.org.au/>

NSW Central Coast Bush Walkers

<https://www.facebook.com/groups/ccbushwalkingfriends>

National Parks

<https://www.nationalparks.nsw.gov.au/>

Central Coast Bicycle User Group

E: cbug100@gmail.com

W: www.cbug.org.au

FB: www.facebook.com/CentralCoastBicycleUserGroup

Kariong Community Garden

Volunteer group. Work in the garden 10am – 1pm Mondays and 2nd Saturday of each month.

Hosts sustainable education events including nature walks

A: 2 Dandaloo St, Kariong

E: kariongecogarden@gmail.com

W: <https://kariongecogarden.org.au>

Central Coast Repair Café

10am-1pm, 3rd Sunday of the month, February to November at Kariong Community Hall. Bring your items to be fixed, make a donation or volunteer to join the team of repairers and helpers.

Ph: 61 414 832 162

E: Heartbasedholisticliving@gmail.com

W: <https://www.facebook.com/ccrepaircafe>

Troubadours

2pm, 1st Sunday of the month, Folk music sessions \$3 donation

Ph: Hugh, 0402 529 474.

Woy Woy Produce Swap

10-11am, Last Sunday of the month

Woy Woy Peninsula Community Garden- Moana St, Woy Woy

Permaculture Central Coast

A volunteer run organisation encouraging people to learn, practise and teach permaculture: Earthcare, People care and Fair share. Hosts gatherings on 3rd Sunday afternoon of the month in various community gardens on the Central Coast. Guest speaker talks, seed bank, produce swap table, Organises other events such as farm and garden tours, Permablitzes and the Edible Garden Trail.

W: www.permaculturecc.org.au

E: info@permaculturecc.org.au

Central Coast Environment Volunteering

Activities include bush regeneration, weed control, planting, seed collection, propagation, erosion control, park maintenance, landscaping, litter reduction, fauna monitoring, education, training. Activities are identified by Landcare, Bushcare, Coastcare, Dunecare, Tidy Towns or Friends Of groups.

W: <https://www.centralcoast.nsw.gov.au/environment/environmental-programs/environmental-groups>

E: environmentalvolunteering@centralcoast.nsw.gov.au

Community Environment Network

A volunteer run group working to improve Ecologically Sustainable Development working together with Waterwatch, Land for Wildlife, Habitat for Wildlife, Green Team Landcare Groups and Wildplant Community Nursery

Ph: 4349 4756

W: <https://cen.org.au/>

Peninsula Environment Group

A voluntary group promoting and supporting sustainable living in the Woy Woy area. Since the group was set up in 2008 we have organised talks, films, picnics, festivals, a solar panel bulk-buying schemes and local recycling guides. Our current main activities are:

- Food Co-Op
- Woytopia Festival
- Woy Woy Peninsula Community Garden in Moana St, Woy Woy
- PEG Nature Play Group for Under-5s (and their parents)
- GUST (Grow Urban Shade Trees) planting street shade trees
- Other social activities occasional bushwalks and one-off events (advertised on Facebook)

E: info@peg.org.au

W: www.peg.org.au

Pearl Beach Environment Group

Volunteer group

E: pearlbeachenvironmentgroup@gmail.com

W: <https://pearlbeachprogress.org.au/pearl-beach-environment-group/>