

Emu Plains Neighbourhood Centre

Term 3 2010

TUESDAY

HEARTMOVES



9.30am-10.30am

Over 55's gentle exercise class. Have loads of fun while improving your health. Heart foundation approved program. Cost: \$5. Contact Sharon: 4735 2323

Little Emus Playgroup



11.00am-2.30pm

New mums & bubs under 2 years. Play, sing, learn & grow. Guest speakers. Contact Sharon 4735 2323

Tai Chi



7.30pm—8.30pm

Great for mums, dads, grandparents. Exercises mind, body & spirit. Improves concentration, focus & co-ordination. Relieves stress. Cost: \$3 Contact Sharon: 4735 2323

COMING SOON

Computer Class for Mums & Dads

Do you have children in primary school?

Would you like know how to help your kids to:

- cut & paste
- find a picture & copy it
- create cards, posters & bookmarks
- search the internet & send emails



An 18 week TAFE Outreach beginners computer & internet class for mums & dads is coming to Emu Plains Neighbourhood Centre.

ENROL NOW

Cost: \$3 Contact Sharon: 4735 2323

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WEDNESDAY

Heartfoundation Walking



9.30am-10.30am

A Fast Paced Walking Group. Cost \$2 Contact Sharon: 4735 2323

Friends & Neighbours



10.00am-12.00noon

Seniors social group. Bus trips, fun days, guest speakers. 1st & 3rd Wed of month. Contact Sharon: 4735 2323

Cotton Reel Quilters



10.00am-2.00pm

Experienced quilters. New experienced quilters welcome. Women who sew, knit or have other projects welcome. Contact Sharon: 4735 2323

Group Olympos



10.00am-12.00noon

Held at Melrose Hall, Emu Plains.

Greek Seniors Social Group. Enjoy Greek food & Greek dancing. Games & outings. Contact Sharon 4735 2323

TAFE Outreach

Beginners Computers & Internet Class



1.30pm-4.30pm

An 18 week beginners computer & internet course Learn how to use Publisher, Powerpoint & Excel Experienced TAFE teacher

Cost: \$3 Contact Sharon: 4735 2323

ENROL NOW

New class begins July 21st

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Thursday

Emu Plains Community Playgroup

10.00a.m.—12.00noon

Contact Sharon 4735 2323



Rusty Pin Quilters



7.00pm-10.00pm

Quilters meet at Emu Plains Neighbourhood Centre 1st/3rd/5th Friday of month. Contact Sharon: 4735 2323

FRIDAY

Friday Craft & Coffee Group



9.30am-11.30am

Emu Heights Neighbourhood Centre. Mums, with or without children, meet weekly for a cuppa and a chat. Childcare provided. Contact Jennifer: 0401 918 982

HEARTMOVES



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Come along & join in the fun.