



What's on in your Neighbourhood Centres



YOUTH GROUPS

St Clair Youth Centre - Youth Drop In: (12-18yrs)

Mon & Wed 3 - 6pm (free) Ph: 9834 2708

St Clair Youth Centre -The Learning Lounge - Homework Centre (12-18yrs)

Tue 3:15pm - 5:15pm (free) Ph: 9834 2708

St Clair Youth Centre - School Holiday Program (12-18yrs) Ph: 9834 2708

Werrington Youth Centre - Drop-In Mon, Wed & Thur 3pm - 6pm Ph: 9673 6133

Werrington Youth Centre - School Holiday Program Ph: 9673 6133

Nth St Marys - Youth Group Wed 3:15 - 5pm Ph: 9673 3908

Claremont Meadows - Tues & Fri 3pm - 5pm Ph: 9673 3908

Emu Plains - Youth Drop In 1st Thurs of the Month 3pm - 5pm Ph: 4735 2323

KIDS ACTIVITIES

Erskine Park - Drama Classes (6-12yrs) Mondays 3.30pm-4.30pm and 4.30pm-5.30pm (\$6) Ph: 9834 3006

South Penrith - Munchkins Playgroup Mon 10am - 12pm Ph: 47215623

St Clair - Kids Craft (5-12yrs) Thursdays 3:30pm - 4:30pm (\$24 for 6 weeks) Ph: 9834 2708

St Clair - Kids Craft Holidays (5-12yrs) (\$4) Ph: 9834 2708

Nth St Marys - Additional Needs Playgroup Mondays 9:30am - 11:15am (free) Ph: 9673 3908

Nth St Marys - Kids Craft (5-12yrs) Tue 3:15 - 4:45pm (\$2) Ph: 9673 3908

Nth St Marys - Mobile Play Van Weds 9:30 -11:30am Ph: 9673 3908

St Marys - Children's Pottery Session 1.Sat - 10am - 11am, session 2. Sat 11am - 12pm

(\$5 per session) Ph: 9673 2169

Cranebrook- Breakfast Club for all school children Mon-Fri 7.30- 8.45 Ph: 4729 0442

Cranebrook—Aboriginal Supported Playgroup Mon 9.30-11.30 Ph: 4729 0442

Cranebrook—Supported Playgroup Mon 9.30-11.30 Ph: 4729 4277

Emu Plains—Music & Dance Class (7-10 years) Wed 5.30-6.15 (\$5) Ph: 4735 2323

Glenmore Park—Rugrats Playgroup. Thurs 11am-1pm. Ph: 4733 1499

Emu Plain—Emu Plains Community Playgroup. Thurs 10am-12pm. Ph: Hanna 4735 4862

Kingswood Park—Orana Playtime. 9am-11.30am—4729 4277

SOCIAL GROUPS

Nth St Marys - Women's Craft/ Social Group: Thur 10:30am - 12:30pm (\$3) Ph: 9673 3908

Nth St Marys - Men's Social Group Mondays: 11:30am - 1:30pm (\$2) Ph: 9673 3908

Erskine Park - Women's Social Group: Thur 10am - 12noon (\$3) Ph: 9834 3006

St Clair - The Fabulous 40's (40yr+) Fortnightly Tue 12:30 - 2:30pm (\$2) Ph: 9834 2708

St Clair - The Mens Meeting Point (40yr+) Mon 10:00 - 12:00pm (\$2) Ph: 9834 2708

Kingswood Park - "When We Were Kids" (8 workshops) Feb - May Ph: 4729 4277

Werrington - Werrington Downs - Werrington Troupers Tue Ph: 9673 6133

Cranebrook - Make Time Women's group Tues 9:30am - 11:30am Ph: 4729 0442

Emu Heights - Playgroup: Friday Craft & Coffee (child care provided)

Fri 9:30 - 11:30 (\$4) Ph: Jen 0401 918 912

Cranebrook— Koori Cuppa Time for women & children Wed 10am-2pm. Transport Available Ph: 4729 0442

ARTS & CRAFTS

Erskine Park - Patchwork/Sewing Fri 9:30 - 12:30pm (\$12) Ph: 98343006

Nth St Marys - Teddy Bear Making Mon 10:30am - 1:30pm (\$5) Ph: 9673 3908

Nth St Marys - Women's quilting Wed 10:30am - 1:30pm (\$4) Ph: 9673 3908

St Clair - Patchwork classes Mondays 1pm - 3:30pm (\$10) Ph: 9834-2708

St Marys - Card Making Wed 10:30am - 12:30pm (\$10) Ph: 9673 2169

St Marys - South Creek Tapestry Group Tue 9:30am - 1pm Ph: 9673 2169

St Marys - Folk art Fri 10am - 12pm (\$2.50) Ph: 9673 2169

St Marys - Pottery Fri 10am - 12pm (\$10) Ph: 9673 2169

St Marys - Knitting & Crochet Group Wed 10am - 12pm (free) Ph: 9673 2169

Werrington - Namatjira - Koori Art Classes (for Aboriginal people only)

Wed 9:30 - 12:30pm Ph: 9673 6133

EXERCISES

Erskine Park - Yoga Classes Tue 10 - 11:30am (\$6) Ph: 9834 3006
Erskine Park - Heartmoves Mon 11:30am - 12:30pm (\$4) Ph: 9834 3006
Kingswood Park - Gentle exercise for older women Fri 10am -11am (\$5) Ph: Thelma 4731 6212
Nth St. Marys - Heartmoves Mon 10 - 11am / Thurs 9:30am - 10:30am (\$4) Ph: 9673 3908
South Penrith - Heartmoves Mon + Wed 8:30 - 9:30am Fri 9.30-10.30am (\$4) Ph: 4721 8520
South Penrith - Just Walk It Tue 8:30 – 9:30am (\$2) Ph: 4721 8520
St Clair- Heartmoves (40yr+) Tues & Thurs 11am - 12pm (\$4) Ph: 9834 2708
St Clair - Just Walk It Mon 9:15am Ph: 9834 2708
St Marys - Tai Chi: Advanced Mon 9:30 -11am (\$5) / Beginners Mon 11-12pm (\$4) Ph: 9673 2169
St Marys - Gentle Exercise: Women Only Mon 1 - 2pm and Thurs 1.30-2.30 (\$5) Ph: 9673 2169
Glenmore Park - Heartmoves Thurs 8am-9am (\$5) Ph: 47331499
Glenmore Park - Yoga Mon 6 - 7 pm (\$8) Ph: 4733 1499
Glenmore Park—BE! Group Fitness Training (\$7) Ph: 4733 1499
Emu Plains - Heartmoves Tues 9.30-10.30am (\$5) Ph: 4735 2323
Emu Plains - Walking Group Tues 4.00-5.00 (\$2) Ph: 4735 2323
Emu Plains—Walking Group Wed 9.30-10.30 (\$2) Ph: 4735 2323
Emu Plains—Tai Chi: Beginners Tues 7.00-8.00 (\$3) Ph: 4735 2323
Cranebrook - Martial Arts Mon & Wed 6.30-7.30 Ph: 0421 914 131

LANGUAGES

Werrington - Namatjira Adult Spanish Classes: Beginners & Advanced
Mon (advanced) & Wed (Beginners) 7 - 9pm (\$5) Ph: 9673 6133

SENIORS & MATURE AGE

Penrith Health Centre - Seniors Tai Chi for Women Mon 1:30 - 2:30 Ph: 9833 8783
Erskine Park - Evergreens Seniors Support Group Wed 11-2pm (\$6) Ph: 9834 3006
South Penrith - Golden Oldies Activities (50yr+) Thurs 9:30am - 12pm. Ph: 4721 8520
Kingswood Park - The Wanderers Social Group 2nd Fri of Month Ph: 9833 8783
Emu Plains—Friends & Neighbours (50+ yrs) Wed 10am-12pm Ph: 4735 2323
Cranebrook—Senior Women's Group. Thur 10am– 12pm Ph: 4729 0442
Emu Plains - Friends & Neighbours (55yr+) Wed 10 -12pm Ph: 4735 2323

COMPUTERS & OTHER SHORT COURSES

St Clair - Basic Comp Tues 9:30 - 11:30am (\$60 for 6 weeks) Ph: 9834 2708
St Clair - Intermediate Comp Thurs 9:30 - 11:30am (\$60 for 6 weeks) Ph: 9834 2708
Werrington - Namatjira - Basic Comp TAFE Outreach Tues 12:30 - 3pm Ph: 9673 6133
South Penrith - Basic Computers TAFE Outreach Wed 9:30 - 1pm. Ph: 4721 8520
Emu Plains - Computer Classes Wed 1:45 - 4:45 (\$3) Ph: 4735 2323
Cranebrook—ATSI TAFE Outreach "Start Your Own Business" Mon & Tues 11am-2pm. Transport & Childcare available
Ph: 4729 0442
Cranebrook—Mental Health First Aid Course for Public Housing Residents. Fri 21st Aug—11th Sept. 9.30am-1pm
Ph:4729 0442
Cranebrook—Year 10 Formal Sewing. Fri 1pm-3pm. Ph: 4729 0442

SUPPORT GROUPS

Nth St.Marys - Al-Anon Tue 11am - 1pm Ph: 9673 3908
South Penrith - AA-Sober Living Mon 6 - 7pm Ph: 4721 8520
South Penrith - Alcoholics Anonymous Sun 7:30 - 9:30pm Ph: 4721 8520
South Penrith - West Sydney Grand-Carers 1st & 3rd Fri 9:45 - 12:30pm Ph: 4721 4410
Kingswood Park - New Mums Group Mon 10 - 12pm Ph: 9673 6133
Kingswood Park - Parents Group - last Tuesday of the month, 10am - 12pm Ph: 4729 4277
Cranebrook - New Mum's Playgroup. Thur. 1.30pm– 3.30pm Ph: 4729 0442

CREATIVE WRITING

South Penrith - Creative Writing Wed 9:30 -11am (\$4) Ph: 4721 8520
St Marys - Creative Writing Monthly Fri 12:30 - 3pm Ph: 9673 2169

OTHERS

Nth St Mary's - Counselling (1st & 3rd Friday of month) 9am - 12pm (free) Ph: 9673 3908
Nth St Mary's - Antenatal Nurse Tue 9am - 11am (free) Ph: 9673 3908
Nth St Mary's - Community Nurse Tues 11am - 2pm (free) Ph: 9673 3908
Nth St Mary's - Dept of housing Outreach Thurs 9:30 - 12:00pm (free) Ph: 9673 3908
St Marys - Encore Historical Costume Sewing Group Fridays 10am - 12pm Ph: 9673 2169
Sth Penrith - Community library donate & swap your books Weekdays 9 - 3:30pm Ph: 4721 8520
Emu Plains—Free Tax Help—Conditions Apply. Tues 5pm-8pm Ph: 4721 8520
St. Marys—Free Tax Help—Conditions Apply . Mon-Thurs Ph: 9673 2169

**These activities and more are supported by Neighbourhood Centre across Penrith.
Contact your nearest Centre for more information.**
This Information was compiled July 2009 by the Workers in Neighbourhood Centres (WiNC) Network.

