



What's On In Sarina This Week?

16th – 22nd September 2017

09 – 29th September – “Sarina Seven in September” presented by Sarina Arts Council @ Sarina Art Gallery, Field of Dreams Parkland

12-28th September – Breastscreen Queensland Digital Mobile Unit will be located at Shopping Centre Broad St Sarina.

16 – 22nd September – Creative Shots Photo Club & Sarina RSL Photography Exhibition @ Sarina RSL. 10:00am till late. Free admission.

16th

- 7:00am **Kundalini Yoga Classes**
@ Sarina Beach (walkway before Sarina Beach Motel)
Kundalini Yoga is for everyone, whatever your fitness level – go at your own pace...enjoy
Yoga Classes \$15. 5 Classes for \$60. 10 Classes for \$120
- 8:00am - 12:00 noon **Sarina Men's Shed @ 40 Lee St Sarina**
A place for men to be socially active and form friendships, and allows new opportunities for activity and interaction in their lives post-work. More information phone 0402 248 716.
- 9:00am **Sarina Fibre Arts**
@ Creative Cottage 36-40 Lee St Sarina – All Welcome
Contact Celia on 4943 1426 or Mary on 4956 4594.
- 7:00pm **Gala Opening Creative Shots Photo Club & Sarina RSL Photography**
@ Sarina RSL. Tickets \$20 per head includes free glass of wine & nibbles. Prints for sale. For further information contact Sarina RSL 4956 1814 or Royce Bishop 4956 4614

17th

- 10:00am - 4:00pm **Sustainable House Day – Open House.**
Tom & Lyn Jantke will give a guided tour of their home in Sarina showcasing the features that contribute to lower energy costs and liveability in the local climate, and that minimise the impact on the environment.
Profile on the house listing can be found at
<https://sustainablehouseday.com/?postcode=4740&state=&years=2017&s=&geo-radius=100&dir-search=yes>

18th

- 8:00am - 12:00 noon **Sarina Men's Shed @ 40 Lee St Sarina**
A place for men to be socially active and form friendships, and allows new opportunities for activity and interaction in their lives post-work. More information phone 0402 248 716.
- 10:00am - 2:00pm **School Holiday Active – Italian Feast**
@ Sarina Youth Centre.
For youth 10 – 18 years old. For more information contact:
Sarina Youth Centre: 4961 9277 or email: sarinayouthcentre@mackay.qld.gov.au

- 5:30pm **Red Boat Kung Fu**
 @ St Luke's Anglican Church Hall Sarina
 \$15 per class featuring skillsets from: Wing Chun, Brazilian Jiu Jitsu, Western Boxing, Judo, Freestyle Wrestling, Muay Thai, Catch Wrestling, MMA. Learn self-defence. Improve your fitness and confidence. Contact 0412 640 872.
- 6:00pm-7:00pm **Monday Evening Meditation**
 @ Seehouse Teahouse Central Street Sarina
 Weekly sessions to explore & experience the essence of who you are. Meditation, sound work, breath work & simple tools for stress & calm. Come explore, experience and build your toolkit. Enquiries Margaret Ross 0400 997 588
- 19th**
- 9:00am-11:00am **Gundoo Kazil**
 @ Miller House (Mudth-Niyleta), 35 Central Street Sarina
 Come be part of our deadly group, where we provide support for parents and children from 0-5yrs.
- 10:00am **Cuppa @ The Park**
 @ Apex Park Sarina. Everyone Welcome especially Newcomers to Sarina. Enquiries Meredith 4956 2398 or Raylene 4943 1509.
- 10:00am - 2:00pm **School Holiday Active – Pool Competition**
 @ Sarina Youth Centre.
 For youth 10 – 18 years old. For more information contact: Sarina Youth Centre: 4961 9277 or email: sarinayouthcentre@mackay.qld.gov.au
- 4:00pm & 6:00pm **Kundalini Yoga Classes**
 @ 7 Leslie St Sarina
 Kundalini Yoga is for everyone, whatever your fitness level – go at your own pace...enjoy
 Yoga Classes \$15. 5 Classes for \$60. 10 Classes for \$120
- 5:30pm - 6:30pm **Tuesday Night Aerobic Classes**
 @ Bob Wood Cultural Hall Sarina
 Strength – Cardio – Weights – Resistance – All Levels – Fun – Great Music
 Cost \$10. www.lovesammyfitness.com or lovesammyfitness@yahoo.com
 0456 784 267
- 7:00pm **Sarina Tennis Club Fixtures – mixed (teams)**
 @ Hoey Street Tennis Courts
 Intermediate to advanced level.
 Contact Greg Howland 4950 3589
- 20th**
- 8:00am - Noon **Sarina Men's Shed**
 @ 40 Lee St Sarina
 A place for men to be socially active and form friendships, and allows new opportunities for activity and interaction in their lives post-work. More information phone 0402 248 716.
- 9:00am **Sarina Fibre Arts**
 @ Creative Cottage 36-40 Lee St Sarina
 Contact Celia on 4943 1426 or Mary on 4956 4594.
 All welcome
- 9:00am-11:00am **QCWA Sarina Branch Hoy Morning**
 @ QCWA Hall, Brewers Road Sarina
 All are welcome, membership no necessary. Morning tea is provided. Members are happy to share knowledge and skills of various crafts.

- 9:00am **Annual Junior Aged Tennis Tournament**
@ Hoey Street Courts
Spectators are welcome to drop in to see great tennis from juniors based all around central and north Queensland. Entry is free for spectators. Canteen will be serving up cold drinks and hot food through the day.
For further information contact Steve Merker on 0429 837 414.
- 10:00am - 2:00pm **School Holiday Active – Dream Catchers Feather Painting**
@ Sarina Youth Centre.
For youth 10 – 18 years old. For more information contact:
Sarina Youth Centre: 4961 9277 or email: sarinayouthcentre@mackay.qld.gov.au
- 6:00pm - 7:00pm **Zumba Gold**
@ Bob Wood Cultural Hall Sarina
\$10.00 per class. For class details contact Elena 0439 794 575
Email: geba76@hotmail.com.
- 6:30pm - 7:30pm **Sarina Sings Community Choir**
@ St Michael's Church Hall Sarina
Come join us and Sing for fun; Sing for joy; Sing for yourself.
Sing with others and fill our community with Song.
Enquiries: Margaret Ross 0400 997 588

21st

- 9:00am **Sarina Tennis Club Fixtures – ladies (teams)**
@ Hoey Street Tennis Courts
Beginner to advanced level.
Contact Angela Bailey 4950 3318.
- 9:00am **Annual Junior Aged Tennis Tournament**
@ Hoey Street Courts
Spectators are welcome to drop in to see great tennis from juniors based all around central and north Queensland. Entry is free for spectators. Canteen will be serving up cold drinks and hot food through the day.
For further information contact Steve Merker on 0429 837 414.
- 10:00am - 2:00pm **School Holiday Active – Outdoor Activities basketball, netball, giant games**
@ Sarina Youth Centre.
For youth 10 – 18 years old. For more information contact:
Sarina Youth Centre: 4961 9277 or email: sarinayouthcentre@mackay.qld.gov.au
- 10:30am - 12:30pm **Sarina Women's Group**
@ Field of Dreams (next to Arts & Craft Building)
The Group is open to all women. It is connecting with women on a social and learning level. Come, meet others, make new friends, talk, and laugh in a safe and supportive environment. For more information call 4953 1788.
- 4:00pm & 6:00pm **Kundalini Yoga Classes**
@ 7 Leslie St Sarina
Kundalini Yoga is for everyone,
whatever your fitness level – go at your own pace...enjoy
Yoga Classes \$15. 5 Classes for \$60. 10 Classes for \$120

22nd

- 9:00am **Kundalini Yoga Classes**
@ 7 Leslie St Sarina
Kundalini Yoga is for everyone,
whatever your fitness level – go at your own pace...enjoy
Yoga Classes \$15. 5 Classes for \$60. 10 Classes for \$120
- 9:00am **Half Tide Salonika Beaches Progress Assn Meeting – Plan Xmas Raffle**
@ Grendon Park Hay Point

- 10:00am - **School Holiday Active – Science Day – *exploding lunch boxes, how strong is spaghetti competition***
2:00pm @ Sarina Youth Centre.
For youth 10 – 18 years old. For more information contact:
Sarina Youth Centre: 4961 9277 or email: sarinayouthcentre@mackay.qld.gov.au
- 7:00pm **Rock and Roll Dancing**
@ St Luke's Anglican Church Hall, Broad St Sarina
\$5 per person includes tuition and cuppa.
Enquiries Vic 0428 431 171 / 49431171
- 7:00pm **Sarina Darts Friday Nights**
@ Sarina Darts Hall on Hoey Street Sarina
Fun filled night of drinking, socialising and might even throw some darts.
Yearly registration \$20 per year; game fees: \$5 per game.
Handicap Singles Competition; Prize Money; Must wear closed in shoes.
All welcome.
Contact: 0423 917 868. Email: diowens685@hotmail.com

For more information contact:

Sarina Neighbourhood Centre: 65 Broad Street Sarina
Phone: (07) 4961 9283 / (07) 4961 9290
Email: margaret.mcdowall@mackay.qld.gov.au

