



What's On In Sarina This Week?

30th September – 5th October 2017

25 September – 21 October – Anti-Poverty Food Drive

Donations of non-perishable food items and toiletries can be dropped into the Sarina Neighbourhood Centre. All goods will be donated to the Sarina Inter Church Council

Sept 30th

- 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.

Oct 2nd Queens's Birthday Holiday

- 8:00am - 12:00 noon **Sarina Men's Shed @ 40 Lee St Sarina**
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- 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

3rd

- 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.

- 9:30am - 10:00am **Baby Bounce**
 @ Sarina Library.
 For babies aged 0-18 months. Baby Bounce consists of nursery Rhymes, songs and the use of board and picture book.
 Sessions encourage valuable one-on-one time and are a great networking opportunity. No bookings are required.

- 10:00am **Cuppa @ The Park**
 @ Apex Park Sarina. Everyone Welcome especially Newcomers to Sarina. Enquiries Meredith 4956 2398 or Raylene 4943 1509.

- 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
 Bring in a shirt, socks or pillowcase and learn how to Tie Dye your own clothing.

- 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

- 6:00pm **Zumba Classes**
 @ New Life Centre, 1 Leslie St Sarina
 Bring water and a towel. Wear smooth-soled shoes.
 Don't forget your smile and sense of humour.
 \$10 per class casual
 Contact: Tatz 0457 748 961

- 7:00pm **Sarina Tennis Club Fixtures – mixed (teams)**
 @ Hoey Street Tennis Courts
 Intermediate to advanced level.
 Contact Greg Howland 4950 3589

- 4th** ➤ 8:00am - Noon **Sarina Men's Shed**
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- 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 Social & Craft 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.

- 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

5th

- 9:00am **Sarina Tennis Club Fixtures – ladies (teams)**
@ Hoey Street Tennis Courts
Beginner to advanced level.
Contact Angela Bailey 4950 3318.
- 10:00am - 11:15am **Time Out Tai Chi**
@ Sarina RSL
To be followed by a cuppa and chat
Please wear cool, comfortable clothing and soft soled shoes / walking shoes. Bring a water bottle. \$8 per class.
For more information contact Leanne Simpson 0428 181 824
- 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**
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whatever your fitness level – go at your own pace...enjoy
Yoga Classes \$15. 5 Classes for \$60. 10 Classes for \$120
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Cost \$10. www.lovesammyfitness.com or lovesammyfitness@yahoo.com
0456 784 267

6th

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- 9:30am - 11:30am **Friday Morning Bingo**
@ Sarina RSL.
Hosted by Sarina RSL Citizens Auxiliary.
\$5 entry includes morning tea and game. All welcome.
- 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



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