



What's On In Sarina This Week?

9th – 16th 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

Oct 9th

- 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.

- 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

10th

- 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.
- 10:00am - 3:00pm **Mackay Regional Council Arts Development Officer**
@ Sarina Neighbourhood Centre
An Arts Development Officer will be available for appointments at the Sarina Neighbourhood Centre to discuss your ideas. Perhaps you will be eligible to access the Regional Arts Development Fund (RADF). To book an appointment or for more information contact Fiona on 4961 9554.
- 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

- 6:00pm - 7:00pm **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

11th

- 8:00am - 12:00 noon **Sarina Men's Shed**
@ 40 Lee St Sarina
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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 **QCWA Sarina Branch Social/Craft/Sewing 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.

- 10:00am - 11:00am **Storytime**
@ Sarina Library.
A program of stories, nursery rhymes, finger plays and songs for children aged 2-5 years. Sessions encourage a child's love of books.

- 3:15pm **Sarina Tennis Club Junior Coaching**
@ Hoey Street Tennis Courts
Contact Lefty Wright 0409 201 789 or
Steve Merker 0429 837 414.

- 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

12th

- 9:00am **Sarina Tennis Club Fixtures – ladies (teams)**
@ Hoey Street Tennis Courts
Beginner to advanced level.
Contact Angela Bailey 4950 3318.

- 9:00am - 10:00am **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**
 @ 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
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13th

- 9:00am **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
- 3:30pm **Sarina Tennis Club Fixtures– juniors (Hot Shots League)**
 @ Hoey Street Tennis Courts
 Beginner to intermediate level.
 Contact Lefty Wright 0409 201 789.
- 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

14th

- 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**
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- 8:00am - 12:00 noon **Sarina Tourist Art & Craft Centre Markets**
Field of Dreams Parkland Sarina
Mini Market held the first and Third Saturday of each month
Fruit Vegetables, arts & crafts.
- 9:00am **Sarina Fibre Arts**
@ Creative Cottage 36-40 Lee St Sarina
Contact Celia on 4943 1426 or Mary on 4956 4594.
All welcome
- 1:00pm **Sarina Tennis Club Fixtures – mixed (social)**
@ Hoey Street Tennis Courts
Beginner to advanced level.
Contact Ashley Ischenko 0410 831 922 or
Conrad McBean 0448 011 377

15th

- 9:00am **Sunday Kids Club**
@ Sarina Wesleyan Methodist Church 87 Range Rd Sarina
9:00am. For ages 4 – High School.
Phone 4956 2510 or 0468 473 459 for more information.
You are welcome to come!

16th

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Enquiries Margaret Ross 0400 997 588

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

