

# Upcoming Events



## What's On In Sarina This Week?

06<sup>th</sup> – 12<sup>th</sup> May 2017

06<sup>th</sup>

- 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.
- 8:30am - 9:30am **Zumba Gold**  
@ Bob Wood Cultural Hall  
\$5 All ages and fitness levels are welcome.  
No need to book. For class details contact Elena 0439 794 575  
Email: [geba76@hotmail.com](mailto:geba76@hotmail.com).
- 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.

07<sup>th</sup>

- 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!

08<sup>th</sup>

- 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

09<sup>th</sup>

- 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.
- 9:30am-11:30am **Chatter Play**  
@ QCWA Hall Brewers Road Sarina  
Mackay Regional Council Libraries invite children aged 0-5 years to a free Chatter Play session. A fun, play-based session for children, supporting language and literacy development.  
Drop in anytime.
- 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
- 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
- 6:00pm-7:30pm **Sarina Karate Club**  
Beginner's classes @ training facility – Sarina Beach Rd (Cyril McKie Court). Contact 4956 2311 to list your attendance  
Tuition is free and children (High school age) and adults are welcome
- 7:00pm **Sarina Tennis Club Fixtures – mixed (teams)**  
@ Hoey Street Tennis Courts  
Intermediate to advanced level.  
Contact Greg Howland 4950 3589

10<sup>th</sup>

- 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 Hoy Morning**  
@ QCWA Hall, Brewers Road Sarina  
Community members are welcome to attend and join the fun.
- 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.

- 6:30pm-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
- 5:30pm-6:30pm **Candle Lighting Ceremony**  
@ Anzac Park Square, Sarina  
The Sarina community is invited to attend a Candle Lighting Ceremony to remember those who have died because of Domestic and Family Violence.  
Guest speakers are Dr Anne Butcher and Mayor Greg Williamson  
  
The event will be followed by a free sausage sizzle in Anzac Park.

**11<sup>th</sup>**

- 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
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- 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](mailto:diowens685@hotmail.com).
- Open **Sarina Beach Giant Garage Sale Registration are open until 20 May**  
Register your address at the Sarina Beach Store, Registration is \$10