



WHAT'S ON @
NORTH WEST COMMUNITY SERVICES INC.
9 Park Street, Riverstone
PH: 02 9627 3622
W: www.nwcs.org.au E: reception@nwcs.org.au

MONDAY

Volunteer Morning Tea	9:30am – 10:30am	Every 3 rd Monday of the month in our Men's Shed BBQ area. Upcoming dates: 20 Nov, 18 Dec
Playgroup	10:00am – 11:30am	Free Community Playgroup for children 0-5 during school terms. Call Alex 9627 3622
WELLBEING PROJECT – Zumba Fitness @ South Maroota	10:30am-11:30am	FREE Zumba every Monday South Maroota Hall, Cnr Paulls & Wisemans Ferry Rd. For more information call 9627 3622.
Zumba Gold Disco Dance classes for seniors 65+	12:00pm-1:00pm	Come along and join us for Zumba Gold with some disco lights! This low impact exercise program aims to increase fitness and mobility. There is no pressure to move more than you can. \$2 per class
Merana Aboriginal Association Men's Yarn Group	7:00pm- 9:00pm	A place for indigenous Men to have a yarn with facilitator Terry. Fortnightly. Upcoming dates: 6 & 20 Nov, 4 & 18 Dec 2023

TUESDAY

WSLHD Antenatal Health Clinic	9:00am – 4:30pm	Western Sydney Local Health District Antenatal Care call 8670 8356 for an appointment
WELLBEING PROJECT – Dance Fitness @Riverstone	10:30am- 11:30am	FREE Dance Fitness every Tuesday. Call for more information 9627 3622.
Riverstone Neighbourhood Centre Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men over the age of 65. For more information call Dom on 9627 3622
Northwest Sydney DVCAS	10:00am – 4:00pm	Women's Domestic Violence Service. NO APPOINTMENT NEEDED!
Tutoring Program	3:30pm – 5:00pm	Tutoring Session 4PM-5PM. During School Terms. Call Alex for more information 9627 3622

WEDNESDAY

Riverstone Neighbourhood Centre Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men over the age of 65. For more information call Dom on 9627 3622
Card Making and Scrapbooking	1:00pm- 4:00pm	Every 2 nd Wednesday of the month. \$5 per class. Upcoming Dates: 8 Nov & 13 Dec 2023
Craft Group	1:00pm- 4:00pm	Every 4 th Wednesday of the month. \$5 per class. Upcoming Dates: 22 Nov 2023
Western Sydney Community Legal Centre	2:00pm – 4:00pm	Available The first Wednesday of the month. Family Law, Criminal Law minor crimes, Traffic Law, and Civil Law. No appointment needed. Drop-in service. Ph: 8833 0911 Upcoming dates: 1 Nov, 6 Dec 2023

THURSDAY

WSLHD Antenatal Health Clinic	9:00am – 4:30pm	Western Sydney Local Health District Antenatal Care Call 8670 8356 for an appointment <i>*NO THURS APPTS NOV & DEC 2023*</i>
Dance Fitness	12:00pm–1:00pm	FREE. All ages are welcome. Fully fenced area suitable for Mums with bubs/toddlers.
AA's Meeting	7:00pm – 10:00pm	Having trouble with alcohol? Come and receive support. Location: Community Hall

FRIDAY

FRIDAY OFFICE HOURS REMINDER	9:00am- 12:30pm	REMINDER: our office closes at 12:30pm on Fridays.
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SATURDAY

HALL HIRE	RANGE OF SPACES AVAILABLE FOR HIRE	Looking for a venue for your next event or meeting? Contact us for information on our range of spaces for hire 9627 3622
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SUNDAY

HALL HIRE	RANGE OF SPACES AVAILABLE FOR HIRE	Looking for a venue for your next event or meeting? Contact us for information on our range of spaces for hire 9627 3622
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Special Events and Programs

MELBOURNE CUP HIGH TEA	7th NOVEMBER 2PM-3PM	Join us for a High Tea Melbourne Cup Celebration. 65+ Cost \$5 RSVP Rizwana 9627 3622
GARDENING GROUP WITH BRENDAN MOORE	11AM- 1PM 30/11/2023 RIVERSTONE COMMUNITY GARDEN	In collaboration with The Royal Botanic Gardens come down and meet Brenden Moore and join in some gardening fun. 30/11/2023
SENIORS CORRIANDER & GINGER GARDENING CLUB	MONDAY FORTNIGHTLY 10:30AM – 12:30PM UPCOMING DATES: 30 NOV, 13 DEC	Come and join us in our Community Garden for Gardening Club. 65+. Monday fortnightly beginning September 18 2023. Cost \$5. To register or for more information please contact Rizwana 9627 3622
MONTHLY SHOPPING BUS TRIP	TUESDAYS 28 NOVEMBER 10:30AM-2:00PM	\$8 for transport. Bus can pick up/drop off from home. 65+ RSVP Rizwana 9627 3622. LIMITED SPACES. MUST BOOK.
CLAY MAKING FOR SENIORS 65+	EVERY THURSDAY 10:30AM-12:00PM 2ND ,9TH ,16TH ,23RD & 30TH NOV 2023	Clay making workshops for seniors. \$5 per class. Every Thursday. Must register to secure your spot 9627 3622.
CHRISTMAS LIGHT TOUR	THURS 7TH DECEMBER 2023 MEET AT 7PM – RETURNS AT 8:30PM	Join us for a bus trip around the LGA to see some of the best and brightest christmas lights and decorations. Meet us before the trip to enjoy a BBQ dinner and some light refreshments. RSVP Rizwana 9627 3622
WORK DEVELOPMENT ORDERS	By appointment	Can't pay your fines? We are approved WDO sponsors and may be able to help you. Call 9627 3622 for more information.
CHILD & YOUTH COUNSELLING	12-24 years. By appointment	Free, confidential service. For more information or referral please contact Vanessa 9627 3622.
WELLBEING PROJECT- COUNSELLING FOR ADULTS	Made possible by funding from Western Sydney Primary Health Network	To book contact 9627 3622
Energy Accounts Payment Assistance (EAPA)	By appointment. Location criteria applies.	Energy Accounts Payment Assistance (EAPA) helps people experiencing difficulty paying their energy bill because of a short-term financial hardship, crisis or emergency. Call 9627 3622.
GAMBLE AWARE	By appointment	Manage your gambling. Free confidential advice and support. Call 9627 3622.