



**WHAT'S ON @**  
**NORTH WEST COMMUNITY SERVICES INC.**  
**9 Park Street, Riverstone**  
**PH: 02 9627 3622**  
**W: [www.nwcs.org.au](http://www.nwcs.org.au) E: [reception@nwcs.org.au](mailto:reception@nwcs.org.au)**

**MONDAY**

Volunteer Morning Tea	9:30am – 10:30am	Every 3 <sup>rd</sup> 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	<b>FREE</b> 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: 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
Financial Counselling	9:00am – 2:00pm	Financial Counselling every Tuesday. Call to make an appointment.
WELLBEING PROJECT – Dance Fitness @Riverstone	10:30am- 11:30am	FREE Dance Fitness every Tuesday.
NWCS Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men 65+
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**

NWCS Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men 65+
Card Making and Scrapbooking	1:00pm- 4:00pm	Every 2 <sup>nd</sup> Wednesday of the month. \$5 per class.
Craft Group	1:00pm- 4:00pm	Every 4 <sup>th</sup> Wednesday of the month. \$5 per class.
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

**THURSDAY**

WSLHD Antenatal Health Clinic	9:00am – 4:30pm	Western Sydney Local Health District Antenatal Care Call 8670 8356 for an appointment <b>*NO THURS APPTS DEC 2023*</b> returns Jan 2024.
Financial Counselling	9:00am- 2:00pm	Financial Counselling every Thursday. Call to make an appointment.
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: NWCS office closes at 12:30pm on Fridays.

**SATURDAY**

HALL HIRE

RANGE OF SPACES  
AVAILABLE FOR  
HIRELooking for a venue for your next event or meeting?  
Contact us for information on our range of spaces for hire.**SUNDAY**

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HIRELooking for a venue for your next event or meeting?  
Contact us for information on our range of spaces for hire.**Special Events and Programs**

GARDENING GROUP WITH BRENDAN MOORE	<b>30 NOVEMBER 2023</b> <b>11AM- 1PM</b> <b>RIVERSTONE COMMUNITY GARDEN</b>	In collaboration with The Royal Botanic Gardens come down and meet Brenden Moore and join in some gardening fun. 30/11/2023
SENIORS CHRISTMAS PARTY	<b>TUES 5<sup>TH</sup> DECEMBER 2023</b> <b>11AM</b>	Join us for an end of year Christmas celebration. 65+. \$5. RSVP 30/11/23
CHRISTMAS LIGHT TOUR	<b>THURS 7<sup>TH</sup> DECEMBER 2023</b> <b>MEET AT 7PM – RETURNS AT 8:30PM</b>	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
NWCS Annual General Meeting	<b>TUES 12<sup>TH</sup> DECEMBER 2023</b> <b>10:30AM</b> <b>CSI Marconi - 81 South Street Schofields</b>	Join us for our AGM at CSI Marconi Register now: Call 9627 3622 or email reception@nwcs.org.au
Energy Accounts Payment Assistance (EAPA)	<b>WEDNESDAYS ONLY.</b> <b>By appointment.</b> <b><i>*Location criteria applies</i></b>	Energy Accounts Payment Assistance (EAPA) helps people having trouble paying their energy bill because of a short-term financial hardship, crisis or emergency.
FINANCIAL COUNSELLING	<b>TUESDAYS AND THURSDAYS</b>	Financial Counselling available. Call to make an appointment.
GAMBLE AWARE	<b>BY APPOINTMENT</b>	Manage your gambling. Free confidential advice and support. Call 9627 3622.

LOOKING TO HIRE ONE OF  
OUR HALLS?CONTACT RECEPTION FOR  
BOOKINGSBUILDING  
A  
STRONGER  
COMMUNITY  
TOGETHER**PH: 9627 3622**[www.nwcs.org.au](http://www.nwcs.org.au)  
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