



# WHAT'S ON @

## NORTH WEST COMMUNITY SERVICES INC.

9 Park Street, Riverstone

PH: 02 9627 3622

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### MONDAY

Playgroup- Riverstone	10:00am –11:30am	Free Community Playgroup for children 0-5 during school terms. Call Alex 9627 3622
Playgroup- Elara	10:00am – 11:30am	Free Community Playgroup. Please contact Kathleen for more information 9627 3622
Child & Family Health Nursing Clinic	9:00am – 3:00pm	Child health and developmental checks (blue book). All aspects of parenting 0-5 yrs. Call 8670 3300 for an appointment.
Social Gardening and Life Skills Club - NDIS participants	10:00am- 1:00pm	Are you a NDIS participant looking to improve physical wellbeing, connection to community and increase life skills? Contact Dom for more information 9627 3622.
Footpath Library	11:30am-12:30pm	FREE books for our community. Every 2 <sup>nd</sup> Monday of the month.

### TUESDAY

NWCS Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men 65+ Cost: \$5
Northwest Sydney DVCAS	10:00am – 4:00pm	Women's Domestic Violence Service. Tuesday's- fortnightly. Call to confirm dates available.
Community Fitness	10:30am- 11:30am	FREE fitness class for ALL AGES – runs during school terms only
Seniors Fitness	11:30am-12:30pm	65+ Cost: \$5 – runs during school terms only

### WEDNESDAY

NWCS Men's Shed	10:00am – 2:00pm	The Men's Shed is a social support program for men 65+ Cost: \$5
Child & Family Health Nursing Clinic	9:00am – 3:00pm	Child health and developmental checks (blue book). All aspects of parenting 0-5 yrs. Call 8670 3300 for an appointment.
Parent + Kids Fitness - ELARA	11:00am- 12:00pm	Our sessions are child-friendly and welcoming! Please contact us for more information about bringing children along to the classes. Sessions run 28 May – 25 June 2025
Friendly Friendship BINGO	10:30am-12:30pm	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month. 65yrs+ Cost: \$5
Card Making and Scrapbooking	12:30pm-3:30pm	Every 2 <sup>nd</sup> Wednesday of the month. \$5 per class.
Craft Group	12:30pm-3:30pm	Every 4 <sup>th</sup> Wednesday of the month. \$5 per class.
Legal Clinic	2:00pm – 4:00pm	First Wednesday of the month. Free legal services – drop-in service. No appointment required.
Free Tutoring Program	3:45pm -5:00pm	Educational support for students who need extra help. Please call 9627 3622 to register.

THURSDAY		
Antenatal Clinic	9:00am – 4:00pm	For all appointments or information call 8670 8356
Beading and Handcraft Workshops	10:30am- 12:30pm	ALL AGES Clay Making Workshops Thursday fortnightly. Call to confirm dates. FREE ENTRY/ ALL AGES
AA 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.
SENIOR FITNESS	10:30am-11:30am	65+ Cost: \$5

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.

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.

Special Events and Programs		
SENIORS SWIMMING	REGISTER YOUR INTEREST TODAY!	If you are interested and are a registered senior client contact Harry 9627 3622
WORK CONNECT PROGRAM	BY APPOINTMENT	Help with new skills, work experience and job training. Contact Pamela 9627 3622 <a href="mailto:pwade@nwcs.org.au">pwade@nwcs.org.au</a>
ENERGY ACCOUNTS PAYMENT ASSISTANCE (EAPA)	WEDNESDAYS ONLY. By appointment. <i>*Location criteria applies</i>	Energy Accounts Payment Assistance (EAPA) helps people having trouble paying their energy bill because of a short-term financial hardship, crisis, or emergency.
WORKING BEE GARDEN GROUP	11am- 1pm Community Garden 30 July, 17 Sept	Facilitated by Brenden Moore-Aboriginal Education Officer -Royal Botanic Gardens. Join the fun!
SENIORS MULTICULTURAL LUNCH	20 August 11:00am	Join us for our Multicultural Lunch. \$5. Limited spaces. Register 9627 3622
CHILD & YOUTH COUNSELLING	BY APPOINTMENT	Counselling for ages 12-24. For information or referral please contact 9627 3622
ADULT COUNSELLING	BY APPOINTMENT	Counselling for adults 25 years +. For information or referral please contact 9627 3622
GAMBLE AWARE	BY APPOINTMENT	Manage your gambling. Free confidential advice and support. Call 9627 3622.

