



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

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 nd 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.
Playgroup- Elara	10:00am -11:30am	Free Community Playgroup. Please contact Kathleen for more information 9627 3622
Friendly Friendship BINGO	10:30am-12:30pm	Every 2 nd and 4 th Wednesday of the month. 65yrs+ Cost: \$5
Card Making and Scrapbooking	12:30pm-3:30pm	Every 2 nd Wednesday of the month. \$5 per class.
Craft Group	12:30pm-3:30pm	Every 4 th Wednesday of the month. \$5 per class.
Legal Clinic	2:00pm – 4:00pm	Second Wednesday of the month. Free legal services – drop-in service. Call 9627 3622 to make an appointment.
Free Tutoring Program	3:45pm -5:00pm	Educational support for students who need extra help. Please call 9627 3622 to register.

THURSDAY

AA Meeting	7:00pm -10:00pm	Having trouble with alcohol? Come and receive support. Location: Community Hall
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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.
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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.
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Special Events and Programs

SENIORS CHINESE NEW YEAR LUNCH	11 FEBRUARY 11AM-2PM \$5	RSVP by 6 February. Call 9627 3622. Must be registered with both NWCS & CHSP to attend.
ENERGY ACCOUNTS PAYMENT ASSISTANCE (EAPA)	MONDAYS. By appointment.	Energy Accounts Payment Assistance (EAPA) helps people having trouble paying their energy bill because of a short-term financial hardship, crisis, or emergency.
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.

