



**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)**

<b>MONDAY</b>		
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.

<b>TUESDAY</b>		
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

<b>WEDNESDAY</b>		
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 <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	Second Wednesday of the month. Free legal services. 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.

<b>THURSDAY</b>		
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.
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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**

<b>SENIORS TEA PARTY IN THE GARDEN</b>	Wednesday 1 <sup>st</sup> April 10:30am	Join us for a hoppy Easter Tea Party. 65+ \$5. Must be registered with both NWCS & CHSP to attend. RSVP 9627 3622
<b>SENIORS EID FESTIVAL</b>	Wednesday 15 <sup>th</sup> April 11:30am	Join us for our Eid Festival. 65+ \$5. Must be registered with both NWCS & CHSP to attend. RSVP 9627 3622
<b>SENIORS MOTHER'S DAY BRUNCH</b>	Wednesday 13 <sup>th</sup> May 11:30am	Join us for a Mother's Day Brunch. 65+ \$5. Must be registered with both NWCS & CHSP to attend. RSVP 9627 3622
<b>ENERGY ACCOUNTS PAYMENT ASSISTANCE (EAPA)</b>	MONDAYS & WEDNESDAYS. By appointment. Call 9627 3622	Energy Accounts Payment Assistance (EAPA) helps people having trouble paying their energy bill because of a short-term financial hardship, crisis, or emergency.
<b>CHILD &amp; YOUTH COUNSELLING</b>	BY APPOINTMENT	Counselling for ages 5-24. For information or referral please contact 9627 3622
<b>ADULT COUNSELLING</b>	BY APPOINTMENT	Counselling for adults 25 years +. For information or referral please contact 9627 3622
<b>GAMBLE AWARE</b>	BY APPOINTMENT	Manage your gambling. Free confidential advice and support. Call 9627 3622.

