

Lennox Head Cultural and Community Centre



What's On! January & February 2012

W E E K L Y M E E T S

FNC Futsal Competition (recommencing 30th Jan)

Futsal is five-a-side indoor football game played with a ball smaller and heavier than the outdoor football and has a reduced bounce. The ball forces a player to use their skill rather than the ball's bounce to propel it. As a small sided game, players are constantly placed in situations where they must receive or play whilst under pressure or in confined spaces. Call **Tanya** for more information **02 6628 3845**

Monday 4-6:30 & Wednesday 4-8:00pm

Yoga White Lotus

A perfect opportunity to develop a new healthy and flexible body through Asanas (yoga postures), improve your energy and vitality through Pranayama (deep breathing) and discover the art of relaxation! Our classes are taught with great care, enthusiasm and love! All are welcome. Call **Madhava** on **0403 838 750** or www.yogawhitelotus.com for more info.

Monday 6:30pm-8:00pm

Ballina Netball Association (recommencing 6th Feb)

This competition is for players looking for a mid week competition on a full indoor netball court. It is a great competition for those that find it hard to play on a Saturday. We will be running 3 competitions each year and the standard will vary depending on each competition and the winter competition. Contact **Judy** for more information **02 6686 7191**

Monday 7-9pm & Tuesday 5:30-8:30pm

Lennox Head Playgroup (recommencing 31st Jan)

A place where parents/carers and children (0-6yrs) can come together in a relaxed and friendly environment. Playgroup gives children an opportunity to play, make friends and develop skills, all while having fun. Playgroup also provides parents/carers with an opportunity to meet other parents, make friends and share experiences/ideas. For families new to the area it is a great place to become part of the Lennox community. Call **Tonya** on **02 6687 5745** for more information.

**Tuesday & Friday 10:00am-12 Noon
Wednesday 9:30am-11:30am**

Bay Rollers Roller Derby

Roller derby is a contact sport played by two teams of five member's roller skating in the same direction around a track. For fast paced fun and aerobic activity why not give this increasingly popular sport a go!
Call **Destinee** on **0414 303 955** for more information.

Thursday 6:30pm-8:30pm – DATE TBC

Playconnect Tippy Toes

Playconnect Playgroups are here to help families with children with Autism Spectrum Disorders (ASD). Participating in a Playconnect Playgroup offers play-based learning opportunities for children with ASD or ASD-like symptoms in a caring environment and gives their families and carers the opportunity to connect and share their knowledge and experiences. Sessions are free. For any further questions please contact **Lisa McCormack** on **0435 233 869**.

Thursday 9:30am-11:30am

Point of Contact Yoga with Nilesh

Would you like to begin practising yoga on your own? Perhaps you would like to extend your current Yogic practice to a local space where your safety always comes first. Breathing, Stretching and Guided Meditation techniques to benefit body and soul. Beginners encouraged. Please call **Nilesh** on **0431 414 906** or email mistasing@gmail.com

Saturday 8:00am-9:00am

Reiki Circle

Reiki is a gentle, safe and non invasive hands on healing therapy which renews your vital energy and brings a deeply relaxing experience in minutes. The circle is open to anyone who has done at least Reiki I initiation.
Call **Emily** on **02 6687 7077** for more information

Saturday 2:00pm-4:00pm

LifeBall – “Come and try” Day Tuesday 7th February 9:30am-11:30am

A fun and gentle social game for seniors who want to stay active and healthy. Come to LHCCC and give it a try on 7 February for \$5 (including morning tea). For more information phone **Yvonne** on **02 6687 6238**

M O N T H L Y M E E T S

Lennox Head Residents Association

Monday 7:00pm – 9:00pm

The Lennox Head Residents Association meets on the first Monday of every month to discuss the local community. Call **Graham** on **02 6687 7255**

C O M M U N I T Y S E R V I C E S

The Lennox Head Cultural & Community Centre is home to the Lennox Head Public Library. The centre is also used by visiting professionals and organisations for the delivery of other additional community services.

Lennox Head Public Library

Monday-Friday 9:30am-5:00pm

Saturday 9:00am-12:00pm

This branch of Richmond Tweed Regional Library loans books, DVDs, CDs and magazines. The library also has local and metropolitan newspapers and provides photocopying and fax facilities. Computer/WiFi access is available (free to members, small fee non members) as well as basic internet training. A weekly story time/craft session for Pre-schoolers is held every Thursday at 10:30am. School holiday activities are also available.

Phone **02 66 87 6398** for more information

Early Childhood Nurse (recommencing 16th Jan)

Monday 9:00am-4:30pm

These free post natal clinics monitor growth and development of babies and children aged 0-5 years. They offer support for parents in learning to care for and meet the needs of their children. Clinics also address women's health issues. Bookings are essential.

Phone **02 6686 8977** for all bookings and information

Wheel Chair Sports (Commencing Feb 2012)

Thursday 10:00am-1:00pm

Northcott Disability Service will run wheelchair sports on a fortnightly basis, inviting all disability services to participate and work together towards an inclusive society. Wheelchairs will be available for able bodied people to join in and there will be a free sausage sizzle afterward. If you are interested in attending, assisting with the program or for more information please call Vicki Crethar or Bill Taylor.

Call **Vicki or Bill** on **02 6620 6600** for more information.

E V E N T S

Australia Day 2012

Thursday 26 January

Come on down to Lennox for some Australia Day celebrations. From 8am-1pm celebrations will be held at the centre and Williams Reserve. With special **Aussie Day Market**, **kid's activities** will be running from 9am and there will be plenty of **live music**. The **Official Ceremony** will be held inside the community centre from 9.00 - 10.30am. The ceremony will include the official flag raising, welcome to country by local Bundjalung elder, ambassador address, citizenship and award ceremonies. *For more info visit www.ballinaaustraliaday.com.au*

Ballina Shire Council Community Facilities

- Ballina Community Services Centre • Lennox Head Cultural and Community Centre •
- The Richmond Room • Wardell Community Centre •
- 02 6687 6291 • communityfacilities@ballina.nsw.gov.au •

Ballina Shire Council and the Ballina Community Services Centre make every effort to ensure that the information contained within this document is accurate at the time of publication, however we recommend contacting the group or event organiser, prior to attending, in order to ensure the details are still current.