

# Lennox Head Cultural and Community Centre



## What's On! November & December 2011

### W E E K L Y M E E T S

#### FNC Futsal Competition

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

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**

#### Yoga White Lotus

**Monday 6:30pm-8:00pm (Adults Class)**

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](http://www.yogawhitelotus.com) for more info.

#### Ballina Netball Association

**Tuesday 5:30pm-8:30pm**

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**

#### Lennox Head Playgroup

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

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.

#### Vibrant Energetics Jewls

**Tuesday 6:00pm-7:30pm**

Integrating the body, mind and spirit, regardless of age, body shape or ability we should all be able to pursue our yoga journey with this graceful yet potent form of yoga. A deeply relaxing and rejuvenating class, taking your body to its own level of perfect fitness. Improves strength, flexibility and your core stability foundation.

Contact **Julianna** for more information **0417 245 954**

#### Zumba

**Wednesday 5:45pm-6:45pm**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Contact **Rachel** on **0401 867 848** for more information.

#### Bay Rollers Roller Derby

**Thursday 6:00pm-8:00pm**

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.

#### Point of Contact Yoga with Niles

**Saturday 8:00am-10:00am**

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 Niles on 0431414906 or email [mistasing@gmail.com](mailto:mistasing@gmail.com)

#### Ballina Byron Beginning Strings

**Coming Soon**

If your child will be in year 5 or year 6 next year, they are eligible to participate in the Ballina Byron Beginning Strings youth orchestra. Call **Rebecca** on **0409 978 991** to express your interest.

## 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

**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 Nov 2011)

**Thursday 10:00am-1:00pm**

Northcott Disability Service will run wheelchair sports on a weekly 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.

## O U R F A C I L I T I E S

Ballina Shire Council operates four different community facilities across the shire to provide meeting and activity spaces for community groups, organisations and individuals to hire. The four facilities are:

- The **Ballina Community Services Centre**
- The **Lennox Head Cultural and Community Centre**
- The **Wardell Community Centre**
- The **Richmond Room** in Ballina

Together, these facilities provide a range of spaces that can accommodate activities of varying sizes from intimate one-on-one interviews to large-scale community events. Further information is available by contacting the friendly Community Facilities Team.

### **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](mailto: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.*