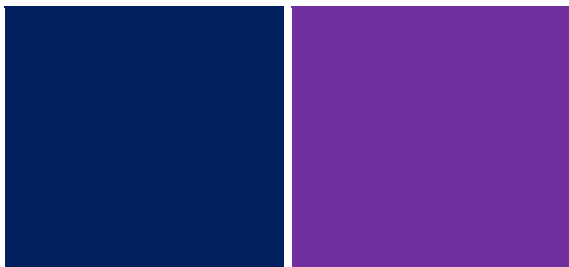


W	H	A	T	'S
		O	N	in your community spaces



Girl to Woman Festival

Read more: Page 6



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Ballina Shire Council makes every effort to ensure 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 correct.

For more information on all of our centres, please contact Council's Community Spaces Team based at the Lennox Community Centre.

Phone: 02 6687 6291
Email: communityspaces@ballina.nsw.gov.au
Web: www.ballina.nsw.gov.au

Version 1 | Last updated 1 January 2016

OUR FACILITIES



Jingi Wahla Rooms: Ballina Surf Club

The Jingi Wahla Rooms: Ballina Surf Club is located at the northern end of Lighthouse Beach in East Ballina. The centre is home to the Ballina Lighthouse and Lismore Surf Life Saving Club and three high quality function rooms operated by Ballina Shire Council. The Lighthouse Beach Cafe operates on the beachfront end of the top floor. Ballina Surf Club's stylish function rooms look south across beautiful Lighthouse Beach and are a premier venue for private functions, weddings and conferences.



Kentwell Community Centre

The Kentwell Community Centre is a modern complex located centrally on the corner of Moon Street and Bangalow Road in Ballina. The centre is home to four important community service organisations: Ballina District Community Services Association, Tweed Byron Ballina Community Transport, On Track Community Programs and St Andrews Aboriginal Respite. There are also four different rooms available within the centre for hire by general public, businesses and community groups.



Lennox Community Centre

The Lennox Community Centre is located conveniently in the Lennox Head Village Centre. The centre is home to the Lennox Head Library and is comprised of five meeting spaces, a dedicated children's area and a multi-use auditorium, suitable for both large scale community events and sports use.



The Richmond Room

The Richmond Room is a modern function facility located adjacent to the tranquil Richmond River within the Ballina Central Business District. Ever popular with locals, the room is regularly used for a range of events such as wedding receptions, birthday parties, trade expos, conferences and training days. It holds up to 250 people theatre style and 150 people cabaret style and is equipped with a commercial grade kitchen to assist in catering your event.



Alstonville Community Centre

The Alstonville Leisure & Entertainment Centre is located in the heart of Alstonville. The centre is home to the Alstonville Public Library as well as many local organisations. The centre comprises of a multi-function hall, sports hall/auditorium and meeting room. All facilities at the Alstonville Leisure & Entertainment Centre are available to the public for hire.

UPCOMING EVENTS

Max Walker, Ballina Shire's Australia Day Ambassador

When: Tuesday 26 January 2016

Venue: Lennox Head Cultural & Community Centre

Australia Day 2016: Ballina Shire Council is proud to announce the special guest for the 2016 Australia Day Ceremony is sportsman, commentator and businessman, Max Walker.

Max Walker is well educated, well-travelled, a wonderful story teller and a successful businessman. One of Australia's favourite sons of sport, Max Walker was one of a select group of sportsmen who played both Senior VFL/AFL Football and Test Cricket. He played 94 senior games with the Melbourne Football Club and 13 years of first class cricket with Victoria and Australia. He was a significant part of our television landscape as host of the Nine Network's "Wide World of Sports".



Max played Test Cricket in a golden era where he proudly pulled on the baggy green cap for Australia to tour New Zealand, England and The West Indies, playing through 34 test matches.

Max practised architecture for 10 years and is a Founding Director of digital engagement business bHive Group. Much of his time these days is spent as a Certified Speaking Professional, inspiring audiences with his corporate keynotes and as a Master of Ceremonies. He is the author of 14 books.

Max said "I am delighted to be heading to the Ballina Shire for the Australia Day ceremony and congratulating the Shire's new Australians".

The Australia Day ceremony will commence at 9am inside the Lennox Head Cultural and Community Centre. Max Walker will be providing a special address as part of the ceremony as well as assisting with the Australia Day Awards and the citizenship ceremony.

All members of the community are warmly invited to attend the ceremony and official proceedings. To find out more about Australia Day, visit <http://www.ballina.nsw.gov.au> or contact Ballina Shire Council on 02 6686 4444.

Free but limited public transport is available. Pick up from Alstonville and Ballina. To book telephone 1800 777 666.

Alliance Francaise Cote du Nord Children's French Classes

When: Monday 18th – Wednesday 20th January 2016

Where: CWA Hall – Lennox Head Cultural & Community Centre

Time: 1:30 – 3:30 pm



The Alliance Française Côte du Nord children's French classes for 2015 have been a great success. French classes for 2016 will commence the week beginning Monday, 8th of February. Check out the webpage detailing Term One's classes in early January. www.afnorthcoast.org.au/classes.

In January, the AFCDN is offering a children's 3-day workshop at Lennox Head. Commencing Monday 18th to Wednesday 20th January from 1:30 – 3:30 pm at the

Lennox Head Cultural and Community Centre (CWA Room).

Kids aged between 6 and 11 who have never tried French or those who have enjoyed it previously are welcome to enrol online. Cost: \$80

Please email us as soon as possible so that we can confirm that we have sufficient enrolments to proceed. Ring Anne Rodger, Classes Co-coordinator on 0481 355 773 for more information.

UPCOMING EVENTS

The Girl to Woman Festival

When: Saturday 9 January 2016

Venue: Lennox Head Cultural & Community Centre

The Girl to Woman Festival is back.

After 400+ people attended the inaugural Girl to Woman Festival in Lennox Head, the word from the local community was clear, more programs and events like this are needed. **With an expanded program Girl to Woman will return January 9th 2016 - open to all.**



PROGRAM

<p>Social Media – Respect Yourself - A workshop for young people</p>	<p>Facilitated by Kristy Wood, Sarah Davis, Kelly Fenech and Natalie Benhayon - An interactive workshop to educate and support young girls to discuss and understand the do's and don'ts of social media. Covering topics such as: cyber-bullying, body image, self-confidence and self-respect.</p>
<p>Social Media – What's really going on online? A workshop for parents</p>	<p>Facilitated by Rebecca Asquith and Simon Asquith - How are young women using social media, what platforms are they using, how are they using them and what do you need to know to make sure they stay safe? This workshop will be an opportunity for parents to ask questions, deepen their understanding, and gain a greater insight into how they can support young people in the world of social media.</p>
<p>Open forum Respect & celebrate</p>	<p>Facilitated by Natalie Benhayon and Guest Presenters - Be a part of the Girl to Woman's open forum to discuss the topical issues impacting our youth and what is needed in our community to provide support in the areas of: body image, self-confidence, media and social media, bullying and more.</p>
<p>Body image and eating disorders discussion group</p>	<p>Facilitated by Mary-Louise Myers, Kylie Kennedy and Kylie Connors An open discussion forum for youth and adults to explore the topical issues of body image and eating disorders. From anorexia and bulimia to our everyday obsessions with weight, this workshop will support frank discussion and help debunk some of the taboos around the body image issues and the eating disorders that affect so many.</p>
<p>The "Ask Dad" discussion group</p>	<p>Facilitated by Michael Benhayon, Ray Karam and Guests A discussion group for men to explore the challenges faced in raising our young women and the importance of maintaining great relationships with their daughters through the younger years, the teenage years and beyond.</p>
<p>Singing and expression workshop</p>	<p>Facilitated by Rachael Kane - Singer Songwriter and Singing Teacher Rachael Kane leads an expression workshop that mothers and daughters (and brothers and dad's) will love.</p>
<p>Make your own natural perfume</p>	<p>Facilitated by Emmalee Benhayon After being completely booked out at last year's event this workshop is back with 2 session times this year. Join Emmalee in this natural perfume making workshop and take home your very own custom made scent.</p>
<p>Live music performances & true movement</p>	<p>Melbourne artist Rachael Kane, singer songwriter of the beautiful <i>Girl to Woman song</i> and Michael Benhayon of <i>Glorious Music</i> along with a number of special guests will play a lunch time concert for all to enjoy. Featuring original tunes that deeply celebrate and respect the young women in our lives including a special live version of this year's theme song <i>Stronger</i> by <i>Glorious Music</i>. The concert will be followed by <i>True Movement</i>: an exercise class that young and old will have fun getting down to.</p>

UPCOMING EVENTS

Ballina Community Soup Kitchen



The Rotary Club of Ballina-on-Richmond is providing a dinner service for those in need

Evening Meals available once a fortnight on a Wednesday
Meals served between 6 - 8 pm
At the Ballina Richmond Room, behind the Library (Regatta Avenue)

A donation is appreciated but not necessary

Evening Meal Dates for January - June 2016

January: 20th February: 3rd, 17th March: 2nd, 16th, 30th
 April: 13th, 27th May: 11th, 25th June: 8th, 22nd



Volunteers run this service
 Support from businesses & individuals welcome
 For more information contact Wayne 0413 292 629



Kidz Klub Australia

Wed 6 - Fri 8 Jan

Wed 13 - Fri 15 Jan

Wed 20 - Fri 22 Jan

Lennox community centre
BOOK NOW
 Phone: 02 6687 6291

Individual Sessions
 Morning 9:30am – 12:30pm
 Afternoon 1:00pm – 4:00pm
 \$20 per child per session

Full Day
 9:30am – 4:00pm
 Includes 30 min lunch break
 \$40 per child per day

- More Info**
- Ages 4 ½ to 16 inclusive
 - Younger children welcome with parental supervision
 - BYO Lunch, Snacks & Drinks



Phone: 02 6687 6291
Email: communityspaces@ballina.nsw.gov.au

Lennox Head Community Markets



When: 10 & 31 January & 14 February 2016
Where: Lennox Community Centre
Time: 8:00am – 2:00pm
Contact: 0419 369 609

The markets are a vibrant part of the Lennox Head community and a great day out for the family. Enjoy shopping in a relaxed beach side town and environment. There are kids' activities, a skate park and a beautiful reserve to sit back and relax and enjoy some great music and local food.

Come and join us and experience some great products for sale including fruit and vegetables, food, fantastic coffee, craft items, clothing, jewellery and more

Hallmark Jewellers – Cash for Gold






When: 22 January 2016 **Contact:** 08 8231 2200
Where: Kentwell Community Centre

Hallmark Jewellers pay, on the spot, for any GOLD jewellery no matter what condition, broken or old. No appointment is necessary. Hallmark Jewellers will assess the GOLD jewellery you offer them in front of you and pay you on the spot, it's that simple.

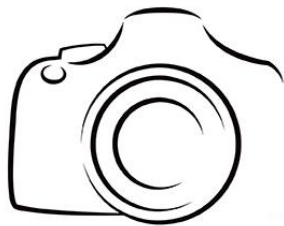
COMMUNITY GROUPS

AMORC

The Rosicrucian Order, AMORC, is a group of educators and students teaching humanitarian ideals, exploring inner wisdom and the meaning of life. If you are searching for an inner, ever-reliable source of strength and balance, in the face of a fast-paced human psyche and techno environment, contact AMORC for a free, introductory, no-obligation brochure. The Order is non-profit, non-religious and non-political. Enrolled students of AMORC hold their study group monthly.

-  **KENTWELL COMMUNITY CENTRE**
-  3rd Saturday of the Month
-  2:00pm – 4:00pm
-  Lyn **0401 766 754**
-  www.amorc.org.au

Ballina Camera Club







The Ballina Camera Club is for budding photography enthusiasts of any skill level. At the first meeting (2nd Thu) members can submit 1 printed image relating to the set monthly subject and 2 images of their choice of any subject. The second meeting (4th Thu) is for digital images that must be submitted prior to the meeting electronically. *Visitors are welcome.*

-  **KENTWELL COMMUNITY CENTRE**
-  2nd and 4th Thu of the Month
-  6:00pm – 9:00pm
-  **02 6686 6915** (in business hours)
-  mark@ballinacamera.club
-  www.ballinacamera.club



Lennox Head Country Women's Association

The CWA is the largest women's organisation in Australia. Its aims are to improve the conditions for country women and children and to try to make life better for women and their families, especially those women living in rural and remote Australia. In addition to this the CWA supports many charities and local community projects as well as providing material aid to Asia Pacific Countries.

-  **LENNOX COMMUNITY CENTRE**
-  Every Monday
-  9:00am – 1:00pm
-  Jan **02 6687 6929**

Lennox Head Residents Association

The Lennox Head Residents Association meets on the first Monday of every month to discuss the local community.

-  **LENNOX COMMUNITY CENTRE**
-  First Monday of every month
-  7:00pm – 9:00pm
-  Margaret **02 6687 5534**

Community Disability Information Alliance

For PEOPLE WITH A DISABILITY OF ALL AGES AND STAGES IN LIFE and their PARENTS & CARERS...

Community Disability Information Alliance aims for this group to become an active voice and community-based resource for people with a disability in the Ballina region and beyond, as the era of the NDIS approaches. This will be a place to bring your burning questions and issues. They will have guest speakers on topics of your interest and need. Please come and share your energy and ideas at the first of many gatherings!

NEW

-  **BALLINA SURF CLUB**
-  First Tuesday of every month
-  10:00am – 12:30pm
-  Meredith: **0418 446 695**
Sally: **0437 978 830**
-  Redmez2@bigpond.com
Sally.newham@fncabilitylinks.org.au

Lennox Head Landcare



Lennox Head Landcare is a group of volunteers committed to rehabilitating and restoring natural areas around Lennox Head. A place famous for its wealth of natural beauty, we'd like Lennox Head to stay this way. Lennox Head Landcare meet Wednesday mornings from 8:30am to 10:30am.

Quarterly meetings are also held within the CWA Hall at the Lennox Community Centre.

- LENNOX COMMUNITY CENTRE**
- Monday (Quarterly) 24 August 2015
- 7:00pm – 9:00pm
- Shaun **02 6687 6323** or **0448 221 210**

Sing Australia



A national singing program established in 1985 by Colin Slater OAM to encourage more Australians to sing. It is welcoming of all voices. There are no auditions. There is no need to be able to read music, have experience or be able to sing in parts. Lots of fun for

anyone who wants to sing.

- KENTWELL COMMUNITY CENTRE**
- Every Tuesday
- 7:00pm – 9:00pm
- Barbara **02 6628 1557** or **0412 660 472**

Ballina Uniting Church

A twice-monthly meeting of the Lennox Head congregation of the Ballina Uniting Church. The service takes place in the Lennox Head CWA Hall.

- LENNOX COMMUNITY CENTRE**
- 1st & 3rd Sunday of Month
- 9:00am – 11:00am
- balluc2@westnet.com.au
- David **02 6686 8846**

The Silver Smiths


We do not sing because we are happy...we are happy because we sing! So if you'd like to join The Silver Smiths, come and share memories and happiness through the songs of yesteryear. The Silver Smiths also entertain the older communities of Ballina and its surrounds. All welcome.

- KENTWELL COMMUNITY CENTRE**
- Every Wednesday (resuming 5 August)
- 5:00pm – 6:00pm
- Helen **02 6681 6357**
Jennie **02 6686 5663**

COMMUNITY SERVICES

Broadband for Seniors

Free internet access and computer training for seniors to gain confidence and build new skills. Topics include navigating a computer, using email, email etiquette, exploring the internet and using word processing software.

	KENTWELL COMMUNITY CENTRE
	Mondays and Thursdays
	9:00am – 12:30am
	02 6687 6291

Northern Rivers No Interest Loans

Northern Rivers No Interest Loans (NRNILS) is a community revolving credit program providing people on a low income access to fair and affordable credit. Loans up to \$1200 are available for the purchase of essential goods and services. For more info visit www.lnci.org.au or **66217397**.

	KENTWELL COMMUNITY CENTRE
	Tuesdays
	10:00am – 4:00pm
	02 6621 7397

Interrelate Family Centres: Outreach Program

Interrelate is a not for profit organisation providing services that strengthen and support all of the relationships in your life – with yourself, your partner, your family, your children and during life's transitions, such as becoming a parent, grandparent, divorce and separation and forming a stepfamily.

	KENTWELL COMMUNITY CENTRE
	Wednesdays and Fridays
	9:00am – 5:00pm
	02 6623 2750

Northern Rivers Gambling Counselling Service (NRGCS)

Northern Rivers Gambling Counselling Service is a free and confidential gambling counselling service for gamblers and family members of gamblers whose gambling behaviour is impacting on them and/or their family. Visit www.buttery.org.au for more information.

	KENTWELL COMMUNITY CENTRE
	Various - By Appointment Only
	02 6687 2520

RSL Tibouchina Day Club




The RSL Tibouchina Day Club offers social activities and opportunities for older people, mostly still living at home in the Alstonville/Wollongbar area, who are unable to attend more active programs offered in their local community.

	ALSTONVILLE COMMUNITY CENTRE
	Every Wednesday
	10.00am – 2.00pm
	Marette 02 6624 2714

Ballina Community Soup Kitchen

NEW

The Rotary Club of Ballina-On-Richmond is providing a dinner service for those in need. Evening Meals are available once a fortnight on a Wednesday, starting on the 20th January 2016. A donation is appreciated but not necessary.

	THE RICHMOND ROOM
	Every second Wednesday
	6:00pm – 8:00pm

Ballina Lighthouse RSL Day Club

The Ballina Lighthouse RSL Day Club is for the socially isolated elderly people of Ballina. They meet on Thursdays at the Richmond Room. They provide mental stimulation, exercise, entertainment, morning tea and lunch.

	THE RICHMOND ROOM
	Every Thursday
	10:00am – 2:00pm
	Fay 02 6686 3517 Lorraine 02 6687 4350

HEALTH AND WELLBEING

Breast Cancer Support Group

For any woman or friends and family, diagnosed with, or recovering from, breast cancer. Held on the 1st Thursday of the month the meeting includes a sharing of morning tea and information, followed by a guest speaker and a relaxation session.

KENTWELL COMMUNITY CENTRE
1st Thursday of the Month
10:00am – 12:00pm
Robyn 0413 027 446

INTRA: The Buttery's Drug & Alcohol Outreach Program



Ongoing weekly group for anyone who wants to quit drugs and/or alcohol, has quit and is struggling, needs to talk to somebody or is experiencing difficulty running their life.

All groups are professionally facilitated and provide a safe, respectful and supportive environment where participants can increase clarity through sharing of knowledge and experiences.

Although a commitment to total abstinence is not a prerequisite for involvement, participants cannot attend while intoxicated.

KENTWELL COMMUNITY CENTRE
Every Wednesday
1:30pm – 3:00pm
02 6687 2835
info@intra.org.au
www.intra.org.au

General Cancer Support Group

A new general cancer support group has started in Ballina for anyone living in the local area. Meetings will be held on the first Wednesday of each month at the Kentwell Centre in Ballina.

The aim of the group is to provide a safe, supportive and friendly environment for people with cancer to share their feelings and discuss how it has affected them. It will also allow people to connect with other cancer patients if they wish to.

KENTWELL COMMUNITY CENTRE
1st Wednesday of the Month
11:30am – 1:00pm
Theresa 0433 605 668
tj_lowe@hotmail.com or
David 0428 187 025
david@davidyoung.com.au

Bulk Billing Psychologist – Chris White

Chris White has over 6 years' experience as a psychologist. He has a comprehensive understanding of issues and circumstances surrounding people on a low income, particularly clients with issues associated with longer-term welfare dependency. Offering a person-centred approach, he provides a range of therapies to address issues such as anxiety and depression, substance misuse, loss/grief and trauma. You can access this service through a referral from your GP under a GP Mental Health Care Plan to ensure your therapy is bulk billed.

LENNOX COMMUNITY CENTRE
Every Tuesday
8:00am – 5:00pm
Chris 0413 725 471

Australian Red Cross Blood Service



Blood is vital to life and for many people blood donors are their lifeline. Currently only 1 in 30 people give blood, but 1 in 3 people will need blood in their lifetime. Modern processing techniques mean that a

single blood donation, when separated into its components, can help at least 3 different patients and contribute to making up to 22 different products.

THE RICHMOND ROOM
Mondays 1:30pm – 7:00pm
Tuesdays 9:00am – 2:00pm
(various weeks)
Pre arrange an appointment.
Phone 13 14 95

Paediatrician – Dr Ulrike Schmidt



mother of two active children.

She has a particular interest in preventative strategies to maximize each child's potential. Other interests include infant health, child development, paediatric respiratory conditions, sleep issues and allergies.

Dr Ulrike Schmidt is able to assist with all aspects of your child's health and well-being from newborn to adolescents. Dr Ulrike has developed an empathetic and balanced approach to caring for children and their families through both clinical and practical experience as a

LENNOX COMMUNITY CENTRE

Every Wednesday and Friday

8:00am – 6:00pm

02 5622 6020

reception@drulrikeschmidt.com.au

www.coastal-childhealth.com.au

Clinical Psychologist - Deirdre Middlehurst

Deirdre is a fully registered clinical psychologist and a full member of the Australian Psychological Society College of Clinical Psychologists. Deirdre specialises in working with adults and children who are struggling with depression, anxiety, post-traumatic stress, phobias, adjustment following grief and loss, diagnosis of Asperger syndrome and focussing to facilitate healing using the most effective approach for that individual. You can access these services privately, or through a GP Mental Health Care Plan from your Doctor which will allow a Medicare subsidy for up to 10 sessions per year.

LENNOX COMMUNITY CENTRE

Every Thursday

8:00am – 5:00pm

Deirdre 0481 094 709

Cannabis Clinic

The Cannabis Clinic is a free, confidential counselling service run by NSW Health. The clinic is conducted on an individual basis for people who want to stop or reduce their use of cannabis.

KENTWELL COMMUNITY CENTRE

Every Tuesday

9:30am – 3:30pm

1300 664 098

Health & Wellness Meeting

Guest Presenter: Louise Evans B. App.Sc (Food Tech)

Find out about what optimal health really is, how to increase your energy levels and live healthier longer, achieving and maintaining your ideal weight and tools to manage ongoing health and vitality. Discover what we can do to beat the statistics that indicate a dramatic increase in degenerative diseases since the days of our great grandparents.

KENTWELL COMMUNITY CENTRE

Thursday 11 November 2015

6:45pm – 9:00pm

Louise 0431 473 520

Glenn 0414 410 645

YOGA, DANCE & EXERCISE

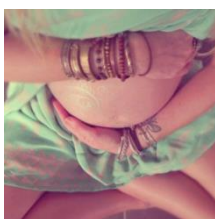
Yoga

Purna Yoga with Tamika at the Ballina Surf Club

Purna means complete. Purna yoga integrates the different aspects of yoga with careful alignment of the body, meditation and breathing exercises. This yoga class is perfectly fine if you have not practised yoga before or have only practised a little. Please come along and join the journey. You will find that the precision and awareness that comes with this class will lead to tremendous growth, physically, mentally and emotionally.

-  **BALLINA SURF CLUB**
-  Every Thursday
-  6:00pm – 7:00pm
-  Tamika on **0439 451 493**

Yoga for Pregnancy







Yoga for pregnant women to support, balance, calm, restore and strengthen body, mind and soul. Classes include uplifting vinyasa flow, breathing practices, meditation, visualisation and deep relaxation.

Please bring cushion and yoga mat if you have one.

-  **LENNOX COMMUNITY CENTRE**
-  Every Saturday
-  2:00pm – 3:00pm
-  Reni **0410 552 701**

Iyengar Yoga

Iyengar Yoga is the world's most widely practiced method of yoga and is suitable for all ages, levels and those with injuries. These classes are for people with some yoga experience. Students continue to consolidate basics and are introduced to poses such as inversions and backbends.

-  **LENNOX COMMUNITY CENTRE**
-  Every Wednesday
-  6:00pm – 7:30pm
-  Liz 0402 770 441

Yin Yoga - The missing link to joint health and longevity

NEW








Do you suffer from back, knee, hip, or shoulder stiffness & pain?

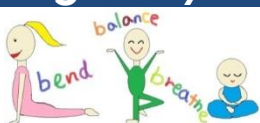
As we age, more & more people depend on operations or replacements of these vital joints to maintain mobility.

The uniqueness of Yin Yoga is that it targets the joints. Yin yoga strengthens, & increases the vital fluid in our joints, as well as improving flexibility & mobility. It moves energy through our body & organs (chi).

Yin yoga is suitable for every body: Runners, Surfers, Golfers & Over 50's. All ages, shapes & sizes. Classes run for an hour & are by paper donation!






-  **LENNOX COMMUNITY CENTRE**
-  Every Friday
-  9:00am – 10:00am
-  Glenn 0425 339 988
-  www.change4life.net.au

Yoga Play



Yoga Play invites kids to stretch, breathe and be. For awareness, strength, flexibility and for fun! Laura is an experienced yoga teacher and children's entertainer for ten years. Classes are \$10 per class.

Please contact Laura for any queries no matter how old your child is.

-  **LENNOX COMMUNITY CENTRE**
-  Every Tuesday – School Term
-  4:15pm – 5:15pm
-  Laura 0422 469 909
-  yogaplay@hotmail.com

Dance

Dance for Parkinsons



Why dance? For people with Parkinson's disease, rigorous dance classes led by trained professional teaching artists are becoming internationally acknowledged as an important, beneficial and welcome addition to the portfolio of recognised movement-based therapeutic interventions that are supported by published research. By approaching movement as dance students, not as patients, people with Parkinson's can focus on PD-specific concerns like mobility, balance, rhythm and flexibility in an enjoyable, social and communal environment.

Dance classes create an environment emphasising expression, creativity, engagement and positive relationship building. Dance is a unique vehicle, naturally combining multiple approaches to foster exercise, confidence building and an improved quality of life. Beyond the benefits of exercise, dance offers social and emotional interactions, which may increase the quality of life, access to movement, and participation for the members of the PD community.

LENNOX COMMUNITY CENTRE

📅 Fortnightly Tuesday
🕒 11:30am – 1:00pm
📞 Jodie – 0408665275
Amber - 0409349891

Angelina Ballerina Dance Academy



Angelina Ballerina is an opportunity for your child to receive quality dance education in a caring and fun environment with classes based on the stories and adventures of Angelina Ballerina. Enrol today and your child will take their first steps in learning the skills and love of dance that will last a lifetime. For children aged 3 yrs and over.

LENNOX COMMUNITY CENTRE

📅 Every Tuesday
🕒 10:00am – 11:00am
📞 0414 827 155
🌐 www.northcoastdanceacademy.com.au

Kids Capoeira

“A dance like a fight, a fight like a dance, a song, a ritual... a way of life!” –Mestre Acordeon

Capoeira (pronounced “Capo air ah”) is a Brazilian art-form with a strong cross-cultural and interdisciplinary background. Developed as a cultural system encompassing a fight-like, dance-like ‘game’ by the African and



Indian slaves in colonial Brazil. Capoeira today is practiced with strong symbolism and rituals in more than 150 countries. Classes are planned considering all its features such as fight and acrobatic movements, music, rituals, and historical elements, so that students can experience Capoeira with its cultural context. Beginners & experienced learners welcome.

LENNOX COMMUNITY CENTRE

📅 Every Monday
🕒 Kids Capoeira: 4-5pm
📞 Eurico (0430445540)
💰 \$16 casual class
\$130 for a 10 class package

Exercise

Physical Culture

Physical Culture is for girls aged 3 years and older that builds confidence and poise. Physie also develops good posture, fitness, flexibility, co-ordination and balance through a regular program of exercise and dance. Our national choreography curriculum is designed to teach the relationship of music to movement, rhythm and musical interpretation.

ALSTONVILLE COMMUNITY CENTRE
Every Tuesday
3.30pm – 7.00pm
Jenna **0406 774 992**

Healthy Lifestyles by CHEGS

A gentle exercise class for strengthening, stretching, co-ordination and balance. Perfect for beginners and older adults.

\$6 per class or \$25 for 5 classes.

LENNOX COMMUNITY CENTRE
Every Tuesday
10:00am – 11:00am
02 6620 7523 or **0409 349 891**

Feldenkrais Movement with Lyn Walker

The Feldenkrais method of movement is a gentle way for you to explore how you move. These lessons help you take advantage of your natural ability to learn to improve ease of movement. Lessons are usually conducted lying or sitting on the floor.

LENNOX COMMUNITY CENTRE
Every Tuesday (returns 9 February)
4:30pm – 5:30pm
Lyn **02 6687 6815**

Lifeworks - Pilates

Pilates was developed by a man for men and these classes have been designed specifically with men in mind. There is an emphasis on stretching as well as back pain prevention. This class suits all levels and has great benefits for surfers, golfers, athletes and anyone who wants to continue enjoying their favourite pastimes. Fitballs, foam rollers, balance discs and bands are regularly used during the classes. Bring a friend along and try a class for free.

LENNOX COMMUNITY CENTRE
Every Mon, Tues & Thursday
Mon & Wed 4:45pm
Tues 6:00pm
Alison **0415 784 214**

Zumba®



Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check.

Super fun? Check and check. To resume, it is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

LENNOX COMMUNITY CENTRE
Every Thursday
5:00pm – 6:00pm
Helen Sprunger 0451 148 508

Alstonville Aikido

The traditional Japanese Martial Art of Aikido develops flexibility, coordination, concentration, improved health and fitness, self-confidence and effective communication skills. Suitable for all ages, experience levels and fitness levels.

ALSTONVILLE COMMUNITY CENTRE
Every Mon and Wed
7.30pm – 9.00pm
Jim **0404 281 003**

SPORT GAMES & COMPS

Ballina Netball Association

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. If you are interested in joining a team, please register your interest by phoning the Ballina Netball Association on 6686 7191.

ALSTONVILLE COMMUNITY CENTRE

Tues 6:00pm – 9:30pm
Thurs 6:00pm – 9:30pm

Talita **0488 288 827**

Alstonville Lifeball

Lifeball is a simple and safe team ball game; ideal for seniors and people with injuries. It is similar to Netball but is played at a safe walking pace without sudden stopping and is a noncontact sport, to help prevent injuries. Lifeball is about having fun, maintaining fitness and forming new friendships. Cost: \$6 per 2 hour session, including complimentary tea and coffee.

ALSTONVILLE COMMUNITY CENTRE

Every Monday
10:00am – 12:00pm
Julie **0413 086 325**

Lennox Head Lifeball



A fun and social game for over 50's who want to stay active and healthy. A safe team ball game ideal for seniors and people with injuries.

Cost: \$6 per session (includes morning tea).

LENNOX COMMUNITY CENTRE

Every Tuesday
9:30am – 11:30am
Yvonne **0448 004 161**
Trish **0411 272 685**

United Gymnastics Academy



United Gymnastics Academy provides Gymnastics Classes for all ages and skills levels.

The classes available at the Alstonville Leisure and Entertainment Centre are as follows: Recreation, Women's Artistic Gymnastics, Men's Artistic Gymnastics, Acrobatic Gymnastics & Kindy Gymnastics.

ALSTONVILLE COMMUNITY CENTRE

Mon, Wed, Thu & Fri 4.00pm
Kindy Gym Mon & Fri 9.30am
Alison **02 6628 3533**

KIDS & BABIES

Lennox Head Playgroup *(School Term Only)*

Playgroup NSW



parents/carers with an opportunity to meet other parents.

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 provides

LENNOX COMMUNITY CENTRE

Tuesdays (0 – 6 years)

Fridays (2 – 6 years)

9:30am – 11:30am

Jessica **02 6687 5745**

Lennox Head Kidz Klub



Designed to cure holiday boredom and perfect for working parents. Activities include sports-based games like fozzball and ping pong, clowning games, parachute games, team building games, art and craft activities, board games, ultimate dress ups & more!

Choose either a morning or afternoon session or stay all day. \$20 per child per session or \$40 per child for the full day. Bookings now open!

LENNOX COMMUNITY CENTRE

Wed 6 - Fri 8, Wed 13 - Fri 15, Wed 20 - Fri 22 January 2016

Morning: 9:30am – 12:30pm

Afternoon: 1:00pm – 4:00pm

Full Day: 9:30am – 4:00pm

02 6687 6291

Kids French in Action



The Alliance Francaise Cote du Nord is offering French classes for 5-11 year olds during school terms. The classes provide interaction in French with song, games and activities. Bookings are essential.

LENNOX COMMUNITY CENTRE

Thursday

4:00pm: 6:00pm

0481 355 773

www.afnorthcoast.org.au

Child & Family Health



A Child and Family Health Nurse provides a weekly child health service to families of Lennox Head every Wednesday at the Health Care Office.

LENNOX COMMUNITY CENTRE

Every Wednesday

9:00am – 3:00pm

02 6686 8977

LIBRARIES *(Alstonville, Ballina & Lennox Head)*

The Ballina Shire Council libraries offer a wide variety of facilities, services and programs across the region. Listed below you will find regular and special events across the three branches. For more information please contact your local branch or visit www.rtrl.nsw.gov.au.

All library branches will be closed from 3:00pm Thursdays 24th Dec 2015 and returning on Monday 4th Jan 2016.

Alstonville Library	Ballina Library	Lennox Head Library
Alstonville Community Centre 46 Commercial Road Alstonville NSW 2477 Phone 02 6628 5527	6 River Street Ballina NSW 2478 Phone 02 6686 2831	Lennox Community Centre Corner Park Lane and Mackney Lane Lennox Head NSW 2478 Phone 02 6687 6398
Opening Hours Mon to Fri: 9.30am - 5.00pm Saturday: 9.00am – 12 noon	Opening Hours Mon, Tue & Fri: 9.30am - 6.00pm Wed & Thu: 9.30am - 8.00pm Saturday 9.00am – 12 noon Sunday 1.00pm - 4.00pm	Opening Hours Mon to Fri: 9.30am - 5.00pm Saturday: 9.00am – 12 noon

Regular Activities

Baby Book Time

Baby Bounce promotes early literacy in babies under 2 years of age and fosters parent child participation and interaction. It's a fun way for a parent and child to get rockin' with the rhyme and rhythm of songs, poems, finger plays and nursery rhymes. Also a great way to meet other parents and babies in the area. Bookings are essential.

Alstonville: Thursday 10:30
Ballina: Monday 10:30
Lennox: Wednesday 10:30 16 December last for year Return Wednesday 4 th Feb 2016

Alstonville **02 6628 5527** Ballina **02 6686 2831** Lennox Head **02 6687 6398**

Story Time



A friendly, social get together for local parents and their toddlers; this popular story time and craft session for pre-schoolers is held weekly. Bookings are essential.

Alstonville: Tuesday 11:00am
Ballina: Tues & Fri 11:00am
Lennox : Thursday 10:30am 17 December last for year with Return 28 January 2016

Alstonville **02 6628 5527** Ballina **02 6686 2831** Lennox Head **02 6687 6398**

The Libraries strive to provide a safe environment for children, however, all responsibility remains with the parent or carer at all times. We recommend that children under 9 are not left alone in the library, even when attending an organised activity. Parents are welcome to join in or make use of the library facilities.

Lennox Head Library Special Activities & Events

Make a Brooch

When: Thursday 7th January
Age: 8yrs +
Bookings: 02 6687 6398



Bag Printing

When: Monday 11th January
Age: 5yrs +
Bookings: 02 6687 6398



Junior Gizmos and Gadgets

When: Tuesday 19th &
Thursday 21st January
Age: 5yrs +
Bookings: 02 6687 6398
Booking essential as places are limited.



Gizmos and Gadgets

When: Monday 18th & Wednesday
20th January
Age: 8yrs +
Bookings: 02 6687 6398
Booking essential as places are limited.



Chemistry Show

When: Thursday 14th January 9:45am



Age: Strictly 7yrs +

Bookings: 02 6687 6398

Amazing interactive science show.

Strictly for children aged 7 and over. Please book a spot as we have limited places. Children will be seated on the floor for the 45 minute show. Parents can view the show from up the back but chairs will be limited.

Booking essential for all activities as places are limited.

The Library has some new visitors!



They eat a lot!

Come down and visit them.

They would love it if you could bring down a mulberry leaf or two.

iPad Information Session

When: Monday 15th February @ 2:00pm

Age: Strictly 7yrs +

Learn how to download library books, magazines and music to your iPad.

Bring your iPad to get set up.

Bookings required.



Ballina Library Special Activities & Events

Exit Stage Left

When: Wed 6 and 20 Jan, 3 and 17 Feb 2016

Time: 10:30am -12:30pm

Bookings Essential: 02 6686 2831

Exit Stage Left is a play reading group for adults. The group meets fortnightly; sessions are informal, presenting an opportunity for those who wish to act without performing.

Night Owls Childrens Bookclub

When: First Wed of each month

Time: 6:00pm

A book club for children on the first Wednesday of every month. Children are invited to come along to talk about books, their favorite authors, to do a craft activity or play a game. The activity is suitable for children aged between 8 and 12 years. No booking required.

Ballina Library Reading Group

When: 20 January 2016

Bookings: 02 6687 6398

Ballina Library Writing Group meets on the third Wednesday of every month. Come along and meet other people interested in writing.



Summer Reading Club – Ballina, Lennox & Alstonville

When: 1 December – 31 January

Starts 1st December and finishes 31st January

Weekly Book Prize Draws

Major Prize Draw Announcement @ Ballina Library Friday 5th February 4pm RSVP 6686 2831

Summer Reading Club

www.summerreadingclub.org.au



Phone 02 6687 6291

Fax 02 6687 6253

communityspaces@ballina.nsw.gov.au

www.ballina.nsw.gov.au/communityspaces