



The heart of our community

What's On



*Northern Suburbs
Community Centre Inc.*

Regular Weekly Programs



www.nscctas.org.au



Find us on google maps

Funded by the Crown through the
Department Of Premier and Cabinet

Newnham

49 George Town Road, Newnham



6326 5506

@ admin@nscctas.org.au

MONDAY

Connected Women's Program

11am-1pm

Welcoming Migrant Women and building social connection through friendships.



Australian Red Cross

Digital Uplift

9 am- 11 am



Free!

- Digital Skill Help
- Getting Online/ Online Safety
- Digital tools for Work
- Accessing Government Services

Just drop in and see Nathan

Tai Chi

10 am-11 am



Release stress & improve your balance with simple Tai Chi exercises to suit all abilities.

Knitters Unleashed

1-3pm



12 week program with Glenys to make this simple scarf. Materials provided, **Beginners Welcome.**

TUESDAY

All Stitched Up

10am-2pm

Get Crafty with us & create to donate.



Micro Lunch

12.30 pm

Free!

Weekly light lunch, alternating BBQ with Indian Cuisine

Please Book for this one.

Fortnightly Only:
Call us for dates

FREE GP Clinic Walk-In Clinic

6.00-9.00 pm

Includes most GP like services including:
Scripts- Health Checks- Referrals- Bloods- Xray's



Moreton Group
Medical Services



Snag Chat Van

11am- 1pm

Join us for a sausage, chat & games

3rd Tuesday of every month only



Visiting Services

We also have regular visits from other services with information and support.

- Services Australia (Centrelink) - Fortnightly
- Bapcare NDIS- Fortnightly
- LCLC- Visiting Lawyer- Monthly sessions

Call us to find out more !

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WEDNESDAY

Launceston Legal Literacy Centre 10am-12pm



LEGAL
LITERACY
VOLUNTEERS

Help filling in documents and much more! Drop-In Service

Goldie's Group 10am- 12 Noon



Craft, Activities, Games and a great chance to connect with others.

Community Lunch 12.30-2.00 pm



Join in a delicious 2 course lunch
Great way to make new friends.

Please book for this one!

Baby Bugs 12 Noon-1.00 pm



Playgroup for caregivers and their families to learn together.

For children Birth- 5 years

For more more info call

Caz 0448 919160

Your Space 1.00-2.30 pm

Connect, have fun, chat and share a laugh with others.

For more more info call

Caz 0448 919160



GROW



Community -based Mental Health Support Program.
Sharing life's challenges and solutions together.

Contact; Linda- 0417 737203

linda.allen@grow.org.au

THURSDAY

Community Keep Fit 10.00-11.00 am

Come along & keep moving with simple exercises for all abilities.

All equipment provided.



Children's University 3.15-4.15 pm

Learning hub for children 8-14 yrs Fun Games, experiments, activities and much more !



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FRIDAY

Let's Get Crafty 10.00 am -11.30am



Bring along any craft that you may be working on and share ideas together. Great way to make a new friend as well !

Boomerang Bags 1.00-3.00pm

Create & sew sustainable, re-usable cloth shopping bags. All welcome- You can help out in so many ways!

- Design Team
- Cut Out Team
- Sewing Team



Learner Driver Mentor Program

To assist people within the Northern Suburbs of Launceston with no access to a supervisory driver obtain their 80+ hours of driving time. We provide a vehicle and trained driver Mentor.



Call Mani or Mark on 0456 891344
Tues-Thurs 9.30 am-2.30pm to enquire



Can you help us out and become a Mentor?

If you have two hours per week and would like to make a real difference in another person's life then please come along and chat to us today.

- Mentors are provided with full training and support.
- Mentors do not need to teach learners how to drive.
- Driving practice takes place in a dual control vehicle provided by L2P



Our FaRM project has become a place where people can learn, connect and grow- both food and confidence. So much activity is buzzing around our gardens, so why not come and have a look !

- Market garden site at Mowbray is ready for future crop planting.
- Garden beds at Newnham site are producing masses of fresh vegetables that are available to buy from our Market stalls.
- Our Green house is full of seedlings ready for planting.

If you would like to be a part of our volunteer crew- then drop in and find out more or give us a call.



Mowbray

Dover Street, Mowbray

 6326 6776 @adminm@nscctas.org.au

MONDAY

Modernism Art 10am-12 Noon

Come and explore the painting, drawing and design ideas of Modernism.



Your Space 12-2.30pm

Connect with others, share a laugh together and have a chat.

Fun games, activities, hot drinks and snacks.



Scrapbooking- 1pm-2.30 pm

Come along and have Fun with Scrapbooking. \$3

TUESDAY

Learn to Machine Sew 10am-12 pm

Come and learn some machine sewing basics.



12.30-2.30 pm

Machine sewing class for more advanced sewers.



Dance Fit Class 10-11 am

Join Caz with some easy, fun dance moves for all abilities. Great way to keep moving and make new friends.



WEDNESDAY



Soup-er Social 12.30-1.30 pm

Come and warm up, sit relax have some soup and a chat. Fresh homemade soup cooked with care by Innocent & Bhanu

NO COST- Just drop in. Everyone Welcome

Hairdresser Visit

Affordable haircuts for everyone!

Last Wednesday of every month.

By appointment only-Call us on
63 266776 to book

- Trim or cut
- Nail Gel
- Face Waxing
- Eyelash tint
- Eye brow tint

Also Available



Mowbray

Dover Street, Mowbray

 **6326 6776** **@adminm@nscctas.org.au**

Car Park BBQ *First Wednesday of each month* **3-4.30 pm**



Join our Community Family worker Deb for family fun activities and grab a sausage from the Snag Chat crew !

THURSDAY

Landscape Art
10am-12 Noon



Come along and join our friendly art group and learn the basics of painting landscapes.

Learn to play Mahjong
10am-12pm



Discover a new passion and enjoy the classic game of Mahjong. Great way to keep your mind active, learn a new skill and make new friends.

FRIDAY

Cooking with Allan
11am- 1pm



Simple, affordable and delicious meals to make and share together. Limited Spaces Available
Call us to express your interest today!

Make Time To Play
3.15-4.30pm



Family Fun activity group filled with interactive activities to enjoy together.

Call Deb 0455 310329 for more info

Mural Project Workshop **10am-12 Noon**

Help us connect our Garden of Peace and reflection Mural project with our Mowbray site
Chris will help guide the project with you.
Everyone Welcome- All materials supplied



The Shed (Rocherlea)

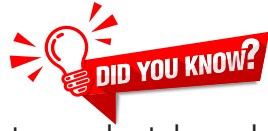
12 Kingbilly Crescent, Rocherlea

Work Shop Activities

We welcome outside participants to join in workshop activities.

Monday, Tuesday, Wednesday
9.30 am-2.30 pm

Call in to The Shed to talk with the group and find out more about how you can get involved.



The team also take orders for custom made projects for individuals and organisations



Monday

PEEPS - Youth Program
3.15-4.30 pm

For young people aged 10-17 yrs.
A safe space for young people to hang out.
BBQ, Games and Activities



Breakfast Club
9.00-11.00am



Third Monday of every month

Come and join us for bacon & eggs and a cuppa for breakfast and have a yarn with Carl.

Wednesday

Coffee and Chats
10am-11.30am



Get out of the house and come along and grab a cuppa and meet some new people.

Weekend



DadLAN is a social network, and place to connect over gaming
Meets on the 3rd Sunday of the month 1-5pm @ The Shed
Join us at: [DISCORD.GG/DADLAN](https://discord.gg/DADLAN)

