WHAT’S ON GUIDE
JUL - DEC 2018
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Contact Us

Enrolment
• Phone: 02 9922 2299
• Email: info@northsydneycentre.com.au
• www.northsydneycentre.com.au
• North Sydney Community Centre
  220 Miller Street, North Sydney
• PO Box 562, North Sydney, 2059

Location and Transport
Free parking on weekends in Ridge Street Car Park
For bus routes and train information Transport Info Line on 131 500 or www.transportnsw.info
North Sydney Train Station: 10 minute walk via Miller St to North Sydney Community Centre
NSCC is wheelchair and pram accessible

Social Media
FACEBOOK:
/northsydneycommunitycentre
/explorersplaygroup
/northsideproducemarket

TWITTER & INSTAGRAM:
@nthsydcentre
@nthsydmkts

Enrolment Conditions
REFUNDS: Provided with minimum five working days notice prior to course commencement. All refunds incur a $15 admin fee.
CANCELLATION: Courses require a minimum number of enrolments to proceed. You will receive a full refund and be contacted if a course is cancelled.
TRANSFERS: Permitted in the same term free of charge if five days notice is given before the course starts and provided the class you are transferring to is not full.
CONFIRMATION: Enrolment is not confirmed until payment is made in full, at which time a receipt is emailed to you.

MATERIALS: Please confirm course is proceeding before purchasing any required materials.
CONCESSIONS: On selected courses we offer a 25% concession to pension card holders and full-time students with valid ID. See website for details.
ELIGIBILITY: Unless otherwise stated, students must be over 18 years of age to enrol.
PRIVACY: Please see website for details.
E-NEWSLETTER: By enrolling in a class, free event or paid event you will be subscribed to receive our weekly e-newsletter, you can unsubscribe from this at any point.
Special Events

In Conversation

Lunchtime Series: Lunch with Lorraine McGee-Sippel and Susan Maylan-Coombs

Term 3 • Fri 06 Jul • 12 – 1:30pm • $35

Enjoy a light lunch and a glass of wine while listening to Lorraine McGee-Sippel and Susan Maylan-Coombs, who are two local community First Nations women. This cultural conversation is an honest discussion exploring the fragility of reconnection and cultural identity.

In Conversation: Richard Gill and Simon Moore

Term 3 • Fri 24 Aug • 6:30 - 8:30pm • $20

Join us for an evening In conversation with Richard Gill, AO and Simon Moore, presenter at Fine Music FM. Richard is one of Australia’s pre-eminent and most admired conductors specialising in opera, musical theatre and vocal and choral training and is internationally respected as a music educator. Richard’s work in developing young musicians and creating opportunities for them is recognised worldwide. Richard is committed to the promotion of music education in children as a foundation for their learning. Supported by media partner Fine Music FM.

In Conversation: Architecture and Disability

Term 3 • Fri 28 Sep • 9:30am - 12pm • $20

Almost one in five Australians report living with a disability and are profoundly impacted by the design of public spaces and private dwellings. Join this dynamic discussion featuring prominent architects and community members in conversation with presenter Fenella Kernebone as part of Sydney Architecture Festival.

Student and Tutor Exhibition 2018

Term 4 • Fri 09 Nov • 6:30 - 8:30pm • Free

Marvel at the talent of students and tutors at our annual Student and Tutor Exhibition - showcasing works including expressive painting, watercolours, photography, life drawing, sketching, ceramics, origami, craft works, wire sculpture and printmaking. Join us for a glass of wine, live music and meet some of the artists. Here’s your chance to purchase your favourite artwork.

Open Day 2018

Term 4 • Sat 10 Nov • 10am - 4pm • Free

Free workshops, creative demonstrations, live music and food stalls. Family fun with kids animal farm, colourful craft and face-painting run by our Explorers Playgroup. From interactive creative workshops and live music to fabulous food and outdoor fitness classes, North Sydney Community Centre’s Open Day has something for everyone. Come and discover the wide-range of events, courses and community services on offer at our Community Centre.

Celebrating 45 years of Playgroup

This year NSCC will proudly unveil it’s clay tile oject as part of our 2018 Open Day festivities. Created within a nursery rhyme theme, each clay tile has been hand crafted by community members in memory of playgroup coordinator Jon Greig’s service to the centre. Join us on Open Day and see the new colourful and vibrant back drop to our children’s playground! Supported by NSW Department of Family and Community Services.
Northside Produce Market
The best food and local producers have been found at the Northside Produce Market for almost 20 years - twice monthly, whatever the weather! In a serene park setting, take time to stroll, swap tips, share a recipe or just shoot the breeze with our 60+ local producers and stall holders while shopping. You’ll always find surprises among their many artisanal, fresh and organic offerings. There’s music, eats, a playground for the kids and plenty of free parking just next door!

PRODUCE MARKET DATES
July 7 & 21  Aug 4 & 18  Sept 1 & 15  
Oct 6 & 20  Nov 3 & 17  Dec 1 & 15

Information stall
Have any questions, ideas and suggestions about the NSCC and Produce Markets? The info stall has all the answers and What’s On information. It’s the go to for any lost and found, sun block cream and if your dog is dehydrated! Featuring the Cookbook Nook - pass on pre-loved cookbooks to new homes and the Bag Depot - an environmental life saver for those who have forgotten to BYO bags to the markets! BYO keepcups and Shopping bags

Dairy Day at the Market
Term 4 + Sat 06 Oct + 8am - 12pm
Love your dairy? Join an entertaining morning featuring dairy delights at the Northside Produce Market! Be a part of the Pepe Saya Family Butter Shakeathon or appreciate cheese with Hunter Valley Cheese Co. Experience cheese making demos with Kirsten Allan Cheesemaker and leave with some goats milk recipes from Willowbrae Chevre Cheese and cheeseey offerings from Italy from Farmaggi Ocello.

Behind the Scenes Tour
Term 3 + Sat 01 Sep + 7:30 - 8:30am + Free
Term 3 + Sat 01 Sep + 9 - 10am + Free
Term 4 + Sat 17 Nov + 7:30 - 8:30am + Free
Term 4 + Sat 17 Nov + 9 - 10am + Free
Meet the producers, find out what inspires them, hear their stories, learn how they grow, rear, bake and make their goods. Bookings are essential. Preference given to those who are new to this experience. Supported by North Sydney Council.

Christmas at the Market
Term 4 + Sat 15 Dec + 8am - 12pm
Feast on festive food and the freshest produce. Shop for fabulous gifts and fir trees. Attend free workshops and listen to fine music at this year’s Christmas market.

To join some of your favourite stall holders at their NSCC cooking workshops, turn the page to the Food & Beverage section!
**Food + Beverages**

**Bagels**

**Bagel Making with Brooklyn Bay Bagels**
Term 3 - Sat 04 Aug - 11am - 2:30pm - $120
Term 4 - Sat 03 Nov - 11am - 2:30pm - $120
Learn to make the real deal with “Dough Raiser and Brooklynite” Michael Shafran and head baker Adrien Chrunyk of Brooklyn Bay Bagels. Make NY style bagels by hand. Lunch on bagels, cream cheese and babka! Take home delicious, warm bagels!
Tutor: Michael Shafran

**Beer**

**Beer Appreciation with Flat Rock Brew Cafe**
Term 4 - Sun 04 Nov - 3 - 5:30pm - $90
There are an amazing number of beer styles from around the world. Learn the history of how five styles came about while tasting a carefully selected example of that style.
Tutor: Karl Riseborough

**Fermenting**

**Fermentation - Cure with Holly Davis**
Term 3 - Sun 23 Sep - 11am - 2:30pm - $190
In this demonstration class, explore the use of the Japanese cultures, koji and nuka, to cure beans, vegetables, fish and meat.
Tutor: Holly Davis

**Home Cooking**

**Cheesemaking**

**Camembert & Ricotta with Willowbrae Chevre Farm**
Term 3 - Sun 16 Sep - 9am - 3pm - $210
Make a Camembert to mature at home and a beautiful Ricotta. Perfect cheeses to use for starters & nibbles, light meals and snacks, main courses, sweets and pastries.
Tutor: Karen Berg

**Fetta & Fresh Curd with Willowbrae Chevre Farm**
Term 4 - Sun 18 Nov - 9am - 3pm - $210
Fetta is a perfect cheese to include in summer salads, pastry dishes or marinade to include on a mezze plate. Try your hand at creating fresh curd. Leave with the know how to make your own at home.
Tutor: Karen Berg

**Home Cooking**

**Kitchen Basics: Puff Pastry**
Term 4 - Sun 14 Oct - 10am - 1pm - $150
Buttery and flaky, puff pastry is the most revered—and feared—of the pastries. In this hands-on class, be guided, step by buttery step, through the recipe and we guarantee success!
Tutor: Barbara Sweeney

**New**

**New Kitchen Basics: Roast Vegetables**
Term 3 - Sun 29 Jul - 10am - 1pm - $150
Roasting vegetables concentrates flavour like nothing else. Once roasted, vegetables can star in many delicious recipes. Learn the roasting ropes via demonstration and hands-on experience.
Tutor: Barbara Sweeney

**New**

**New Pasta and Ravioli with Martin Teplitzky Cooks**
Term 3 - Sat 01 Sep - 2 - 5pm - $190
Learn how to make the silkiest smooth pasta the authentic Italian way. Make a beautiful pasta dough then prepare it for cutting and filling with some delicious creations and accompanying sauces to be devoured at the end of the class.
Tutor: Martin Teplitzky

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Seafood

Oysters and Wine with The Sydney Oyster Girls
Term 3 • Sun 26 Aug • 4 – 6:30pm • $90
Term 4 • Sun 11 Nov • 4 – 6:30pm • $90
This hands-on workshop teaches you how to safely shuck oysters. Try a variety of Australian oysters and pair them with different wines.
Tutor: Mira Marsden

Sweet Tooth

Fish and Shellfish with Martin Teplitzky Cooks
Term 4 • Sat 01 Dec • 2 – 5pm • $210
Tackle the often difficult art of preparing fish and shellfish. Learn to prepare gut, scale, fillet and pin bone whole fish. Learn to shock an oyster, crack and prepare crab, open and prepare scallops, clean a squid and dissect a lobster.
Tutor: Martin Teplitzky

Cooking with Sugar with Nougat Royale
Term 3 • Sat 15 Sep • 2 – 5pm • $150
Term 4 • Sat 17 Nov • 2 – 5pm • $150
Gain a better understanding of how to cook with sugar and different sugar bases. This course gives you insights on how to perfect nougat and other treats you have always tried to cook at home.
Tutor: Ben Lockett

Creative workshops

Alter Ego
Term 4 • Sun 14 Oct • 10:00am – 1:30pm • $135
Join this brand new printmaking workshop and create a portrait of your Other I. Loosen up with fast, intuitive drawing; get into flow printing with cut paper stencils and from the midst of creative play, produce a portrait that’s better than any selfie you’ve ever snapped.
Tutor: Julie Paterson

Carve a Spoon
Term 4 • Sat 20 Oct • 10am – 4pm • $175
Term 4 • Sun 21 Oct • 10am – 4pm • $175
Try the traditional art of carving wooden spoons, using a responsibly sourced log. Under Jeff’s guidance, safely and unhurriedly create a beautiful wooden spoon using an axe, a knife and your hands. All you need is a willingness to whittle.
Tutor: Jeff Donne

Back to Basics: Life Drawing
Term 4 • Sun 28 Oct • 10:30am – 3:30pm • $150
If you have always wanted to draw the body but don’t know where to start or have some experience and would like some structure to your techniques in Life Drawing, this workshop is for you.
Tutor: Pina Bartole

Crème Brûlée, Crème Anglaise and more!
Term 3 • Sun 09 Sep • 10am • 2pm • $150
Term 4 • Sun 02 Dec • 10am – 2pm • $150
Learn to make the perfect crème brûlée, crème anglaise and crème pâtissiere and how to use them to really impress guests at your next dinner party.
Tutor: Duncan Fitzpatrick

Creative Image Making
Term 4 • Sun 4 Nov • 10am – 2pm • $150
Image making is about exploring storytelling through visual metaphors. Illustrate a narrative or personal project using a variety of art mediums to explore creatively and experimentally, including watercolour, acrylic paint, mono printing and collage.
Tutor: Nettie Lodge

Bolga Baskets
Term 3 • Sun 09 Sep • 10am – 4pm • $175
Learn to weave a small Bolga basket using recycled plastic and colourful fabric from Ghana. Take your basket home with you.
Tutor: Godwin Tidana
Ephemeral Art: Collaborations with Nature
Term 3 • Fri 10 Aug • 9:30am - 3:30pm • $195
Ephemeral Art exists briefly, using objects found in nature. Based at the Cool Loader, this workshop offers the time, space and inspiration to create transient, site sensitive sculptural works using only materials found on site. Fire your imagination. Location: Cool Loader.
Tutor: Shona Wilson

Explore your Creativity: Weaving Sculptures
Term 3 • Sun 29 Jul • 10am - 4pm • $195
Term 4 • Sun 11 Nov • 10am - 4pm • $195
Weave sculptural forms using organic material such as vines, seed pods and branches using traditional basketry techniques. This workshop is all about exploration and play - not perfection.
Tutor: Catriona Pollard

Flower Arranging
Term 3 • Sat 08 Sep • 1 - 3pm • $150
Learn to arrange flowers like a pro. Use simple branches and blooms with great impact. Gain practical tips on how to care for flowers. Take your arrangement home!
Tutor: Caroline Barber

Heartfelt Journaling
Term 3 • Sat 28 Jul • 10 - 4pm • $150
Explore your inner world with author Walter Mason. Think about and document your inner experiences, write with spirit about the moments that matter.
Tutor: Walter Mason

Nuno Felting
Term 3 • Sun 26 Aug • 10am - 4pm • $175
Nuno felting is the fusion of wool fibres to silk fabric during the felting process. This technique produces a unique hybrid textile with fabulous texture and drape. Spend the day making a uniquely textured scarf using this amazing technique.
Tutor: Gill Brooks

Shibori Indigo Dyeing
Term 3 • Sun 23 Sep • 10am - 1pm • $135
Shibori is the Japanese word for shaping and dyeing cloth to create beautiful, unique patterns. Learn to set up an indigo vat and traditional resist-dyeing techniques to manipulate fabric. Take your creations home!
Tutors: Pepa Martin & Karen Davis

Creating a Travel Sketchbook
Term 4 • Sun 18 Nov • 10am - 2pm • $120
From detailed studies to quick gestural impressions, learn techniques and methods to capture the essence of what you see.
Tutor: Richard Byrne

Drawing Faces: The Essence of Portraiture
Term 3 • Sun 26 Aug • 10am - 2pm • $120
Capture the dynamism of the face. Explore facial proportions and anatomy, features such as eyes, lips and nose as well as light and shade to help you draw a convincing human face. All levels welcome.
Tutor: Richard Byrne

New Flower Arranging
Term 4 • Sun 29 Nov • 10am - 4pm • $195
New workshop exploring the ancient art of flower arranging in a range of styles and techniques.
Tutor: Greta Morris

Portrait Painting
Term 4 • Sun 11 Nov • 10am - 2pm • $150
An exciting one day portrait workshop introducing you to basic techniques for painting and drawing the human face. Using acrylic or oil paint look at proportion, tone, colour, capturing facial characteristics and mark making.
Tutor: Melanie Waugh

Rustic Twined Basketry
Term 4 • Sun 02 Dec • 10am - 4pm • $195
Try the ancient craft of basket making, creating an attractive twined basket with locally available plant materials.
Tutor: Meredith Peach

New Heartfelt Journaling
Term 4 • Sat 04 Dec • 10am - 4pm • $150
New workshop exploring the ancient art of journaling and writing to explore your inner world.
Tutor: Greta Morris

New Drawing, Carving, Printing
Term 3 • Sun 16 Sep • 9:30am - 4pm • $195
Printmaking is all about image and processes. Begin with one image and transform it into something unexpected through experimentation and printing. You are invited to bring along ‘child-like-wonder’ and a desire to experiment with relief printmaking processes.
Tutor: Felicity Hibble

New Shibori Indigo Dyeing
Term 4 • Sun 20 Nov • 10am - 4pm • $175
New workshop exploring the ancient art of shibori dyeing, creating beautiful, unique patterns.
Tutor: Greta Morris

Wire Sculpture Workshop
Term 3 • Sun 19 Aug • 10am - 3pm • $135
Sculpting with wire is like drawing in the 3rd dimension. Learn the art of basic wire manipulation to create your sculpture, the uses of different wires, how to sketch a design, bend wire and how to add mixed media.
Tutor: Tania McMurtry

New Slow Stitching
Term 3 • Sun 26 Aug • 10am - 3pm • $175
Term 4 • Sun 25 Nov • 10am - 3pm • $175
Slow stitching centres around the “make do and mend” and “waste not, want not” ethos of yesteryear. Draw inspiration from the Japanese stitching methods of boro and sashiko as you take a mixture of repurposed, recycled, inherited, and vintage textiles to create the background for your artworks.
Tutor: Lisa Mattock

New The Happy Bag
Term 3 • Sun 02 Sep • 10am - 3pm • $120
Hand sew a traditional Japanese knot bag, decorated with simple Sashiko stitching. Learn new sewing skills and take your bag home. No sewing experience required.
Tutor: Susan Boden

New Slow Stitching
Term 4 • Sun 11 Nov • 10am - 3pm • $175
New workshop exploring the ancient art of slow stitching, focusing on techniques and methods.
Tutor: Greta Morris

New The Happy Bag
Term 4 • Sun 19 Nov • 10am - 3pm • $120
New workshop exploring the ancient art of hand sewing, focusing on techniques and methods.
Tutor: Greta Morris

Wire Sculpture Workshop
Term 4 • Sun 25 Nov • 10am - 3pm • $175
Sculpting with wire is like drawing in the 3rd dimension. Learn the art of basic wire manipulation to create your sculpture, the uses of different wires, how to sketch a design, bend wire and how to add mixed media.
Tutor: Tania McMurtry

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Tutor: Greta Morris
Saturday Craftanoons

**Hand Embroidery**
*Term 3 + Sat 22 Sep*
Learn to set up your embroidery hoop, get your pattern ready and learn a collection of stitches. Choose a pattern or design your own. Stitch on linen or bring along a t-shirt or jeans for some quirky fashion. All levels of experience welcome.
*Tutor: Brannie Zervas*

**Macramé**
*Term 4 + Sat 03 Nov*
Make your own macramé wall hanging. Learn how to set up and do basic macramé knots. Suitable for all levels of makers.
*Tutor: Brannie Zervas*

**Making Cards for Christmas**
*Term 4 + Sat 17 Nov*
Delight friends and family this Christmas with homemade cards! Card making is for anyone who can position paper into a punching tool.
*Tutor: Shirley Hoffman*

**Screen Printing**
*Term 3 + Sat 08 Sep*
Make quirky marks on fabric. Design a linen tea towel or tape. Learn about stencil cutting, print techniques and registration, squeegee handling and the relationship between positive and negative space.
*Tutor: Jessica Stalenberg*

**Zentangle**
*Term 3 + Sat 28 Jul*
Learn to create abstract art using repetitive patterns. Focus your attention and develop a relaxing, meditative practice while drawing.
*Tutor: Lianne Woods*

**Coil Bowls**
*Term 4 + Sat 24 Nov*
Learn to create a coil bowl or small vessel, using recycled t-shirts, yarn or cotton rope. Suitable for all levels of makers.
*Tutor: Brannie Zervas*

**Decorations for Christmas**
*Term 4 + Sat 08 Dec*
Make crochet Christmas decorations to use for tree decorations, garlands, handmade gifts or cards.
*Tutor: Brannie Zervas*

**Funky Bead Bracelets**
*Term 3 + Sat 15 Sep*
Choose from a huge range of beautiful European bands and beads to make the perfect double wrap bracelet. Design and make the bracelet from scratch with many bands in lots of colours, sliders and charms to choose from.
*Tutor: Paulien Beamon-Roessien*

**Origami**
*Term 3 + Sat 01 Sep*
*Term 4 + Sat 01 Dec*
Enjoy Origami, the traditional Japanese art form of folding paper. Learn to fold flowers, boxes, animal shapes and more. All levels welcome.
*Tutor: Brannie Zervas*

**Polymer Clay Jewellery**
*Term 3 + Sat 25 Aug*
*Term 4 + Sat 27 Oct*
Tips and tricks for creating jewellery with polymer clay. Use our great colour palettes or blend your own tones. Complete a necklace, a pair of earrings and a ring. Suitable for all levels of makers!
*Tutor: Brannie Zervas*

**Natural Colour Stitch & Dye**
*Term 3 + Sat 18 Aug*
Using flowers, foliage and steam, colour your own silk scarf with colour found in nature. While the scarves are gently steaming, enjoy some slow stitching over tea infusions and work on a personalised creative project using pre-dyed fabric samples and patterns.
*Tutor: Karen Tam*
**Creative Writing**

Memoir & Life Writing

Term 3 + 6 Classes + Wed 24 Oct + 6:30 – 9pm + $200

Want to turn memories into a memoir or write a family history? Learn where to begin, why imagination supports truth, how selection determines story structure and what makes great prose.

Tutor: Janet Fennell

**Beautiful Bodies Life Drawing**

Term 3 + 6 Classes + Thu 02 Aug + 7 – 9:30pm + $245

Term 4 + 6 Classes + Thu 18 Oct + 7 – 9:30pm + $245

Develop your expressive observational skills, spontaneous drawing skills, observation of gesture, strategies for perspective and techniques to create 3D tonal effects. Additional $50 payable to tutor for life model.

Tutor: Pina Bartolo

**Creative Writing**

Term 3 + 6 Classes + Wed 08 Aug + 6:30 – 9pm + $200

Learn where to start and how to keep going, learn about plot, character, setting, theme, pace, style, editing and revision. Walk away with a practical and productive writing routine.

Tutor: Janet Fennell

**Food Writing with Barbara Sweeney**

Term 4 + 4 Classes + Sat 13 Oct + 10am – 1pm + $150

Enjoy ruminating, thinking, tinkering, pondering, planning and writing your food story? This is a weekly writing session for those who’d like to kick start, or re-boost, a writing project about food.

Tutor: Barbara Sweeney

**Painting**

All about Light

Term 3 + 9 Classes + Mon 30 Jul + 10am – 1pm + $290

Term 4 + 9 Classes + Mon 22 Oct + 10am – 1pm + $290

Develop your individual creativity, with a special emphasis on light. Learn how to use composition, colour and about brush technique to produce expressive artworks.

Tutor: Alex Snellgrove

**Colour and Light**

Term 3 + 9 Classes + Mon 30 Jul + 6:30 – 8:30pm + $220

Term 4 + 9 Classes + Mon 22 Oct + 6:30 – 8:30pm + $220

Learn how to choose the composition of a painting, develop your drawing skills, mix colours, the application of paint and how to capture dynamic light and shade.

Tutor: Melanie Waugh

**Oils and Acrylic**

Term 3 + 9 Classes + Thu 02 Aug + 6:30 – 8:30pm + $220

Term 4 + 9 Classes + Thu 18 Oct + 6:30 – 8:30pm + $220

Discover what is involved in the painting process - how composition, technique, colour, tones, tints and shades work to create dimension and depth in the painting.

Tutor: Anthony Buselli

**Photography**

**Beginners**

Term 3 + 8 Classes + Wed 01 Aug + 7 – 9:30pm + $270

Term 4 + 8 Classes + Wed 24 Oct + 7 – 9:30pm + $270

Do you have a new digital SLR camera? Learn basic, macro, sport and landscape photography. Discover how shutter speed, aperture and ISO settings change and affect your images.

Tutor: Zara King

Intermediate

Term 3 + 8 Classes + Wed 01 Aug + 7 – 9:30pm + $250

Term 4 + 8 Classes + Wed 24 Oct + 7 – 9:30pm + $250

You’re ready to shoot a greater variety of images in manual mode. Learn more about lenses, light, image manipulation, hardware and software.

Tutor: Ray Williams

Advanced

Term 3 + 8 Classes + Thu 02 Aug + 7:30 – 10pm + $250

Term 4 + 8 Classes + Thu 25 Oct + 7:30 – 10pm + $250

Explore the technicalities of portrait and food photography and the software needs of advanced users. Designed for students with intermediate photography knowledge.

Tutor: Ray Williams

**Pottery**

**Pottery**

Learn the basics of hand building, glazing, decorating and wheel work. Progress to sculpture, glazing and slip decoration.

Equipment and firing costs included. Purchase clay from tutor, approx $20.

**Tuesday**

Term 3 + 9 Classes + Tue 31 Jul + 6:30 – 9:30pm + $290

Term 4 + 9 Classes + Tue 16 Oct + 6:30 – 9:30pm + $290

Tutor: Pim Hodge

**Wednesday**

Term 3 + 9 Classes + Wed 01 Aug + 6:30 – 9:30pm + $290

Term 4 + 9 Classes + Wed 17 Oct + 6:30 – 9:30pm + $290

Tutor: Pim Hodge

**Friday**

Term 3 + 9 Classes + Fri 27 Jul + 6:30 – 9:30pm + $290

Term 4 + 9 Classes + Fri 19 Oct + 6:30 – 9:30pm + $290

Tutor: Lili Blyton

**Saturday**

Term 3 + 9 Classes + Sat 28 Jul + 9:30 – 12:30pm + $290

Term 4 + 9 Classes + Sat 13 Oct + 9:30 – 12:30pm + $290

Tutor: Ray Chandra

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Weekly Writing Group

Term 3 - 6 Classes - Thu 09 Aug - 6:30 - 9pm - $200
Term 4 - 6 Classes - Thu 25 Oct - 6:30 - 9pm - $200
Blast through your blocks, break bad habits, side-step procrastination and cultivate confidence as you make weekly progress on your writing project. In-class exercises and individually targeted assignments hone your skills and lift your writing to the best that it can be.
Tutor: Janet Fennell

You Can Draw Anything

Term 3 - 4 Classes - Fri 03 Aug - 10am - 1pm - $160
Term 4 - 4 Classes - Fri 02 Nov - 10am - 1pm - $160
Wish you could draw without trepidation? Wish you could accurately draw what you see? This compact course opens up the secrets of drawing, making it accessible and fun.
Tutor: Richard Byrne

VISIT US ONLINE

WEBSITE
www.northsydneycentre.com.au
FACEBOOK
/northsydneycommunitycentre
/northsidemarkettntk
INSTAGRAM
@nthsycm
@nthsydmtkts
TWITTER
@nthsycm
@nthsydmtkts

Watercolours

Tuesday
Term 3 - 9 Classes - Tue 31 Jul - 10am - 1pm - $270
Term 4 - 9 Classes - Tue 16 Oct - 10am - 1pm - $270
Thursday
Term 3 - 9 Classes - Thu 02 Aug - 10am - 1pm - $270
Term 4 - 9 Classes - Thu 18 Oct - 10am - 1pm - $270
Create soft and dramatic effects with watercolours. Learn about paint and water, basic drawing skills, composition and tonal values, using dry and wet techniques and colour mixing. All levels welcome.
Tutor: Lyndall McKee

Venue Hire

Book a Room

KIDS PARTY
OFFICE MEETINGS
EVENTS
SMALL CONFERENCES
WORKSHOPS

The building features five large sunlit rooms of varying sizes with plenty of open space in the adjacent playground area. As well as new audio visual equipment and facilities, a modern semi commercial kitchen, an art & pottery room and an adventure playground.
All rooms are equipped with ceiling fans, tables and chairs and free Wi Fi connection.
To book a room please call 9922 2299 to check availability and download and complete our Venue Hire Form.
**Music + Dance**

**African Dance**
Term 3 • Sat 22 Sep • 2 - 3:30pm • $30
African dance is a dynamic and uplifting dance style. Learn the basics of West African traditional dance and begin to understand how rhythm and dance fit together. Be ready for high energy fun - all levels of dancers welcome.
Tutor: Rachel Bangoura

**Boot Scootin’**
Term 3 • 9 Classes • Fri 27 Jul • 9 - 10am • $120
Term 4 • 9 Classes • Fri 19 Oct • 9 - 10am • $120
A lively, upbeat dance class to exercise your body and mind. It’s a fun way to dance socially without a dance partner. Dancing styles to get your boots scootin’ include Country Western, Swing, Waltz, Cha Cha, Salsa and more.
Tutor: Giselle Peacock

**Bollywood Dance**
Term 3 • Sun 2 Sep • 2 - 3:30pm • $30
Get your feet tapping and your hips swaying to popular Bollywood beats with dance instructor Aditi Bhalla.
Tutor: Aditi Bhalla

**Choir: The Beatles**
Term 4 • 8 Classes • Mon 22 Aug • 7:30 - 9pm • $150
Come and sing a selection of The Beatles’ faboulous songs! No experience needed - just a desire to sing. All voices welcome.
Tutor: Kate Maclurcan

**Choir: Simon & Garfunkel**
Term 3 • 8 Classes • Mon 06 Aug • 7:30 - 9pm • $150
Come and sing such classics as Homeward Bound, The Boxer, Bridge Over Troubled Water, The Sound of Silence and Mrs Robinson. All voices welcome.
Tutor: Kate Maclurcan

**Choir: Friday Lunchtime**
Term 3 • 8 Classes • Fri 03 Aug • 12:30 - 2pm • $150
Term 4 • 8 Classes • Fri 19 Oct • 12:30 - 2pm • $150
When you sing out loud, musical vibrations move through you, producing satisfying and therapeutic sensations. Join a fun, friendly, relaxed group. You get to choose the songs - anywhere from A White Sportscar to Wild Thing. Then join us for coffee nearby afterwards. No experience needed. All voices welcome.
Tutor: Kate Maclurcan

**Latin Dance**
Term 3 • 1 Class • Sat 11 Aug • 2 - 3:30pm • $30
Term 4 • 1 Class • Sat 20 Oct • 2 - 3:30pm • $30
Learn the basics of Latin dance - the rhythm, basic step variations, leading/following fundamentals and linking to basic turn patterns. A fun, high energy workshop suitable for all levels of dancer.
Tutor: Giselle Peacock

**Ukulele: Beginners**
Term 3 • 2 Classes • Sun 29 Jul • 1 - 4pm • $160
Term 4 • 2 Classes • Sun 11 Nov • 1 - 4pm • $160
Join the ukulele explosion sweeping the world. Play tunes straight away. Learn the fundamentals. Quick and easy. The Ukulele brings a smile to every face.
Tutor: John Chandler

**Violin: Beginners**
Term 3 • 8 Classes • Tue 31 Jul • 6:15 - 7:15pm • $165
Term 4 • 8 Classes • Tue 23 Oct • 6:15 - 7:15pm • $165
Discover the unique sounds and texture of music playing this beautiful instrument. Learn to hold the violin correctly, use the bow with sensitivity and play simple tunes. Gain basic music reading skills and confidence to continue.
Tutor: Justin White

**Violin: Beginners Next Step**
Term 3 • 6 Classes • Sat 04 Aug • 10:30am - 12:30pm • $280
Term 4 • 6 Classes • Sat 13 Oct • 10:30am - 12:30pm • $280
Improve your guitar playing skills with a repertoire of easy-to-play songs. Open to players with knowledge and moderate fluency playing simple melodic passages, open chords, scales and basic strumming patterns.
Tutor: Shane Cranney

**Violin: Intermediate**
Term 3 • 8 Classes • Tue 31 Jul • 7:30 - 8:30pm • $165
Term 4 • 8 Classes • Tue 23 Oct • 7:30 - 8:30pm • $165
Study pieces from Baroque, Classical, Romantic and Contemporary periods. Extend your technique and sound through ensemble and solo playing.
Tutor: Justin White
Lifestyle

Beeswax Wraps
Term 3 + Sun 05 Aug + 10:30 - 12:30pm + $90
Term 4 + Sun 25 Nov + 10:30 - 12:30pm + $90
Learn to make your own eco-friendly, reusable Beeswax wraps. Ideal to wrap fruit and vegetables, cheese, bread or simply cover a bowl. The ideal replacement for plastic wrap.
Tutor: Kirsty Moott

Cryptic Crossword
Term 3 + 2 Classes + Sat 11 Aug + 10am - 12pm + $70
Uncover the clues hidden in anagrams, hidden words, containers, double meanings, homophones, acronyms, word play, spoonerisms plus more. Be armed and equipped to face any cryptic crossword!
Tutor: Ralph Penglis

Mahjong: Beginners
Term 3 + 9 Classes + Thu 02 Aug + 6:15 - 9:15pm + $265
Term 4 + 9 Classes + Thu 18 Oct + 6:15 - 9:15pm + $265
Sharpen your mind playing this time-honoured game of strategy. Learn the rules and expand the hand you play. Learn rules and strategies.
Tutor: Ron Yap

Mahjong: Social Players
Term 3 + 9 Classes + Thu 02 Aug + 6:15 - 9:15pm + $160
Term 4 + 9 Classes + Thu 18 Oct + 6:15 - 9:15pm + $160
Enjoy your social game as you enhance your skill, strategy and calculation. Social players need two terms experience or equivalent.
Tutor: Ron Yap

Kokedama
Term 3 + Sat 11 Aug + 2 - 4pm + $90
Originating in Japan, Kokedama was invented to allow Bonsais to live outside pots. A sculptural art form, Kokedama is created by wrapping the plant’s root system in layers of sphagnum moss, peat moss and bonsai soil and binding it with string. Make a hanging Kokedama. Materials supplied.
Tutor: Hilary Woodfine

Organic Skincare
Term 3 + Sun 05 Aug + 2 - 4pm + $90
Term 4 + Sun 25 Nov + 2 - 4pm + $90
Learn to make homemade lush skincare using readily available kitchen ingredients. Learn to make beautiful balms, infused oils and body scrubs. Natural, quality, no nasties, ethical skincare at a fraction of the price.
Tutor: Kirsty Moott

Open Day 2018
Sat 10 Nov
10am-4pm
Language + Travel

**French**

**Beginners**
- Term 3: 6 Classes + Mon 30 Jul + 6:30 - 8:30pm + $220
- Term 4: 6 Classes + Mon 22 Oct + 6:30 - 8:30pm + $220
Tutor: Fereuzan Samiee

**Beginners Next Step**
- Term 3: 6 Classes + Thu 02 Aug + 6:30 - 8:30pm + $220
- Term 4: 6 Classes + Thu 25 Oct + 6:30 - 8:30pm + $220

**Intermediate**
- Term 3: 6 Classes + Tue 31 Jul + 6:30 - 8:30pm + $220
- Term 4: 6 Classes + Tue 23 Oct + 6:30 - 8:30pm + $220

**Intermediate Conversation - NEW**
- Term 3: 6 Classes + Mon 30 Jul + 6:30 - 8:30pm + $220
- Term 4: 6 Classes + Mon 22 Oct + 6:30 - 8:30pm + $220
Tutor: Nathalie Suet

**Italian**

**Beginners**
- Term 3: 8 Classes + Tue 31 Jul + 6:30 - 8:30pm + $220
- Term 4: 8 Classes + Tue 23 Oct + 6:30 - 8:30pm + $220

**Intermediate**
- Term 3: 8 Classes + Wed 01 Aug + 6:30 - 8:30pm + $220
- Term 4: 8 Classes + Wed 24 Oct + 6:30 - 8:30pm + $220
Tutor: Gianna Di Gennaro

**Spanish**

**Beginners**
- Term 3: 6 Classes + Wed 01 Aug + 6:30 - 8:30pm + $220
- Term 4: 6 Classes + Wed 24 Oct + 6:30 - 8:30pm + $220
- Term 3: 6 Classes + Thu 02 Aug + 10am - 12pm + $220
- Term 4: 6 Classes + Thu 25 Oct + 10am - 12pm + $220

**Beginners Next Step**
- Term 3: 8 Classes + Mon 30 Jul + 6:30 - 8:30pm + $220
- Term 4: 8 Classes + Mon 22 Oct + 6:30 - 8:30pm + $220
Tutor: Marilo Cerral

**Japanese**

**Japanese Travel Class**
- Term 3: Sat 22 Sep + 9:30am - 1pm + $50
Japan is a fascinating, wealthy, technologically advanced country, but culturally so different from Western countries - making a first visit to Japan enjoyable yet tense. This class moves outside guidebook travel tips to provide the unpublished tips to help you enjoy Japan stress free.
Tutors: Jeff Burgess and Jen Holt, Mike and Tracey Kent

**New York City Travel Class**
- Term 3: Sat 28 Jul + 1pm - 4pm + $50
Gain secret tips on travelling to New York City including where to stay, delights to be found off the beaten track, the best neighbourhoods to explore and how to venture on.
Tutor: Kaye Higgins

Health + Wellbeing workshops

**Chinese Medicine**
- Term 3: Sun 26 Aug + 3 - 5:30pm + $80
Why do allergies often happen in Spring? Traditional Chinese Medicine can help find why you have it, how it connects to your inner mental and physical energy and help you get better!
Tutor: Angela Tian Zhu

**Reiki I**
- Term 3: Sun 19 Aug + 10am - 4pm + $150
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.
Tutor: Mike Cowlahw

**Early Morning Yoga: Winter Holiday Course**
- Term 3: Sun 23 Sep + 10 - 12pm + $30
- Term 4: Sun 25 Nov + 10 - 12pm + $30
Get together with like-minded people in a supportive and friendly environment, giving and receiving Reiki. The combined group energy is a beautiful experience. All levels of Reiki welcome (Level 1, 2 or Master Level).
Tutor: Mike Cowlahw
**Reiki II**

Term 4 • Sun 21 Oct • 10am - 4pm • $150

Incorporating meditation to further explore Reiki energy healing practices with the application of the traditional symbols. Offering the opportunity to enhance your Reiki I skills for yourself or within a therapeutic setting, or as a path of spiritual development.

Tutor: Mike Cowlishaw

**Wellness Days**

**NEW**

**Spring**

Term 4 • Sun 21 Oct • 11am - 2pm • $90

Spring is the time to refresh the bodies’ system and redirect emerging energy to a new vision. Practice Japanese Yoga followed by a lunch menu that resonates with Spring.

Tutors: Marcee Klein and Paula Kimberley

**NEW**

**Winter**

Term 3 • Sat 22 Jul • 11am - 2pm • $90

Winter urges us to rest, reflect and regenerate. Nurture yourself with Japanese yoga, massage and meditation followed by a warm and replenishing immune boosting soup.

Tutors: Marcee Klein and Paula Kimberley

**Health + Wellbeing weekly**

**General Fitness**

**Body Strength**

Term 3 • 9 Classes • Mon 23 Jul • 12:30 - 1:15pm • $140
Term 4 • 9 Classes • Mon 15 Oct • 12:30 - 1:15pm • $140

Following the Pilates method, strengthen all muscles, stabilise joints and heal from various injuries and conditions.

Tutor: Sharan Freedman

**Hula Hooping**

Term 3 • 6 Classes • Sat 04 Aug • 10 - 11:30am • $160
Term 4 • 6 Classes • Sat 20 Oct • 10 - 11:30am • $160

Have fun strengthening and toning your waist while improving your co-ordination and learn to perform clever hula tricks! Hoops provided and also available to purchase in class.

Tutor: Bunny Star

**Stretch & Strength**

Rebalance your mind, body and soul by improving your flexibility, enhance mobility and range of motion with anti-arthritis exercises. Improve balance and posture. Concludes with a healing and relaxing yoga meditation.

**Wednesday**

Term 3 • 9 Classes • Wed 01 Aug • 9 - 10am • $140
Term 4 • 9 Classes • Wed 17 Oct • 9 - 10am • $140

**Friday**

Term 3 • 9 Classes • Fri 03 Aug • 10:30 - 11:30am • $140
Term 4 • 9 Classes • Fri 19 Oct • 10:30 - 11:30am • $140

Tutor: Heather Crowe

**Connect With Us**

@nthsydcentre @nthsydmkts
Staying Young & Active
Mix of high and low impact exercises suited for over 50s welcoming all fitness levels.

Low Impact Monday
Term 3  9 Classes  Mon 30 Jul 10 - 11am  $100
Term 4  9 Classes  Mon 15 Oct 10 - 11am  $100

High + Low Tuesday
Term 3  9 Classes  Tue 31 Jul 10 - 11am  $100
Term 4  9 Classes  Tue 16 Oct 10 - 11am  $100

High + Low Wednesday NEW
Term 3  9 Classes  Wed 01 Aug 10:30 - 11:30am  $100
Term 4  9 Classes  Wed 17 Oct 10:30 - 11:30am  $100

High + Low Thursday
Term 3  9 Classes  Thu 02 Aug 10 - 11am  $100
Term 4  9 Classes  Thu 18 Oct 10 - 11am  $100
Tutor: Marion Claridge

Changes Over 50
Term 3  9 Classes  Thu 02 Aug 12:15pm - 12:15pm  $65
Term 4  9 Classes  Thu 18 Oct 12:15pm - 12:15pm  $65

Low impact, low intensity focusing on fall prevention, balance, muscle and core strengthening. This class helps prevent or recover from injuries or falls.
Tutor: Marion Claridge

Life Changing Fitness
Term 3  9 Classes  Mon 30 Jul 11:15am - 12:15pm  $65
Term 4  9 Classes  Mon 15 Oct 11:15am - 12:15pm  $65

Join us for this gentle, low impact exercise class with aerobic dance and strength training components for over 50s.
Tutor: Marion Claridge

Mind, Body and Soul

Chair Aerobics
Term 3  9 Classes  Tue 31 Jul 11:15am - 12:15pm  $65
Term 4  9 Classes  Tue 16 Oct 11:15am - 12:15pm  $65

A low impact, non choreographed workout alternative to the conventional standing workouts. Stay seated for the duration of the class and move your upper and lower body aerobically to music.
Tutor: Marion Claridge

Simplifying Meditation
Term 3  5 Classes  Sun 22 Jul 5 - 6pm  $90
Term 4  5 Classes  Sun 28 Oct 5 - 6pm  $90

Discover ways to access and overcome challenges to simplify your meditation practice. Suitable for those wishing to start a meditation practice or those looking to deepen their meditation experience.
Tutor: Jeremy Charkos

Tai Chi & Qi Gong: Enhance Mental Health
Term 3  8 Classes  Mon 30 Jul 8:45 - 9:45am  $120
Term 4  8 Classes  Mon 22 Oct 8:45 - 9:45am  $120

This mindful exercise improves energy, helps when feeling low or anxious, creates inner harmony, strengthens mental energy, and helps you to relax and have a peaceful mind.
Tutor: Angela Tian Zhu

T'ai Chi: Early Morning
Term 3  8 Classes  Mon 30 Jul 7 - 8am  $120
Term 4  8 Classes  Mon 22 Oct 7 - 8am  $120

T'ai Chi is a wonderful way to start to your day, using energy (qi) rather than muscular strength in a mixture of fast and slow movements - excellent for vitality, self-awareness and relaxation.
Tutor: Angela Tian Zhu

Outside and Offsite Activities

Dragon Boating
Term 4  3 Classes  Sat 13 Oct 7 - 9am  $90

Steeped in ancient history, enjoy the modern day dragon boating competitions. Join 20 paddlers, a sweep and a drummer to propel a long boat.
Venue: FFB Dragon Boating Club Inc

Kayaking
Enjoy social kayaking in a group atmosphere while developing paddling and fitness skills in an beautiful Middle Harbour.

Wednesdays
Term 4  8 Classes  Wed 17 Oct 6:30 - 7:30am  $225

Saturdays
Term 4  8 Classes  Sat 20 Oct 6:30 - 7:30am  $225
Venue: Northbridge Kayaks

Pilates
Feel stronger, more energised, flexible and lengthened. Pilates focuses on the body’s core architectural system - the deep stabilising pastural muscles of the spine and trunk. Pilates also aids the treatment of back pain and helps reduce stress.

Tuesdays
Term 3  9 Classes  Tue 31 Jul 7:30 - 8:30pm  $140
Term 4  9 Classes  Tue 23 Oct 7:30 - 8:30pm  $140

Wednesdays
Term 3  9 Classes  Wed 01 Aug 7:30 - 8:30pm  $140
Term 4  9 Classes  Wed 24 Oct 7:30 - 8:30pm  $140

Saturday 1
Term 3  9 Classes  Sat 28 Jul 7:30 - 8:30am  $140
Term 4  9 Classes  Sat 13 Oct 7:30 - 8:30am  $140

Saturday 2
Term 3  9 Classes  Sat 28 Jul 8:30 - 9:30am  $140
Term 4  9 Classes  Sat 13 Oct 8:30 - 9:30am  $140
Tutor: Heather Cawte

Tennis
Mastor all tennis strokes and strategies in a small group led by a trained tennis professional.

Mondays 6 - 7pm
Term 3  10 Classes  Mon 23 Jul 6:30 - 7:30pm  $320
Term 4  10 Classes  Mon 15 Oct 6:30 - 7:30pm  $320

Mondays 7 - 8pm
Term 3  10 Classes  Mon 23 Jul 7:30 - 8:30pm  $320
Term 4  10 Classes  Mon 15 Oct 7:30 - 8:30pm  $320

Thursdays 6 - 7pm
Term 3  10 Classes  Thu 26 Jul 6:30 - 7:30pm  $320
Term 4  10 Classes  Thu 18 Oct 6:30 - 7:30pm  $320

Thursdays 7 - 8pm
Term 3  10 Classes  Thu 26 Jul 7:30 - 8:30pm  $320
Term 4  10 Classes  Thu 18 Oct 7:30 - 8:30pm  $320
Venue: Ridge Street Tennis Centre

Pilates: Mums and Bubs
Exercise with your baby to improve strength, stability and flexibility. Increase control of the back, pelvis, hips, neck and shoulders and focus on posture and alignment, core control, pelvic floor strengthening and breathing technique.

Tuesdays
Term 3  9 Classes  Tue 24 Jul 9 - 9:45am  $140
Term 4  9 Classes  Tue 16 Oct 9 - 9:45am  $140

Thursdays
Term 3  9 Classes  Thu 26 Jul 9 - 9:45am  $140
Term 4  9 Classes  Thu 18 Oct 9 - 9:45am  $140
Tutor: Sharon Freedman
Yoga

Early Morning Yoga
Term 3 + 10 Classes • Wed 25 Jul + 6:30 - 7:30am • $155
Term 4 + 10 Classes • Wed 19 Oct + 6:30 - 7:30am • $155
Enjoy a traditional yoga practice, linking breath and movement. The practice is detoxifying and strengthening. Focus on strength, flexibility, alignment and enjoyment of its benefits.
Tutor: Francesco Hendricks

Hatha Yoga
Hatha yoga asanas in a Vinyasa Flow style. Suitable for all levels.
Mondays
Term 3 + 9 Classes • Mon 23 Jul + 6:15 - 7:15pm • $140
Tutor: Jeremy Charkas
Term 4 + 9 Classes • Mon 15 Oct + 6:15 - 7:15pm • $140
Tutor: Katie Judge

Wednesdays
Term 3 + 9 Classes • Wed 25 Jul + 6:15 - 7:15pm • $140
Term 4 + 9 Classes • Wed 17 Oct + 6:15 - 7:15pm • $140
Tutor: Karen Alexander

Laughter Yoga
Term 3 + 6 Classes • Sun 19 Aug + 5 - 6pm • FREE
Term 4 + 6 Classes • Sun 04 Nov + 5 - 6pm • FREE
Laughter has many health promoting qualities and is a great stress buster. This playful exercise ends with a guided meditation. Bring yoga mat.
Donations welcome.
Tutor: Usuff Omar

Vinyasa Flow
Hatha yoga asanas in a Vinyasa flow style. Suitable for beginners
Wednesdays
Term 3 + 9 Classes • Wed 01 Aug + 12:30 - 1:15pm • $140
Term 4 + 9 Classes • Wed 24 Oct + 12:30 - 1:15pm • $140
Tutor: Heather Crowe

Thursdays
Term 3 + 10 Classes • Thu 26 Jul + 1 - 2pm • $155
Term 4 + 9 Classes • Thu 18 Oct + 1 - 2pm • $140
Tutor: Vivienne Duvall

DanceFIT Latino / Zumba

DanceFIT
Term 3 + 9 Classes • Tue 24 Jul + 12:30 - 1:15pm • $140
Term 4 + 9 Classes • Tue 16 Oct + 12:30 - 1:15pm • $140
Groove and shake to a fusion of Latin, International and Pop music to create a dynamic, exciting, and effective fitness class.
Tutor: Giselle Peacock

Latino Exercise
Term 3 + 9 Classes • Tue 24 Jul + 6:15 - 7:15pm • $140
Term 4 + 9 Classes • Tue 16 Oct + 6:15 - 7:15pm • $140
A combination of Latin and Jazz including Salsa, Merengue and Rumba brings fun and energy to the class. Wear flat shoes and bring your water bottle.
Tutor: Giselle Peacock

Zumba Thursday Evening
Term 3 + 9 Classes • Thu 26 Jul + 6:15 - 7:15pm • $140
Term 4 + 9 Classes • Thu 18 Oct + 6:15 - 7:15pm • $140
Zumba is a dynamic, exciting and effective fitness class. Groove and shake to a fusion of Latin, International and Pop music.
Tutor: Michelle Perez

Children’s Services

After School Care
Term 3 + Tue 24 Jul – Fri 28 Sep
Term 4 + Mon 15 Oct – Wed 19 Dec
An inventive, creative, active, inclusive and varied program for school aged kids (7 – 12yrs).
5pm – 6pm, Mon to Fri in school terms. Operating on the principle of “free play”, children choose whether they participate in structured activities or in supervised play.

Music and Movement
Children discover the fundamental connection of body and voice to music. These highly regarded, fun filled classes cleverly integrate music education while enhancing your child’s development. To enrol visit www.bridgetonmusic.com.au or contact Jane Boyd 0403 470 161.

Music And Movement - 2.5 to 3yrs
Term 3 + 8 Classes • Fri 03 Aug + 9:30 - 10am • $120
Term 4 + 7 Classes • Fri 19 Oct + 9:30 - 10am • $105

Music And Movement - 3 – 4yrs
Term 3 + 8 Classes • Fri 03 Aug + 10:15 - 11am • $160
Term 4 + 7 Classes • Fri 19 Oct + 10:15 - 11am • $140

Music And Movement - 4 – 5yrs
Term 3 + 8 Classes • Fri 03 Aug + 11:15 - 12am • $160
Term 4 + 7 Classes • Fri 19 Oct + 11:15 - 12am • $140
Tutor: Jane Boyd
Community Events

**Choir**

**Film Night & Sing Along**

Come along for a choir themed film night with a singalong to get you warmed up with the NSCC choir members.

Simon & Garfunkel: The Concert in Central Park
Term 3 + Mon 30 Jul + 6:30 - 9:30pm + Free

The Beatles: Eight Days a Week, the touring years
Term 4 + Mon 15 Oct + 6:30 - 9:30pm + Free

**Choir Concerts**

The Choirs have the opportunity to strut their stuff, sing out loud and show the community what they are made of!

Simon & Garfunkel
Term 3 + Mon 24 Sep + 8 - 9:15pm + Free

The Beatles
Term 4 + Mon 10 Dec + 8 - 9:15pm + Free

Friday Lunchtime
Term 3 + Fri 21 Sep + 1 - 2pm + Free
Term 4 + Fri 07 Dec + 1 - 2pm + Free

**Community Support**

**Book Swap**

Swap something you’ve read with a book on our shelf! Gold coin donations go to the Indigenous Literacy Foundation.

**Smith Family Christmas Appeal 2018**

Term 4 + From Thu 01 Nov
Collecting donations of gifts throughout November 2018 in support of families in need.

**Tees to Totes workshop**

Term 3 + Sat 18 Aug + 8am - 12pm + Free
Turn your favourite old t-shirts into funky tote bags and support a sustainable future!

**Explorers Playgroup**

**Special Activities**

Explorers Playgroup fundraise and have special themed craft days. Come along and get messy.

*Fathers Day Craft*
Term 3 + Tue 27 - Thu 30 Aug

*Halloween Fun*
Term 4 + Mon 29 Oct

*Christmas Craft*
Term 4 + Thu 13 - Wed 19 Dec

**Maintenance for Bikes**

Supported by North Sydney Council

**Tune In & Check Up** For Your Bicycle

Term 3 + Sat 04 Aug + 8am - 12pm + Free
Term 3 + Sat 15 Sep + 8am - 12pm + Free
Term 4 + Sat 20 Oct + 8am - 12pm + Free
Term 4 + Sat 03 Nov + 8am - 12pm + Free

**Bicycle Maintenance**

Tips & Tricks for your bike

Term 3 + Sat 1 Sep + 9am - 12pm + Free
Term 4 + Sat 17 Nov + 9am - 12pm + Free
At North Sydney Community Centre

**Mental Health**

**Preserving Your Mental Health - Chinese Traditional Practices**

Term 4 + Sun 21 Oct + 4 - 5pm + Free
A free talk about the benefits of Chinese Medicine to mental health.

**Mental Health & Men**

Term 4 + Sat 20 Oct + 10am - 12pm + Free
Targeting mental health issues affecting men.

“Effectively managing your mental health can give you significant improvements in your quality of life, increase your capacity to support your family and your mates, and let you perform at your best.” - Beyond Blue

NORTHSIDE PRODUCE MARKET

July 7 & 21
Sept 1 & 15
Nov 3 & 17
Aug 4 & 18
Oct 6 & 20
Dec 1 & 15

@NTHSYDMKTS