

Adult Classes &
Workshops

Explorers
Playgroup

Northside
Produce
Market

After School
Care Leisure

Venue Hire

What's **On** Guide



Jul – Sep 2025



COMMUNITY NEWS

Leading By Example: Our Sustainability Journey

What We Do to Care for Our Centre, Community and Our Earth



We are proud to receive the Better Business Partner Sustainability Award for our green initiatives!

Sustainability is at the core of what we do and in this issue we're excited to share the steps we're taking as a Centre to reduce our impact and model better environmental practices.



We collect empty Nescafé pods for recycling through the Terracycle Community Hub.



We accept used equipment (in good condition) to help keep resources in circulation.



We collect used glass candle containers through CandleXchange.



Artist in Residence

In Term 2, we had the pleasure of Mary-Helen joining us as our Artist in Residence. She led inspiring, sustainable art activities with the After School Care program, encouraging children to explore their creativity through engaging, hands-on experiences.



YOU WOULDN'T LEAVE HOME WITHOUT YOUR UNDIES!

Northside Produce Market encourages customers to BYO reusable cups to the market to help reduce single-use waste. This simple step supports our commitment to sustainability and cuts down on the impact of disposable cups. Be part of the solution—not the pollution.

MARKET DATES

- 7 & 21 Jun
- 5 & 19 Jul
- 2 & 16 Aug



If every Aussie used a reusable cup just once a week, we'd save over 50 million disposable cups from landfill each year.

Dairy to your door WITHOUT the plastic!



Our stallholder The RESTORE

Project offers fresh, pure Jersey milk in reusable glass bottles. This eco-friendly, closed-loop system reduces plastic production and supports local farmers. After use, simply wash the bottles and return them to the stall.

RESTORE began in October 2023 and has prevented 70,000 plastic bottles from being manufactured – congratulations!





Play. Create. Care. Repeat.

At North Sydney Community Centre, we help kids have fun, make cool things and love the planet!

At **Explorers Playgroup** and **After School Care**, every day is an adventure! We have loads of fun playing games, getting creative with craft activities and spending time outside. We also embrace sustainability by using donated toys, using recycled materials for art and incorporating eco-friendly habits into our play. Come join the fun and be a little Earth hero with us!



Recycled craft with bottle caps



Our gardeners at After School Care Leisure



**EXPLORERS
PLAYGROUP**

MON–THU, 9:30am–12pm

during school term

Did you know July
is also known as
Plastic Free July?

Plastic Free July® is part of a global movement helping millions cut down on plastic waste for cleaner streets, oceans and communities. Want to give it a go and skip single-use plastics this July? Just scan this QR code to find out how.



In Australia, around
373 million
plastic water bottles are
thrown away every year



If you lined up 373 million plastic bottles, they'd stretch over 75,000 kilometers — that's nearly TWICE around the whole Earth!



**AFTER SCHOOL CARE
LEISURE**
MON–FRI, 3–6pm
during school term

How to
build a



BUG HOTEL

with recycled materials

Bugs are super important! They help plants grow, clean up leaves and eat pesky bugs. Bees, wasps, and ladybugs are some of those helpers.



A bug hotel is a tiny home for bugs. Some lay eggs there and others help feed animals like frogs and hedgehogs.

What you need:

- Plastic bottle
- Scissors
- Moss, leaves, twigs, grass bamboo, pine cones, bark
- String for hanging



Some bugs like trees, some like the ground—both are great!

1. Cut your bottle to the right size.
2. Sort your materials by size and feel – snap twigs if needed.
3. Fill your bug hotel with the materials. Make it tight!
4. Now choose a spot. Tie a string around your bottle to hang it, or place it on the ground.

venue
hire

your Cozy Winter Party Spot

Planning a winter celebration, kids' party or community gathering?

The Wattle Room at North Sydney Community Centre is a warm and welcoming indoor space that's perfect for cozy events during the colder months.

With plenty of natural sunlight, direct access to the playground and seating for up to 60 people, it's ideal for birthday parties, workshops and family-friendly functions!

\$250 (minimum 2 hours)

Get in touch with us today at

(02) 9922 2299, or

venue@northsydneycentre.com.au



Make your next party more sustainable

VENUE HIRE

**Minimum booking
2 hours**

**(plus 30 min
complimentary)**



Skip Balloons

They can harm wildlife and are not biodegradable. Instead try paper decoration.



Skip Plastic

Use reusable plates, cups and cutlery to avoid plastic and cut down on landfill waste.



Skip Landfill

Have clearly marked bins for general waste and recycling to reduce landfill.

OUR NEW TUTORs



PEDRO ALVAREZ

Tango Instructor

Great to have you on board, Pedro!

Tell us a bit about what you do.

I have been teaching Argentinian Tango since 2000 at the schools *Patio de Tango* and *Esquina de Tango*.

Have you received any notable recognitions for your dancing?

Yes, I am the 2009 Australian Tango Salon Champion and have been dancing Tango all my life.

How did you first get into Tango?

I learned young, working in a Tango club in Buenos Aires, Argentina.

Have you been involved in Tango beyond teaching classes?

Yes, I have been running regular Tango events since the early 2000s and have instructed all over Australia and New Zealand.

TANGO FUNDAMENTALS

Fri 25 July (9-week course)

6:30–7:30pm

Cost: \$290



Argentine Tango emerged from European, African and indigenous music in Buenos Aires, shaped by the homesickness and struggles of immigrants.



JOSEPH ZARB

Guitar Instructor

Welcome, Joseph! What's your role in music education right now?

I'm a longtime music educator and performer, teaching guitar at Mercy College Chatswood and Lane Cove Public School for over 15 years. I also serve on the board of the Lane Cove Music Education Co-op and was its founding Chairman.

Can you tell us about your past teaching experience?

From 1998 to 2008, I taught Visual Arts and Music at the high school level, including HSC Visual Arts, primarily at Delany College, Granville.

Do you participate in any ensembles as a performer?

Yes, I perform with several ensembles, including *Marsala*, *The Cameron Jones Trio* (Gypsy jazz) and *The Three Rivers Ensemble* (Turkish and Middle Eastern music).

GUITAR BEGINNERS

Sat 19 July (9-week course)

8:30–10am

Cost: \$360



GUITAR CONTINUERS

Sat 19 July (9-week course)

10–11:30am

Cost: \$360



SOMETHING FOR EVERYONE



Creative Writing: Developing Story & Language

Workshop

Sat 5 July, 10:30am – 4:30pm, Cost: \$100



Tango Fundamentals

9-Week Course

Fri 25 July, 6:30 – 7:30pm, Cost: \$290



Illustrating a Narrative

3-Week Course

Sun 27 July, 10am – 2pm, Cost: \$210



Monday Choir

9-Week Course

Mon 21 July, 7:30 – 9pm, Cost: \$185



Painting with Acrylics

9-Week Course

Mon 21 July, 6:30 – 9:30pm, Cost: \$345

A person's hand is pointing at a watercolor landscape painting on an easel. The painting depicts a river or lake with green hills in the background and a small boat on the right. The scene is outdoors with green foliage in the background.

NEW WORKSHOP!

PLEIN SKETCHING & PAINTING

Watercolours and Oils

Did
you
Know

*Plein painting
boosts creativity,
reduces stress
and connects you
with nature. It uses
little resources and
encourages love
for the outside.*

Enjoy a creative escape with our new Plein Air Sketching Workshop. Spend a fun and relaxing day outdoors as you learn how to:

- Choose and frame your subject
- Capture light, depth and atmosphere
- Use watercolour or oil techniques to bring your artwork to life

Bring your gear and connect with fellow art lovers in a scenic setting!

Sunday 7 September

9:30am – 12:30pm

Cost: \$160



What's On

Term 3, 2025: 19 Jul – 26 Sep

Monday		Tuesday	Wednesday
6.30am			Early Morning Yoga 6:30am Kayaking 6:30am (off-site)
7.00am	Tai Chi 7am	Yin Yang Yoga 7:30am	Early Morning Yoga 7:30am
8.45am	Qi Gong for Enhanced Mental Energy 8:45am	Stretch & Strength 8:45am	
9am			Stretch & Strength 9am Pottery 9:30am
10am	Explorers Playgroup 9:30am–12pm Acrylic Painting 10am Staying Young & Active 10am Italian 10:30am	Explorers Playgroup 9:30am–12pm Staying Young & Active 10am Watercolours Advanced 10am Italian 10:30am	Explorers Playgroup 9:30am–12pm Body Conditioning 10:30am Greek 10:30am
11am	Fit & Fab 11:15am		Chair Fitness Strength 11:45am
12.30pm	Body Strength 12:30pm	Zumba Gold 12:30pm	
1pm	French Beginners 1pm	Italian Beginners 1pm	Relaxation & Sound Healing 1:15pm
3pm	After School Care 3–6pm	After School Care 3–6pm	After School Care 3–6pm
6.30pm	Evening Yoga 6:25pm Painting with Acrylics 6:30pm French Beginners 6:30pm Italian Beginners 6:30pm Machine Sewing Beginners 6:30pm	Zumba 6:20pm Discover Japan 6:30pm Machine Sewing Interm 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm	Italian Beginners 6:30pm Linedance Beginners 6:30pm Mahjong 6:30pm Pottery 6:30pm Ukulele 6:30pm Pilates (online) 6:45pm
7pm	Tennis 6pm & 7pm (off-site) Photography 7pm Monday Night Choir 7:30pm	Salsation 7:40pm	Tennis 6pm & 7pm (off-site) Life Drawing 7pm Linedance Improver 7:30pm

Thursday

Friday

Saturday

7.00am	Pilates 7:30am	Strength Training 7:35am	Kayaking 7:30am (off-site) Pilates 7:30am
8am		Prenatal Yoga 8am	Northside Produce Market 8am (every 1st & 3rd Saturday) Pilates 8:30am
9am	Staying Young & Active 9am	Music & Movement 9:30–11:15am	Guitar Beginners 9am Mahjong Level 1 9:30am Mahjong Level 2 9:30am Mahjong Social 9:30am Pottery 9:30am
10am	Explorers Playgroup 9:30am–12pm Watercolours Advanced 10am Staying Young & Active 10:15am	Intro to Watercolours 10am You Can Draw Anything 10am Italian Beginners 10:30am	Guitar Cont. 10am Staying Young & Active 10am
11am	Fit & Fab 11:30am	Mindful Meditation 11:30am	
12.30pm	Discover Japan Beginners 12:30am	Lunchtime Choir 12:30pm	
1pm	Zumba Gold 1pm	Spanish Beginners 1pm	Pottery Beginners 2pm
3pm	After School Care 3–6pm	After School Care 3–6pm	Relaxation & Sound Healing 5:30pm
6.30pm	Zumba 6:20pm Drawing & Watercolours Skills 6:30pm French 6:30pm Mahjong 6:30pm Spanish 6:45pm	German 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm Tango 6:30pm Salsa Shines 7:40pm	
7pm	Tennis 6pm & 7pm (off-site) Photography 7pm Evening Vinyasa Yoga 7:30pm		



Scan for updates,
new courses, and
weekend workshops

To enrol visit www.northsydneycentre.com.au or call us on (02) 9922 2299



North Sydney Community Centre is
a not-for-profit independent organisation.
Our mission is to foster social connection
& wellbeing through our programs & services.

www.northsydneycentre.com.au

(02) 9922 2299

info@northsydneycentre.com.au

*North Sydney Community Centre
acknowledges the Cammeraygal people as
the Traditional Custodians of this land.*

