

Springwood Neighbourhood Centre

Activities	Date/s	Time	Venue
Mondays			
Exercise at Ellison	04, 11, 18, 25	9:30am-10.30am	Ellison Public School Hall
Shine Choir	04, 11, 18, 25	6:30pm-7:30pm	Springwood Uniting Church Hall
Art Social Group	11, 18	9.30am-12.00pm	Springwood Presbyterian Church Hall
Springwood Scrabblers	04, 11, 18, 25	2.00pm- 4.00pm	Springwood Neighbourhood Centre
Tuesdays			
FUNctional Fitness	05, 12, 19, 26	9:30am-10:30am	LKM Studio Faulconbridge
Open Door	05, 26	9:30am-11:30am	Springwood Presbyterian Church Hall
Open Door Bus Trip	19	Contact Centre	Springwood Sports Club 9am
Wednesdays			
Artscope	06, 27	9:30am-11:30pm	Springwood Presbyterian Church Hall
Volunteer Digital Mentoring	06 20	9.30am-12.30pm	By appointment only
Knit and Yarn	13 27	9:30am-11:30am	Sen. Doug Cameron's Office
Yoga and Relaxation	06, 13, 20, 27	9:30am-10:30am	LKM Studio Springwood
RRR Revolution	13	1.30pm-3.30pm	Springwood Neighbourhood Centre
Thursdays			
NEW Tai Chi/QiGong	07, 14, 21, 28	11.00am- 12.00pm	HUB Green Room. Meet in Centre
Talking Gazette	07, 14, 21, 28	9:00am-10:00am	Springwood Neighbourhood Centre
Springwood Acoustic Club	28	8.00pm-10.30pm	Springwood Presbyterian Church Hall
Sing-A-Long Choir	21, 28	9.45am-10.45am	HUB Dining room
Fridays			
Art Social Group	01 22	9.30am-12.30pm	Springwood Presbyterian Church Hall
Dementia Carers Support Group	08 22	10.00am- 12.00pm	Doug Camerons Office(Raymond Rd)
Social Cards	01, 08, 15, 22	1:00pm-4:00pm	Springwood Presbyterian Church Hall
Volunteer Digital Mentoring	01, 08, 15, 22	9.30am-12.30pm	By appointment only
Upcoming Events for February!			
Peers in Recovery	6th Feb	1.30pm-3.30pm	The HUB, Springwood, Green Room
Raising KIN	6th Feb	10.00am-12.00am	Tanderra OOSH, Raymond Rd.
Seniors Month Activities:			RSVPs are essential!
• Joint Morning Melodies	13th Feb	10.00am-12.00pm	The Hub, Springwood
• Premiers Gala Concert Trip	14th Feb	Train from Springwood at 8.54am	Darling Harbour
• Lunch with BMFS	22nd Feb	11.00am-1.00pm	The Hub, Springwood, Room 1
Mental Health First Aid Training (Standard)	18th-19th Feb	9:00am-4:30pm	Winmalee Neighbourhood Centre. RSVPs are essential
DARE Morning Tea	20th Feb	10.30am-11.30am	The HUB, Springwood, Dining Room
Planning Ahead Workshop - hosted by Elizabeth Evatt Centre on Will's, Power of Attorney etc	25th Feb	10.00am-12.00pm	The Hub, Springwood RSVPs are essential



Springwood Neighbourhood Centre Co-operative Ltd

Ground Floor, Blue Mountains Theatre & Community Hub

104-108 Macquarie Road, Springwood, 2777

OPEN: Mon, Tues, Thurs, Fri 9:30am-4:30pm CLOSED 12:30-1:30pm

Wed 9:30am-12:30pm CLOSED in afternoon

Sunday mornings when Springwood Growers Market is on.

