

Groups Resume 2012.

Unanderra Community Centre groups, especially our Wednesday 'Cook & Chat' group are absolutely thrilled that our newly refurbished kitchen could be ready to use from 8th February thanks to Wollongong City Council. This group is a huge success thanks to Billy our passionate cook who creates mouth-watering recipes with aromas that waft through the entire Centre every Tuesday. Participants proudly boast this activity as the highlight of their week as they learn and share new cooking tips and recipes to take home for their families.

Several NEW social and recreational groups begin early February including:

- our new 'MensMorning' Wednesday 22nd February,
- New "Dance Factor" Jazz Ballet -Tuesdays,

Our numerous regular groups are keen to resume in early February including

- "Light-Pace exercise" group Tuesdays 7th Feb -techniques include Swiss Ball, medicine balls, weights, bands & circuit work.
- Community Vegie Garden BBQ Tuesday 14th February
- Unanderra Senior Activity Group meets Tuesdays -needs a volunteer.
- Senior Cyber club meets Thursdays in our fully equipped computer room.
- Mental Health Recovery Discovery Monday 6th Feb 10.30am -12.30pm.
- Combined Pensioners & Superannuants group- looking for new members Wedndays
- Zumba –"move to the music"Monday mornings& start your week on the right note.
- Unanderra Tiny feet Fridayplaygroup.



Pictured with Sandra Luschwitz the Centre Manager is Malissa Bates, employed for 6 months as part-time admin assistant , a highly recommended joint venture where Workskills provides additional staff at no cost to the organisation .

- All enquiries call Sandra Ph 4271 2213