

What's On

AT NEW FARM NEIGHBOURHOOD CENTRE



Welcome to New Farm Neighbourhood Centre



We offer free help with the challenges that life can bring and provide a wide range of social activities and events. Our laundry, showers and computers are available for use or you can just drop in for a chat.

Everyone is welcome at our neighbourhood centre. The Centre is a shared space. Visitors are required to follow our guidelines and be respectful to one another to create a safe and inclusive place for everyone who visits.

Unless otherwise specified, all Community activities are FREE to attend. For a full list of Community's activities, please visit our website www.community.org

12-1pm Monday, Tuesday, Thursday and Friday we offer a FREE community lunch donated by

co-
ve



coles

Second Bite
Ending Waste. Ending Hunger.



OPEN HOUSE 9AM-1PM, MON, TUES, THURS, FRI

MON

TUE

WED

THU

FRI

SAT

SUN



Every Monday, Tuesday, Thursday and Friday at 10.15am we offer **Tennis**. Meet at the centre and bring a Health Care Card.

COMMUNIFY ACTIVITIES

Visiting Services
Lawright (fortnightly)

9.30am meet at NFNC
Terrific Tuesday Bus Trip
3510 2752
participate@communify.org.au

Visiting GP
walk-in appointments

10am
Touch footy

Food Parcels
Available from 11am

Open house is closed Wednesday

9.30am - 11.30am
English Language
contact Cait
Caitw@communify.org.au

10.30am
New Farm Seniors
3510 2752
participate@communify.org.au

1-3pm
Project ME-N
3510 2752
participate@communify.org.au

Visiting GP & Physio
walk-in appointment

9.00-11:00am
Art Class

Hairdresser
Last Thursday of every month

Visiting Services
Weekly
HART4000,
Digital Inclusion,
Computer and phone help
Fortnightly
Q Stars

Community BBQ
Lunch,
chess club and
forms assistance

Did you know our Community Participation program runs the following programs for over 65s:

- Bus Trips
- Sip & Paint
- Supper Club
- Aqua yoga

Contact us at
3510 2752
participate@communify.org.au

Need a change of scenery for your next meeting? Our beautiful View Room with 10 seater timber table is available for hire. Call community spaces on 35102700

Monday, Tuesday, Thursday and Friday we offer a FREE community breakfast and lunch

Join us at The Music Sessions in Bardon each Monday 2pm – 4pm. Music therapist, Ash, leads our music therapy group in creative and meaningful connection through music. Create music and playlists, write songs, play instruments, and work towards individual and group projects. Play, chat and reflect in a safe and inclusive environment. NDIS Participants welcome for a one week trial before committing to ongoing sessions. Over 65s welcome with a My Aged Care Group Social Support referral.

What's On

IN OUR NEW FARM COMMUNITY SPACES

MON

TUE

WED

THU

FRI

SAT

SUN



Every Monday, Tuesday and Thursday at 10.15am we offer **Tennis**. Meet at the centre and bring a Health Care Card

COMMUNITY
HALL

10-11.45am Playgroup	9:30-10.30am Yoga \$10/ Concession \$5	9.15 - 10.15am Chair Yoga				
5.30-8.30pm Film Lab Academy	5.30-6.30pm Meditation		6-7pm Yoga \$10/Concession \$5			
	6.30- 8.30pm Gamblers Anonymous					

GRAND
ROOM

4.45-5.45pm Chair Yogis	3.30 - 5.30pm Teens with Autism Social Club	3.30 - 5.30pm Teens with Autism Social Club	7.30-9pm Community Group Men's Meeting		2-4pm 1st Saturday of the Month Brisbane OCD Support Group	8.30-9.30am Yoga \$10 / Concession \$5 11am-12.30pm Al Anon Family Groups 4.30-6.30pm Community Group NA 6.30-8.30pm AA Rainbow Recovery Group
6.30-8.30pm Narcotics Anonymous	5.30-6.30pm FREE Meditation	6-8pm Narcotics Anonymous Rainbow Recovery			6.30-8.30pm Community Group	

VIEW
ROOM

	6.30-8.30pm Community Group SLAA	<p>To book one of our Community Spaces please contact Pam on 3510 2700 or email communityspaces@communify.org.au</p>				
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Neighbourhood Centre

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 <p>YOGA</p>  <p>Yoga \$10 or Concession \$5 Enquiries: 0402 961 197 Tuesday 9.30-10.30am Thursday 6-7pm Sunday 8.30-9.30am</p>	 <p>PROJECT M-EN</p>  <p>Project M-EN Carly on (07) 3510 2752 or email: participate@ communify.org.au Wednesday 1-3pm</p>	 <p>SENIORS SIP & PAINT</p>  <p>Seniors Sip & Paint Enquiries: Carly on (07) 3510 2752 or participate@ communify.org.au Last Wednesday of the month at the Paddington Centre</p>	 <p>FILM LAB ACADEMY</p>  <p>Film Lab Academy Enquiries: Monday 5.30-8.30pm</p>	 <p>MEDITATION</p>  <p>Free Meditation Enquiries: NFNC Tuesday 5.30-6.30pm</p>	 <p>ART CLASS</p>  <p>Art Class Enquiries: NFNC Thursday 9.00-11.00am</p>
 <p>CHAIR YOGA</p>  <p>Chair Yoga Enquiries: 0438 732 797 or Dara@chairyogis.com.au Monday 4.45-5.45pm Wednesday 9.15-10.15am</p>	 <p>TERRIFIC TUESDAY BUS TRIPS</p>  <p>Enquiries: Carly on (07) 3510 2752 or participate@ communify.org.au 1st & 3rd Tuesday of each month</p>	 <p>PLAYGROUP</p>  <p>Playgroup Enquiries: Nicky 0415 428 342 Monday 10-11.45am</p>	 <p>VISITING SERVICES</p>  <p>Visiting Services Weekly HART4000, Digital Inclusion, Computer and phone help Fortnightly Q Stars</p>	 <p>TEENS WITH AUTISM</p>  <p>Autism Spectrum Consultant Elissa Brinckmans Enquiries: 0433 318 618 info@justasc.com.au Wednesday 3.30-5.30pm</p>	 <p>OCD SUPPORT</p>  <p>OCD Support Enquiries: 0438 131 312 bocd@gmail.com 2-4pm 1st Saturday of the Month</p>