



Community Connections

Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,
EXERCISE AND PLAY



February /March 2022

Welcome 2022

Thank you to all those who have supported the ICare Community Project.

Your kind donations certainly helped stock our shelves and provide a helping hand-up to those in the Community who are doing it tough.

Below are photos of some of the wonderful donations received.



All donations are gratefully received at the Community Centre

Suggested items include non perishable food and personal items for our community. Tinned foods (tuna, soups, baked beans, spaghetti) cereals, long life milk , crackers, muesli bars and shampoo, conditioner and deodorant (roll-on please).

Community Centre | 80 John Street Yeppoon | Phone 49133840

Feel Good February. Feel Good Feb (FGF) is having the intention and taking the time to make others feel good during February and beyond. Do a kind deed for a stranger.

Sunday 27 March. Neighbour Day. Neighbour Day is Australia's annual celebration of community held on the last Sunday in March every year. Its aim is to encourage closer, friendlier relationships between neighbours and to strengthen communities.

Capricorn Coast Bicycle User Group (BUG) Yeppoon. BUG is a social cycling group who meet every Saturday morning at 8am at the Yeppoon Tourist Information Centre to have fun, meet friendly people, enjoy bike riding and our beautiful area. Rides are governed by a riders experience as well as fitness. 'Buddy riders' are available and helpful hints for 'setting up your bike' for comfortable, safe and easy cycling. Enjoy a chat with coffee, tea etc after the ride.

Contact Jac 0402 575 339



February Exhibition Here and There by local artist Ila Collins

Friday 4 February until Sunday 27 February

Opening Times: 10am—2pm Wednesdays—Sundays

For more information visit www.livingstone.qld.gov.au

See page 4 for list of Activities at the Community Centre

COVID SAFETY at the Community Centre:

If visiting the Community Centre please adhere to the following:

- Mask is to be worn
- Register your visit using the QR Code or on the COVID Safe register of participants
- Social distancing
- Hand sanitising
- Clean surfaces used - products are supplied in all rooms
- If feeling unwell please do not attend

Currently some activities normally held here have been postponed.

Visiting Services - some are still meeting face-to-face and others are doing phone consultations.

U3A have cancelled their activities until the end of February when they will assess the situation again.

Please be sure to contact activity facilitators or the Community Centre to confirm if the activity you wish to attend is meeting.

Don't forget to like us and click to follow our page. 'Yeppoon Community Centre'
www.facebook.com/YeppoonCommunityCentre



Community Centre

Contact us for more information 4913 3840
80 John Street Yeppoon

The Community Centre can help put you in touch with the following services so you can make appointments to see them at our Centre.

Services

- Anglicare CQ Community Housing: 4837 5300 or 1300 769 814
- Anglicare Homelessness: 1300 769 814
- Anglicare CQ Counselling & Family Support Services: 4837 5385 or 1300 769 814
- Anglicare CQ Financial Resilience Services: 48375371 or 1300 769 814
- Anglicare Recovery & Wellbeing Services: 1300 769 814
- CQ Financial Counselling: 4928 1844
- CQ Disputes Resolution Centre: 1800 817 927
- Headspace. 4994 2512
- Lives Lived Well: 1300 727 957
- Relationships Australia: 1300 364 277
- Rent Connect: 4747 7000
- UnitingCare Community Financial Counselling: 4930 7300
- Women's Health Centre: 4922 6585
- YHARS - Youth Housing & Re-Integration Services: 4922 2008

Support Groups

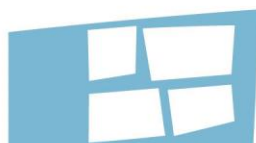
- GROW Support Groups: 0408 577 403: A caring and supportive, community based organisation that has developed a unique program for improving and maintaining mental and emotional wellbeing.
- Yeppoon AA: 4939 1662 or 0410 032 664
- Al-anon & Al-ATEEN: 1300 252 666 Helpline: Meet Fridays 12pm to 2.30pm Garage
- Narcotics Anonymous: 0478 497 237: Meet Mondays 7.30pm Room C
- ICE Affecting Families Capricorn Coast: icesupcapcoast@gmail.com or on Facebook (closed group for increased privacy)

Dignity First Washroom

- The Dignity First Washroom provides free and accessible use of a private washing machine, dryer, toilet and shower for any community member experiencing hardship. Monday to Sunday 6.30am to 4.00pm
80 John Street Yeppoon

Food Relief Capricorn Coast Inc

- Open Fridays. Handling fee \$50. You will receive between approximately \$120 and \$150 worth of groceries. Contact 0468 799 843.
9.30am - 1pm 14 Plover Drive **Yeppoon** 9.30am – 12pm Cnr Archer & Hunter Streets **Emu Park**.



Monday

Every Monday

Exercises 9 - 10am
Playgroup 9.15 - 11.15am
Mah-jong 1- 4pm
U3A Scrabble 1 - 4pm
NA Support Group 7.30 - 9.30pm

3rd Monday

U3A Book Club 10.15 - 12pm
ALP Meeting 6.30 – 8.30pm
(odd months)

4th Monday

U3A Cultural Evening 5.30 – 8pm

Fortnightly

Toastmasters 6pm - 8.30pm

Thursday

Every Thursday

Tai Chi 9 – 10.30am
Art 1 – 3.30pm
Parchment Craft 1 – 3.30pm

1st Thursday

LNP Meeting 7 – 8.30pm

1st Thursday – Feb, April & Oct

U3A Cultural Connections
5.30 – 7pm

1st Thursday – June & Aug.

U3A Cultural Connections
2.30 – 4.30pm

2nd Thursday

Family History 10 – 12pm

3rd Thursday – Odd months from March

Parkinson's Support Group
9 – 11am

4th Thursday

U3A Writing Group 9.30 – 12.30pm

1st, 2nd, 3rd, 5th Thursday

U3A Art Group 9.30am – 12.30pm

Tuesday

Every Tuesday

Computers 9.30 - 11.30am
Cards 1 - 4pm

2nd Tuesday

U3A Astronomy & Space
Science 10am - 12pm
Photography 7 - 9pm

4th Tuesday

U3A Discussion/Aviation
Group 10am – 12pm
Photography 7 - 9 pm

Wednesday

Every Wednesday

Age of Excellence –
ManFit 6.30am – 7.15am
WomanFit 7.15am – 8.00am
U3A Mah-jong 9am - 12pm
Basic Computer Skills 10 – 11.30am
Yeppoon Yarners 1 – 3 pm
Line Dancing 1- 2.30pm
GROW Support 6.30 - 8.30pm

Fortnightly

QCWA Seasideers 5.30 – 8.30pm

Friday

Every Friday

Age of Excellence –
ManFit 6.30 – 7.15am
WomanFit 7.15am – 8.00am
Craft Group 9am – 12pm
AI-Anon Support Group 12 - 2pm
AA Support 7.30 - 9pm

1st Friday

Exercises 8.45 – 9.45am
U3A Music Appreciation
10.15am – 12.15pm

2nd Friday

Exercises 8.45 - 9.45am
U3A Anything Goes 10.15am – 12.15pm

3rd Friday

U3A General Meeting 9.30am - 12pm

4th Friday

Exercises 8.45 – 9.45am

Saturday

Fortnightly Saturday

Readers Book Club 10.30 – 12pm

Sunday

Every Sunday

Tai Chi 7am – 9am
Living Waters Lutheran
11am – 1pm

2nd Sunday

Ukulele Group 3 - 5pm

3rd Sunday

ALP Meeting 10am – 12pm
(even months)