



# What's on at your local Community Centre?

## Helensvale Community Centre



Scan here for the latest version

**Updated September 2022**

Please contact the organisers directly to confirm class size, availability and start dates prior to attending.

Time	Activity Description and Company	Room	Contact Details
<b>Monday</b>			
8am to 9am	Zumba Gold, Dance fitness for seniors offered by Jamie Lee	South Hall	Phone Jamie Lee on 0403 474 234
8am to 9am	Growing Stronger for Seniors offered by Active and Healthy and AgeilityFit	North Hall	Phone David on 0418 189 389
8.30am to 5pm	Workforce Australia Employment Services Appointments offered by Family Services Australia	North Meeting Room	Phone Shannon on 0455 544 531
9.30am to 10.30am	Lungs in action exercise session for people with COPD, chronic lung or chronic heart disease. offered by AgeilityFit	North Hall	Phone David on 0418 189 389
10am to 12pm	Awesome fun for babies, toddlers and children 6 months to 4 years. Let your child explore their world through Messy Sensory Play offered by Mighty Mess	South Hall	Bookings essential on 0429 884 797
11am to 3.30pm	Bridge offered by Helensvale and Southport Bridge Club	North Hall	Phone Hilda on 0415 612 667
3.30pm to 6.30pm	Dance Classes offered by Helensvale Calisthenics Dance	South Hall	Phone Sarah on 0412 980 989
5pm to 6.30pm	Martial Arts training school, self-defence, anti-bullying, character building, fitness, building fitness offered by Gold Coast Self Defence Academy	North Hall	Phone Karen on 0420 482 869
6.30 to 8pm	Karate and Self defence classes Offered by Kyokushin Karate Gold Coast North	North Hall	Phone Rob on 0401 968 219

Time	Activity Description and Company	Room	Contact Details
<b>Tuesday</b>			
6.30am to 7.30am	Yoga class offered by Lee Cartledge Yoga	North Meeting Room	Phone Lee on 5597 0774
8.30am to 10.30am	Weight loss meetings offered by Weight Watchers	North Hall	General Enquires on 131 997
8.30am to 5pm	Workforce Australia Employment Services Appointments offered by Family Services Australia	North Meeting Room	Phone Shannon on 0455 544 531
9am to 2pm	Living with Injury, Illness or disability and want to work offered by Busy Ability – On-Q	South Hall	Phone Kim On 0434 138 038
11am to 12pm	Latin Fitness 100% a taste of South America. Exciting and Unique Latin Dance and rhythm offered by Rosita Latina	North Hall	Phone Rosa on 0447 757 117
3.30pm to 7.30pm	Arts/drama/dance offered by Helensvale Calisthenics	South Hall	Phone Sarah on 0412 980 989
5pm to 6pm	Martial Arts Taekwondo offered by Edge Taekwondo	North Hall	Phone Alan on 0421 566 447
6pm to 8pm	Support group offered by Narcotics Anonymous	North Meeting Room	Phone Cameron on 0425 361 558
6.30pm to 8.30pm	Weight loss meetings offered by Weight Watchers	North Hall	General Enquires on 131 997
7pm to 9.30pm	Support group offered by Gamblers Anonymous Helensvale	South Meeting Room	Phone Glenn on 0400 955 589
<b>Wednesday</b>			
8.30am to 9.30am	Fifty Plus Fit, Exercise class offered by Active and Healthy and AgeilityFit	South Hall	Phone David on 0418 189 389
8.30am to 5pm	Workforce Australia Employment Services Appointments offered by Family Services Australia	South Meeting Room	Phone Shannon on 0455 544 531
9.30am to 12pm	Helensvale Craft Group offered by Redcross Craft	North Meeting Room	Phone Gisela on 5573 2819
9.30am to 12pm	Line Dancing offered by Dance 4 Fun	South Hall	Phone Val on 0424 099 299
11am to 3.30pm	Bridge offered by Helensvale and Southport Bridge Club	North Hall	Phone Hilda on 0415 612 667
1pm to 4pm	Board games group activity for anyone with disability, Autism and mental illness offered by Steve	North Meeting Room	Phone Steve on 0407 076 604
4pm to 5.30pm	Dance Classes offered by Joy Jeans School of Dance	North Hall	Phone Joy on 0423 696 437
6pm to 7pm	Martial Arts training school, self-defence, anti-bullying, character building, fitness, building fitness offered by Gold Coast Self Defence Academy	North Hall	Phone Karen on 0403 260 784
7 to 8.30pm	Karate and Self defence classes Offered by Kyokushin Karate Gold Coast North	North Hall	Phone Rob on 0401 968 219
7pm to 8.30pm	Clubbercise, fun and energising exercise class offered by Clubbercise	South Hall	Phone Joanne on 0467 664 884
7pm to 10pm (fortnightly)	Public speaking Club offered by POWERtalk Gold Coast	North Hall	Phone Shaelene on 0437 970 676

Time	Activity Description and Company	Room	Contact Details
<b>Thursday</b>			
8am to 9am	Growing Stronger for Seniors offered by Active and Healthy and AgeilityFit	South Hall	Phone David on 0418 189 389
8.30am to 1pm	Quilting and sewing offered by Sew Crazy Quilters	North Hall	Phone Lynne on 0407 941 711
8.30am to 5pm	Workforce Australia Employment Services Appointments offered by Family Services Australia	North Meeting Room	Phone Shannon on 0455 544 531
9.00am to 10.00am	Strength, fitness & balance exercise class offered by I Love Me	South Hall	Phone Anna on 0413 110 870
4pm to 5.30pm	Dance Classes offered by Joy Jeans School of Dance	North Hall	Phone Joy on 0423 696 437
6pm to 7pm	Pilates and Meditation offered by Sarah Caldwell	North Hall	Phone Sarah 0431 051 534
6pm to 8pm	Martial arts and self-defence offered by Australian Defensive Tactics	South Hall	Phone Gavin on 0423 349 742
7pm to 9pm	Spiritual Singing Group offered by Sathya Sai Baba	South Meeting Room	Phone Vee on 0412 256 502
7pm to 9.30pm (Fortnightly)	Meditation class offered by Jamie Spooner	North Meeting Room	Phone Jamie on 0436 341 621
7.30pm to 9.30pm (Fortnightly)	Acoustic Music Jam Session offered by Coast Acoustics Music Association	North Hall	Phone Cameron On 0402 434 789
<b>Friday</b>			
8am to 9am	Lungs in action exercise session for people with COPD, chronic lung or chronic heart disease. offered by AgeilityFit	North Hall	Phone David on 0418 189 389
8.30am to 5pm	Workforce Australia Employment Services Appointments offered by Family Services Australia	North Meeting Room	Phone Shannon on 0455 544 531
9am to 1pm	Children's program designed to nurture natural stages of neurological development from 6wks – 5yrs offered by KindyROO	South Hall	Phone Didem on 0452 642 766
9.30am to 12pm	Line Dancing offered by Dance 4 Fun	North Hall	Phone Val on 0424 099 299
6pm to 11pm (monthly)	Scrapbooking offered by Close to my Heart	South Hall	Phone Lorraine on 0487 751 242
6:30pm to 9pm	Argentine Tango Dance Lessons offered by Tango Byron Connection	North Hall	Phone Ron on 0432 559 924
7pm to 9.30pm (fortnightly)	Meditation offered Rainbow Light Spiritualist Church	North Meeting Room	Phone Jacqui on 0411 323 543
7pm to 9pm (monthly)	Cultural Association Meeting and Social Gathering offered by Gold Coast Hindu Cultural Association	South Hall	Phone Rath on 0413 845 274

Time	Activity Description and Company	Room	Contact Details
<b>Saturday</b>			
7am to 9am	Weight loss meetings offered by Weight Watchers	South Hall	General Enquires on 131 997
8am to 9am	FiftyPlus fit for Seniors offered by Active and Healthy and AgeilityFit	North Hall	Phone David on 0418 189 389
10am to 2.30pm	Church service offered by Seventh-Day Adventist Church	North Hall	Phone Young on 0430 041 022
10am to 5pm (3 <sup>rd</sup> Saturday monthly)	Scrapbooking and Card Making offered by Close to my Heart	South Hall	Phone Eve on 0410 493 219
10am to 4pm (4 <sup>th</sup> Saturday Monthly)	Monthly plant display and information session offered by Gold Coast Succulent & Bromeliad Society	South Hall	General Enquiries on 0408 047 205
11am to 12am	Kids Corner offered by Helensvale Seventh Day Adventist Church	North Meeting Room	Phone Andreas on 0412 647 793
12pm to 3.30pm (2 <sup>nd</sup> Sat monthly)	Stamp trading group offered by Southport Afternoon Stamp Club	South Hall	Phone Bill on 0427 023 045
12.30pm to 3.30pm	Indian classical dancing offered by Eswaralaya Kalaikoodam	North Meeting Room	Phone Manga on 0433 967 489
2pm to 4pm (4 <sup>th</sup> Sat monthly)	Spiritual Singing Group offered by Sathya Sai Baba	South Meeting Room	Phone Vee on 0412 256 502
<b>Sunday</b>			
8am to 9am	Zumba Fitness offered by Marnie Horton	South Hall	Phone Marnie On 0412 230 271
8am to 12pm	Church service offered by New Creation Church	North Hall	Phone Chris on 0413 940 777
9am to 11.30am	Church Meeting offered by SAI Centre of Gold Coast	South Meeting Room	Phone Aruind on 0432 200 148
10am to 12pm	Nepalese language and cultural classes offered by Nepalese Community Gold Coast	North Meeting Room	Phone Joshi on 0413 750 300
11.30am to 2.30pm	Church service offered by Helensvale Christian Church	South Hall	Phone Danny on 0449 870 515
1pm to 5pm	Ethiopian Community Meeting & Prayer offered by Ethiopian Anyuak Association QLD	North Hall	Phone Pwoch on 0401 640 793
2pm to 5pm (every 3 weeks)	Bruno Groening Spiritual Gathering Offered by Circle for Spiritual Aid to Life	South Meeting Room	Phone Ann On 0403 928 082
3pm to 6pm	Church Service Offered by Hope Reformed Baptist	South Hall	Phone Keith On 0468 557 200
5.30pm to 7.30pm (last Sunday of Month)	Meditation & yoga offered by Mahayogam Australia Inc.	North Hall	Phone Chandra on 0430 532 374
6.30pm to 9pm (fortnightly)	Church Service offered by Rainbow Light Spiritualist Church	South Hall	Phone Jacqui on 0411 323 543

## Upcoming Events

Date	Event Description and Company	Room	Contact Details
Saturday 10 September 6.30pm to 11pm	Social Argentine Tango Dance offered by Tango Byron Connection	South Hall	Phone Ron on 0432 559 924
Friday 30 September 9am to 10am 10.15am to 11.15am	Mighty Adventures Holiday movement program for kids 1 to 4 years offered by Mighty Mess	North Hall	Bookings essential on 0429 884 797
Saturday 3 October 10.30am to 2.30pm	Social Linedancing offered by Dallas Linedancers	South Hall	Phone Debbie on 0403 225 313
Saturday 8 October 6.30pm to 11pm	Social Argentine Tango Dance offered by Tango Byron Connection	South Hall	Phone Ron on 0432 559 924
Saturday 15 October 6.30pm to 9.30pm	Sip and Dance 3 hour dance event	South Hall	Phone Christie-lee on 0431 631 060

With over 40 community centres across the city, there are a range of centres and activities to join in or run your own. For more information on hiring a community centre, visit our website: [cityofgoldcoast.com.au/communitycentres](http://cityofgoldcoast.com.au/communitycentres)

### Contact us:

**P:** 07 5582 7258

**E:** [CentralCC@goldcoast.qld.gov.au](mailto:CentralCC@goldcoast.qld.gov.au)

**W:** [cityofgoldcoast.com.au/communitycentres](http://cityofgoldcoast.com.au/communitycentres)

### Can't find an activity that you're looking for?

Did you know there is another Community Centre within a 2 minute drive from here – visit [What's On at Helensvale Library and Cultural Centre](#).