



Thurgoona Community Centre
UNITY through COMMUNITY

What's on in 2023?

There are so many different
programs

P: 6043 1588

2023

Albury Community

Child and Family Health Nurse

The nurses are available by appointment on **Monday—Friday** at the TCC Ring **6043 1038** to book your appointment or for any concerns.

Breastfeeding Hub

Offers practical support and education with a focus on posture and positioning. **Mondays**
Appointment required ring: **6043 1038**

New Parent's Group

Mondays 9.00 am to 10.30am for six weeks. Find out about parenting, feeding, looking after yourself, routines, changes to the family, safety, health and keeping well.

A Child and Family Health Nurse will be the convenor.

To book phone **6025 4822** or **6043 1038** or speak with your local Child and Family Health Nurse.



Book Clubs

Art

Buds Art Group—Thurgoona

A group of experienced artists who enjoy their art in a relaxed and friendly environment.

Mondays 10.30 am—3.00 pm in the hall. For more information please contact: TCC: **6043 1588**



Children—Preschool

Junior Jivers: bookings essential
Fridays 10.00—11.00 am during NSW school term in the TCC hall. Sing/dance/move/story for preschoolers and their carers—\$20/term/family—Bookings essential.
juniorkivers@alburychurch.org.au
Thurgoona Presbyterian Church

Little Kidlets Playgroup:

Little Kidlets playgroup runs during the NSW school terms Mondays to Thursdays

from 10.00 am—12.00 pm

For more information on days, times and to make a booking please contact Sam P: **0458 557 151**

Email:

playgroup@thurgoonacommunitycentre.org.au



Church

Freedom Church

Service: **Sunday** 10.00 am

Youth Group 1st and 3rd Saturdays of the month 4.00—6.00pm

freedomchurchthurgoona@gmail.com

Thurgoona Presbyterian Church

Service: **Sunday** 4.00 pm

Creche, kids and youth programs

E: mike@alburychurch.org.au

www.alburychurch.org.au

Community Groups

Albury Wodonga LEGO User Group (AWLUG)

Is for anyone interested in getting together to learn about having fun with LEGO.

Meets once each month on third

Sunday of each month 1.00—3.00pm.

On Facebook / awlugsec@gmail.com

Thurgoona Community Action Group (TCAG)

For people who are concerned about progress in Thurgoona. Meets third **Thursday** of each month 5.15—6.30pm
thurgoonaCAG@gmail.com

Woolshed Thurgoona Landcare Group

Working together to regenerate, maintain and promote our local environment. Second **Tuesday** of month from 7.00 pm at Thurgoona Community Centre
enquiries@wtlandcare.org and Fbook

Computers

Seniors Computer Kiosk

This is a fantastic program, focusing on increasing the skills of older people using the computer and the internet. cost: \$5 Bookings **6043 1588**

TCC Computer Room

Computers are available for use via booking. P: **6043 1588**



Dance

Twin City Stomp Line Dancing

Enjoyable and friendly with an experienced tutor.

Wednesday: classes 10.00 am-1.00 pm

Tuesday 7.00—9.00 pm

Cost: \$12 per lesson

Contact **Bev Vinge 0407 947 353**

TCC Facilities are available for community and family events for hire ring 6043 1588

Fitness

Yoga Classes

Fitness and wellbeing for people of all ages and walks of life.

Includes gentle stretching, breathing, relaxation. Build on strength, health and happiness.

Monday Time: 6.00 pm - 7.30 pm

Cost: \$15 per lesson **Janet 6043 2987 or 0404 126 269**

Young At Heart Fitness

with Heather Cahill P: 0419 312 593

Low -Med-High impact Cardio/
Strength/ stretch/boxing for fitness
and mat pilates. Bookings essential

Tuesday and Thursday mornings

Cardio and Strength 45min classes \$10
Boxing and Pilates \$15

Also **Zoom** Classes Monday @ 8.15 am
Tuesday and Thursday @ 9.00 am
\$6 per class or \$15 per week.

Social

Border S.O.N.I.C. Choir

(Stroke and Other

Neurological impairments Choir)

Tuesdays: 2.00—3.30 pm **Cost:** \$3

Contact: **Marion Vile 0425 852 702** or
Libby Clark 0411 864 199



Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and
friendly environment?

Mates morning tea runs every **Friday**
from **10.00 am—12 noon** for men.

Come and meet new people. You can
bring a mate or come on your own.

Cost: \$5 Cuppa provided
P: 0428 404 254

TCC Book chat/club

Tuesday Book Club

When: 1st Tuesday of month at 1.30pm

What: Talk about a book you are
reading or have read, in a relaxed
informal atmosphere.

Cost: \$3.00 per session.

Thursday Book Club

When: 2nd Thursday of month at 1.30pm

What: Read and discuss the same book.
Sets of books provided by Albury Library

Cost: \$3.00 per session.

Plus \$22.50 per half calendar year or
\$45.00 per calendar year (library costs)

Ring **6043 1588**

Social

Precious Gems Cuppa/Chat

Thursdays 11.00 am -1.00 pm

It's friendly, open to everyone in the
community.

A great place to meet people, relax and
keep in touch. Cost is \$2

Bookings ring **6043 1588**

TCC Social Club Events

Join our club for friendship and
activities—receive a monthly
newsletter. Planned outings and events
including: visits to local attractions,
breakfast, lunch and movie outings and
other activities designed to promote
the interests and skills of people of all
ages. These are all planned by the
wonderful Social Club Volunteer
Committee Annual Fee \$10.00 or \$15
per couple, contact the TCC on
6043 1588 or email
social@thurgoonacommunitycentre.org.au

Youth

The Learning Space Albury

Multisensory Structured Language
Education with Lauren Murray
supporting young people who have
dyslexia and learning differences.

Accredited MSL Practitioner

P: 0402 789 448

terese_packer@hotmail.com

Thurgoona Piano Lessons

Piano Lessons at TCC from an
experienced teacher.

Each lesson is 30 minutes and are
tailored to suit the students needs.

Mondays and Thursdays

Call Elizabeth Houston on **0429 382 102**

www.docemusic.com.au

Creative Sewing Tweens

Saturday fortnightly sessions for learn-
to-sew and create class for Tweens (9—
12 year old) by local textile fashion
designer Krystal Kaye.

Saturdays from 9.00 am—11.00 am

All equipment provided.

Cost: \$75 per term.

For more information **P: 0492 139 722**

Holiday Programs

Creative Sewing Tweens workshops

Learn basic machine sewing skills and
make something creative. Email:
programs@thurgoonacommunitycentre.org.au
P: 0492 139 722

Albury Pinata Workshops—

Junior and Senior Primary classes

E:nfo@alburypinatacompany.com

www.alburypinatacompany.com

Musical Rhythm Classes—

Rhythm Cups and Boomwhackers

1 hour class—\$10

P: 0429 382 102

info@docemusic.com.au

Venue Hire

**The TCC facilities are
available for hire by both
groups and individuals.**

- hall with kitchen—capacity for 80
seated at tables and 96 in rows for
theatre style.
 - Smaller spaces for workshops and
group gatherings
 - Party space with playground
 - Air conditioned with kitchens
- Suitable for family and community
events

Cost on a casual hire basis is \$160 for 4
hours (\$40 per hour after that) with a
\$200 refundable deposit.

P: 6043 1588 for more information

Other Service

Battery Recycle

Drop off your used batteries for
recycling—situated in the office
building next to the kitchen.

NEED a JP (NSW)?

For contact and to arrange a face to
face service, ring the centre on
6043 1588.

Men's Wellbeing

Calm the Farm

Join Chris Pidd and others with
activities designed to help calm a busy
brain.

Activities such as juggling, balance,
stretching and mindfulness.

Wednesday nights 7.00pm to 7.45pm
TCC Hall

Cost: \$30 per session

Book by ringing Chris on **0477 888 807**