




**Albury Community Health**

### 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.  
To book phone **6025 4822** or **6043 1038** or speak with your local Child and Family Health Nurse.  
Dads are most welcome too.

## Churches

### Freedom Church

Service: **Sunday** 10.00am—12.00 noon  
Worship, prayer and Bible talk.  
freedomchurchthurgoona@gmail.com

### Thurgoona Presbyterian Church

We're a new family-friendly church.  
Service: **Sunday** 4.00 pm TCC Hall  
Creche, kids and youth programs  
E: [mike@alburychurch.org.au](mailto:mike@alburychurch.org.au)  
[www.alburychurch.org.au](http://www.alburychurch.org.au)

## Art/Craft/Stitching

**Calligraphy** Learn skills in the main traditional styles of "beautiful writing" 5 week course on **Mondays** from **11am to 3pm** in the hall.  
Cost: \$15 per class  
**Phone: 0492 139 722 to book**

### Jewellery Making Classes

A 6-week course learning to make jewellery such as earrings, broaches, necklaces, bookmarks, sun catchers and bracelets. Materials provided  
Experienced tutor  
TCC Sunroom **Fridays** 1.30—4.30pm  
Cost \$100 P: **0492 139 722 to book**

**Macrame** Learn how to make decorative projects with fancy knotted string. 6 weeks course on **Saturdays**  
Cost: \$30 per project or \$90 -six wks  
**P: 0492 139 722 to book a place**

**Red Rubies Craft** Bring along your favourite craft and enjoy the company of others. If you'd like to stay all day, bring your lunch too. Cost: \$3  
**Mondays** 11.00 am—2.00 pm in the Sunroom—tea and coffee provided

### Stitching on the Border

Welcome all cross stitchers— bring along your project and share the enjoyment of our craft in a friendly environment. Tea/coffee provided  
**2nd Saturday of the Month** in sunroom from 10 am to 2pm Cost: \$3  
**Join FB group P: 0492 139 722**

### Thurgoona Easy Art Lessons

Learn drawing techniques and watercolour painting for beginners and intermediate level artists.  
Cost: \$15 per lesson. 6 weeks starts. **Mondays** 11.00 am—3.00 pm in the hall. Phone: **0492 139 722**

## 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.  
[juniorgivers@alburychurch.org.au](mailto:juniorgivers@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**  
E: [playgroup@thurgoonacommunitycentre.org.au](mailto:playgroup@thurgoonacommunitycentre.org.au)

## Community Groups

### Albury Wodonga LEGO User Group (AWLUG)

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 or phone **6043 1588**

### Thurgoona Wirlinga Community Action Group (TWCAG)

For people who are concerned about developments and the environment in Thurgoona. Meets third **Thursday** of each month 5.15—6.30pm  
[thurgoonaCAG@gmail.com](mailto: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](mailto:enquiries@wtlandcare.org) and Fbook

## Dance



### Merge Dance Co

Dance classes for different ages with a variety of styles. (NSW school term)  
Enrol: [facebook.com/dancemergeco](https://facebook.com/dancemergeco)  
Contact: **0438 818 600**  
Classes run on **Weekday** afternoons. Preschoolers to Senior adults—Styles include ballet, tap, jazz, acrobatics, hip hop, yoga, lyrical.

### Twin City Stomp Line Dancing

Enjoyable and friendly with an experienced tutor.  
**Wednesday:** classes during the timeslot 10.00 am-12.00 pm  
**Tuesday** 7.00—9.00 pm  
Cost: \$12 per lesson  
As about beginners classes available  
Contact **Bev Vinge 0407 947 353**

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

## Computers

### TCC Computer Room

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

## Financial

### Financial Coaching

Improve your relationship with your money. Appointment based.

Terese Packer **0402 789 448**

[www.teresepackercoaching.com](http://www.teresepackercoaching.com)

## 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. During NSW school term

**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.

Pay no more than \$25 per week for classes or \$35 per couple

## Reading and Writing

### TCC Book chat/clubs

**1. BYO Books at TCC**

**1<sup>st</sup> Wed** of month @1.30

Chat about a book you are reading or have read, in a relaxed informal atmosphere.

Cost:\$3.00 per session.

### Librarians Choice

**2<sup>nd</sup> Thursday** of month at 1.30pm

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**



## Albury Writers Group

This group meets monthly to support, practice and learn in the craft of writing for profit and pleasure. P: 6043 1588 Enquire via their Facebook page

## Social

### 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: \$3 cuppa/snack provided

P: Don **0428 404 254**

### Golden Oldies

**Thursdays** 10.30 am -1.00 pm (mixed company) in the sunroom—warm company and a chat over a cuppa.

Cost is \$2

For more information ring **6043 1588**

## TCC Social Club Events

Join our club for friendship and activities—receive a monthly newsletter. Annual Fee \$10.00 or \$15 per couple, contact the TCC on **6043 1588** or email

[social@thurgoonacommunitycentre.org.au](mailto:social@thurgoonacommunitycentre.org.au)

## Choir and Music

### Border S.O.N.I.C.

(Stroke and Other Neurological impairments Choir)



**Tuesdays:** 2.00—3.30 pm **Cost:** \$5

Contact: **Marion Vile 0425 852 702** or

**Libby Clark 0411 864 199**

## Thurgoona Piano Lessons

Piano Lessons at TCC from an experienced teacher. Thirty minutes tailored lessons. **Mon and Wed**

Elizabeth **0429 382 102**

[www.docemusic.com.au](http://www.docemusic.com.au)

## Cooking Sessions

### Modern Cooking Sessions

Interactive workshops on nourishing to flourish. Discover fabulous recipes and foods for optimal health. Cost \$55 Book with Summer **0438 298 400**

## Youth

### Terese Packer Coaching

Multisensory Structured Language Education with Terese Packer supporting young people who have dyslexia and learning differences.

Accredited MSL Practitioner

P: **0402 789 448**

[terese\\_packer@hotmail.com](mailto:terese_packer@hotmail.com)

## School Holiday Programs

TCC Provides a variety of holiday fun. For more information check out the TCC website page. Coming up in Term 1 holidays **Merge Yoga Classes & Craft Workshops**

Contact Kathleen 0412 808 119

Or visit TCC website.

## Venue Hire

**The TCC facilities are available for hire by the community.**

- hall —capacity for 80 seated at tables and 96 in rows for theatre style.
- Fenced grassed children's yard.
- Smaller spaces for workshops and group gatherings
- All air conditioned.
- Kitchen, tables and chairs.

Suitable for family and community events.

*Hall bookings via TCC Website.*

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

P: **6043 1588** for more information

## Other Services

### 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**.

**Small Library** Borrow books and return when you've finished. Early release books supplied by Albury Dymocks. P: **6043 1588**