



Free

Come Along and Meet New Friends

Seaside Stretch and Move



Every Wed
8:20 am –
11:30am
from each
centre

*Gentle exercise and stretching
*Followed by free morning tea

Wauchope Neighbourhood Centre 3 Waugh Street
02 65864055

Port Macquarie Neighbourhood Centre 2-4 Dodds Street
02 65838044

Lake Cathie Community Hub & Garden
34 Mullaway Road
0408194947

Bookings essential. Contact Brendan on **0408194947** or enquiry.lakecathie@hns.org.au . Please also visit our website: <https://www.hastingsneighbourhoodservices.org.au/>

