

# HNS Weekly Program schedule Term 1 2025 (All Centres and Outreach programming)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All programs run by Hastings Neighbourhood Services are free and open to people of all cultures, abilities, orientation, and social capacity.							
<b>Early AM</b>	8-9 Breakfast Club WNC 9:30 – 10:30 Food Connect WNC 9:30 – 11:30 Play Time PMNC	8:30 to 11:00 Community Garden Group LCCH 8:30 to 10:00 Pickle Ball LCCH 9:00 to 12:00 Lake Cathie Crafters LCCH 8:00 to 9:00 Breakfast Club PMNC 9:00 to 10:00 Food Connect PMNC	8:30 – 10:30 Breaky Boost Wednesday - Wauchope Stadium WNC  9:00 to 10:00 Seniors Stretch and Move LCCH  9:30 – 11:00 Play Time WNC	8:30 to 11:00 Community Garden Group LCCH  9:30 – 11:00 Play Time LCCH	8:00 to 9:00 Food Connect LUSC  10:30 – 12:00 Food Connect LCCH		9:00 to 11:00 AA Alcoholics Anonymous PMNC
<b>Mid AM</b>	10:30 – 12:30 Tool Library & Minor Repair workshops WNC	10:00 to 12:00 Tool Library & Minor Repair workshops PMNC 10 – 11 Empower Her Women’s Group Kendal Community Hall (ILC) 10 – 11:30 Women’s Wellness WNC	10:30 – 1:30 Grow Catch & Cook LCCH (ILC)			10:00 to 2:00 3 <sup>rd</sup> Saturday of each Month International Women’s Group PMNC	
<b>Early Afternoon</b>	12:00 – 1:00 All Abilities Pilates WNC (ILC)		12:00 to 1:30 Raising Warriors – single mums group kids welcome WNC (ILC) 12:30 to 2:30 Social Table Tennis LCCH 1:00 to 3:00 PC Social CLUB at PC HUB (ILC)				
<b>Mid afternoon</b>							
<b>Late afternoon</b>	3:30 - 5:30 Kids club PMNC 5:30 – 7:00 Raising Warriors – single mums program Roto House (ILC)	4 – 6 4YP Outreach Bus Laurieton- check socials for local 4:00 to 5:30 Kids Club WNC 4:30 – 6:00 4YP Wellness Workout WNC	4 – 5:30 4YP Wellness Workout PMNC 5:30 – 7 Women’s Wellness PMNC	3:30 – 5:30 4YP Drop in LCCH 4 – 6 4YP Outreach Bus Lake Cathie – check socials for local			
<b>Early evening</b>	8:00 – 9:00 Men’s Health and Exercise group LCCH		5:30 – 6:30 Chill & Chat – Men’s Wellbeing WNC (ILC)	Centre closed to walk ins. Group bookings only	Centre closed to walk ins. Group bookings only	Centre closed to walk ins. Group bookings only	Centre closed to walk ins. Group bookings only
<b>9:00 onwards</b>	NO BOOKINGS IN ANY CENTRE PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9:30	NO BOOKINGS PAST 9:30	NO BOOKINGS PAST 7:30

**PROGRAM KEY AND ACTIVITY DESCRIPTIONS**

<b>PMNC Port macquarie Neighbourhood Centre</b>	2 Dodds Street Port Macquarie	enquiry.portmacquarie@hns.org.au	02 6583 8044
<b>WNC Wauchope Neighbourhood Centre</b>	4 Tallowood Road Wauchope	enquiry.wauchope@hns.org.au	02 65864055
<b>LCCH Lake Cathie Community Hub</b>	34 Mulloway Road Lake Cathie	enquiry.lakecathie@hns.org.au	0408 194 947
<b>ILC Information, Linkages and Capacity Building team</b>	Kendall Community Hall 19 Comboyne St Kendall PC Hub 15 Chalmers Street Port Macquarie Roto House 2 Roto Place / Lord Street Port Macquarie	ILCcommunity.engagement@hns.org.au	0457 331 359
<b>4YP For Young People – wellbeing programs</b>	4YP Outreach bus – check socials to find location each week	projectadmin@hns.org.au	
<b>BREAKFAST CLUB</b> Free bacon and egg roll, tea, coffee, milk and cereal for families.	<b>PLAY TIME</b> Free play activity for 0-5 year olds and their care givers. We supply the equipment and set it all up. You come and enjoy a fun social outing for you and the children. Lead by Child safe facilitators.	<b>RAISING WARRIORS</b> ILC have partnered with the wonderful Susie from High Vibe Healing to bring Port Macquarie Single Mums a program that will focus on healing, support and health. This is an all-abilities welcome program.	<b>COMMUNITY GARDEN GROUP</b> Social group with purpose, growing veg and swapping tips. All welcome
<b>FOOD CONNECT</b> Free fruit, veg, bread, frozen dairy and meats donated by local supermarkets and delivered by Oz Harvest. All in need welcome. We share out what we have until it is all gone.	<b>KIDS CLUB</b> Free after school kids activity club for 5 to 12 year olds. Afternoon tea provided. Sport, art, cooking and games provided by Child safe facilitators.	<b>CHILL &amp; CHAT</b> Chill & Chat is a free program designed to be a safe space for men to come together, play some games, socialise and enjoy a cooked meal. This is an all-abilities welcome program.	<b>SENIORS STRETCH AND MOVE</b> Peer support group for children of the 30' to 60's. All abilities welcome. Share some morning tea after some light body movement.
<b>BREAKY BOOST WEDNESDAY</b> A special mid-week boost to those experiencing homelessness, sleeping rough, couch surfing or living in their cars. Free breakfast, hot beverage, shower access, non-judgemental, support and referral if needed.	<b>4YP OUTREACH BUS</b> A Free activity, information, support and referral service for young people aged 13 to 21. Our bus goes to various locations around the Hastings and provides food, drinks and conversation for those young people in need.	<b>EMPOWER HER</b> Empower her is a women's wellness group that will be running once per week in Kendall. This is an all-abilities welcome program.	<b>PICKLE BALL</b> Social group enjoying this fast growing fitness and fun sporting pursuit. All ages and all abilities.
<b>TOOL LIBRARY</b> A small annual membership fee applies and online booking system for any community member to borrow the tools they need to carry out garden and home maintenance jobs. Also available are small free workshops on how to fix things around the house. Like holes in walls and leaking taps.	<b>4YP WELLNESS WORKOUT</b> A Free afternoon group for young people looking for something a bit different to team sports and skate parks. Food and drink provided, along with various wellbeing activities, like breath work, meditation, journalling, just dance, physical exercise and lots of discussion.	<b>MEN'S HEALTH AND EXERCISE</b> This is a free peer led men's all abilities physical health and social group for those looking to get some exercise and socialise with others wanting to encourage healthy attitudes towards life.	<b>LAKE CATHIE CRAFTERS</b> Biring your latest arts and craft project and work on it in the company of like minded crafters. Shared morning tea. All abilities welcome.
<b>GROW, CATCH &amp; COOK</b> A free program for people of all abilities to come together and gain support from each other whilst learning and enjoying the process of growing food, catching food and cooking what you harvest.	<b>4YP DROP IN</b> A free supervised youth space for table tennis, basketball, board games, electronic games, afternoon snacks, drinks and just hanging out.	<b>STRENGTH IN MOTION - ALL ABILITIES PILATES</b> ILC have partnered with Gerry from 'Pilates with Gerry' who will facilitate a 45 minute Pilates class each week that is completely FREE for all participants. There will also be space held each week after the class for participants to socialise and share some nutritious snacks. This is an all-abilities welcome program.	<b>INTERNATIONAL WOMEN'S GROUP</b> New to town or been here for ages, all women of all national and cultural backgrounds are welcome. We are a social support group; we share food and discuss everything from challenges settling into Australia to parenting tips. We share dance and music as well.
<b>WOMEN'S WELLNESS GROUPS</b> A Free program for woman who are looking for some timeout to reflect, socialise, learn how to take better care of themselves and enjoy some relaxing self-nourishing activities.	<b>KIDS HOLIDAY CLUB</b> A Free school holiday activity club for kids 6 to 12. Facilitated by Childcare leaders, parent permissions required. Usually offered for 4 hours one or two days per week at each Neighbourhood Centre.	<b>ALCOHOLICS ANONYMOUS</b> If you're looking for help to stop drinking, you can reach out to Alcoholics Anonymous 24 hours a day. Our phone line is always answered by someone who's been where you are – an alcoholic in recovery.. You can call Alcoholics Anonymous any time on <u>1300 22 22 22</u> .	<b>SOCIAL TABLE TENNIS</b> Social group who enjoy building skills in the game. All ages and abilities welcome.