

The HNS Happenings

Lake Cathie
Community Hub

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Hastings Neighbourhood Services

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Birthday Wishes Happy Birthday: For December/ January

Karen O Theonie H
Amanda N Wendy D
Margaret N Elise W
Deb M Ella B
Andrew K Allison M
Ann V Kate A

What is going on this Month

Our programs are back for 2025 as follows:

Stretch & Move is every Wednesday morning commencing at 9:00am to 11:00am

Playtime—Commencing back on Thursday 6 February 2025 9:30am to 11am.

Garden Club—Tuesdays 9am to 11am and Thursdays 8:30 to 11am.

Youth Drop In—Commencing 6 February 2025—Thursdays 3:30pm to 5:30pm.

Food Connect—Fridays at Laurieton 8:00am to 9:00am and;

Food Connect—Fridays at Lake Cathie Hall from 10:30 to 12 noon

A word from the Coordinator

I would like to welcome our newest member at the Lake Cathie Hub "Pete".

Pete is part of our Information, Linkages and Capacity Building (ILC) team.

Pete brings a wealth of knowledge from the disability support sector and will be offering group programs and individual support from the Hub.

Wishing everyone a great 2025!

Brendan

Quote of the month

"Sing like no one's listening, love like you've never been hurt, dance like nobody's watching, and live like it's heaven on earth."

Shine a Light

GROW CATCH & COOK FULLY FUNDED 8 WEEK PROGRAM IN LAKE CATHIE

Wednesdays 10:30 to 1:30 pm
Lunch will be provided on the day.

Commencing on 19 February 2025.

Supporting people living with disability and their carers within our community.

Bookings will be essential.

Contact Peter 0475282719.

Where to find out more.....



Visit us - Lake Cathie Community Hub and Garden
www.hastingsneighbourhoodservices.org.au