

## Pottsville Beach Neighbourhood Centre (PBNC) ~ Services and Activities 2009

When?	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am - 1pm	+ Admin. Services see Note 2	+ Admin. Services see Note 2	+ Admin. Services see Note 2	+ Admin. Services see Note 2	+ Admin. Services see Note 2		
9am - 1pm	Centrelink Agency (Admin. Building)	Centrelink Agency (Admin. Building)	Centrelink Agency (Admin. Building)	Centrelink Agency (Admin. Building)	Centrelink Agency (Admin. Building)		
Various times	Opportunity Shop 9am-4pm	Opportunity Shop 9am-1pm	Opportunity Shop 9am-1pm	Opportunity Shop 9am-1pm	Opportunity Shop 9am-4pm	Opportunity Shop 9am-1pm	1 ~ Opportunity Shop 8am-1pm
"	Community Gardening	Community Gardening	Community Gardening	Community Gardening	Community Gardening		2 ~ Community BBQ (Beach Break)
9am - 5pm	Brighter Futures 6676 2277	Brighter Futures 6676 2277	Brighter Futures 6676 2277	Brighter Futures 6676 2277	Brighter Futures 6676 2277		
During School Terms	Pottsville Playgroup (Sandbar) 10am - 12noon Lauren - H: 66763629	Pottsville Playgroup (Sandbar) 10:30am - 12:30pm Lauren H: 66763629	## Kindergym (Sandbar) 9am - 10am Jo 0422 023 465	Pottsville Playgroup (Sandbar) 10am - 12noon Lauren H: 66763629	## Toddler Tunes and Stories: music, movement, books and drama (Sand Bar) 10:45 am		3 ~ ## Pottsville Beach Markets 7am - 1:30pm
"	## Art Appreciation U3A (Ebb Tide) 10am - 12noon Marg 6676 0229	## Light Aerobics (Sand Bar) 9:15 - 10:15am Vera 6676 2325	U3A groups - for more information see Seniors page on the PBNC website	Stretch Your Mind (SYM) Ebbside. 9.30 - 11.30am	## Wordsflow (Ebbside) 1pm - 3.30pm Rosemary 6672 6594		NB: The three Sunday activities (shown above) only occur on Market Days (always 1st and 3rd Sunday of each month). Stall holder bookings through PBNC PH: 6676 4555 during office hours
Ongoing		##Pottsville Counselling with Lisa Pederzolli Psychologist 0433 814 731	##Pottsville Counselling with Lisa Pederzolli Psychologist 0433 814 731	Toy Library Tuesday, Thursday and Friday 9:30am - 12:30pm (free membership)	## Light Aerobics (Sand Bar) 9:15 - 10:15am Vera 6676 2325		
Ongoing		##Evolution Pilates 6 - 7 pm Angela 6676 3699	Diabetes Support, 1st Wed monthly (Ebb Tide) 2 - 4pm Ruth 6676 0411		Richmond Tweed Mobile Library Service 9:45am - 12 noon; 1:00 - 3pm 6625 1415		
Ongoing	Internet/Computer Access (Technology Centre) 9 - 1pm	Internet/Computer Access (Technology Centre) 9 - 5pm	Internet/Computer Access (Technology Centre) 9am - 8pm	Internet/Computer Access (Technology Centre) 9 - 5pm	Internet/Computer Access (Technology Centre) 9 - 1pm		

Note 1: ## These activities require bookings either at the office 6676 4555 or as specified with the tutor, as places are limited.

Note 2: + Admin Services: Information and referral (to other services); room hire; photocopying and laminating (all from the Administration Building), PH: 6676 4555  
Email: [admin@pottsbnc.ngo.org.au](mailto:admin@pottsbnc.ngo.org.au)

Note 3: Tax Help (by appointment only) - Each Tax season from July to October PH: 6676 4555

Updated January 2010