

Yoga for Anxiety

Techniques to use in daily life. 1-2.30pm
Yoga Just For You *East Gosford*
Jacqueline Hilton 0409 078 145
jacqueline_hilton@hotmail.com

Chess 9.30-11.30am

Origami 9.30-10.30am

**For Seniors Only*

Gosford 50+ Leisure and Learning Centre
Cnr Albany Street North & Henry Wheeler Place, Gosford
gosford.nsw.gov.au/community/services/seniors-services 4304 7065

Aboriginal Healing Creativity

Smoking Ceremony and Circle Setting,
Yarning Circles, Dance Circles, Mingaletta
Elders, Ochre Crushing, Artefacts
Demonstration. 11am-1pm
Copacabana Surf Club
Del Monte Place, Copacabana
John Oates 0422 042 513
unclesharky57@hotmail.com

Moving to Reduce Anxiety

Learn techniques to help with awareness
and manage anxiety. 11am-12pm
Peninsula Village *DLH theatre room,*
91 Pozieres Ave, Umina Beach
Rosemarie Smith 0409 413 035
rosemariesmith@hotmail.com

Thai Chi 1-2pm

Chair Yoga 2.30-3.30pm

**Free for Senior visitors Only*

Terrigal 50+ Leisure and Learning Centre
Cnr Duffys Rd & Terrigal Dr, Terrigal
gosford.nsw.gov.au/community/services/seniors-services 4384 5152

Bend and Stretch

Workshop with Sheila Hall. 9am-10am
Free for up to 4 Senior visitors only
Brentwood Retirement Village,
1 Scaysbrook Drive Kincumber
Bookings essential. **Tricia 0431 791 946**

Qigong Breathing and Meditation class

2-3.30pm
WonKwang Zen Meditation Centre
20 Bundaleer Crescent, Bensville
wonbuddhism.org.au 4368 2393

Fun breaks : self care through creativity

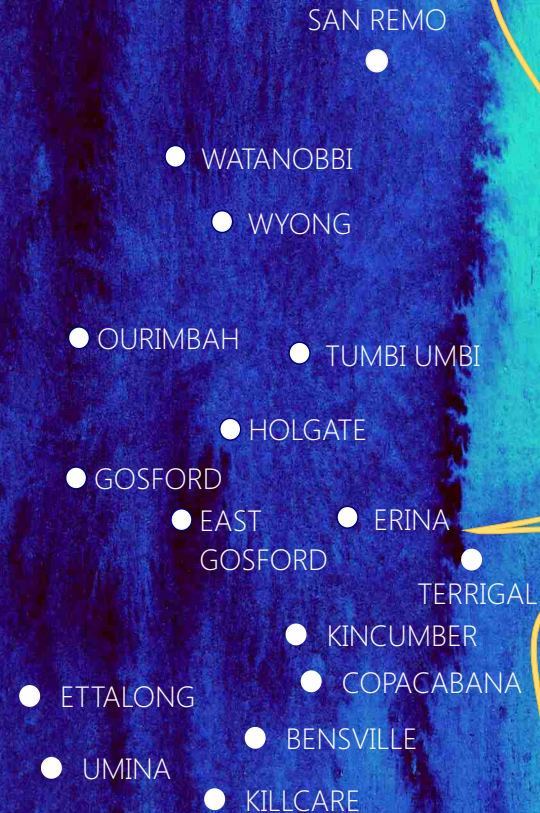
Visual art and storytelling. 11am-1pm
Killcare Surf Life Saving Club
81 Beach Drive, Killcare
Karen Adler 0420 593 121
karenadler222@gmail.com
thejourneyjournal.webs.com

Line Dancing

9am-12 pm **For Seniors Only*
Ettalong 50+ Leisure and Learning Centre
Cnr Broken Bay Rd & Karingi St, Ettalong
gosford.nsw.gov.au/community/services/seniors-services 4304 7222

EXPERIENCE EXPLORE BE MORE

Central
Coast
Council



Friday
1 December

If registration was unsuccessful please ring the OPEN DAY organiser:
Elio Gatti, Cultural Development Officer Central Coast Council
Ph 4325 8846 or email: elio.gatti@centralcoast.nsw.gov.au

Creative remedies for Anxiety

Do you experience anxiety or are looking for different ways to relieve stress?

Come along to our Open Day on **Friday 1 December** and book into one of many **FREE** creative classes, activities or workshops.

The day aims to show our community a number of creative possibilities that are available across the Central Coast as one way to help manage stress and anxiety in all its forms.

Please note:

- Classes are **FREE** to join or just to observe.
- If you wish to observe only you are welcome to come without booking.
- If you wish to participate in the classes **BOOKING IS ESSENTIAL**.
- Class size varies from a minimum of eight to a maximum of 20 people. Please ring relevant site and/or presenters for your class or visit its website link.
- Class duration varies from a minimum of one hour to a maximum of three hours. Please check carefully the chosen individual class.
- Please check carefully the timetable of the program and then register your participation by ringing the relevant number.

Jewellery Making

All material supplied. 12pm-2pm
San Remo Neighbourhood Centre
28 Brava Avenue, San Remo
sanremo.org.au 4390 7888

Ferocious For Joy

A talk about life and joy & a Terrarium
Creating workshop. 10-11.30am
Living Timbre - Nursery & Café
370 Pacific Highway, Wyong
Belinda Ingels 0425 221 015
belinda@tbotb.com.au

Effective Anxiety Management

Sharing a series of practical techniques
aimed at overcoming distress in our lives
based on acceptance commitment
therapy. 12.30-1.30pm
Central Coast Council, 2 Hely St, Wyong
Author Megan McGowan
meganjoy42@bigpond.com

Move and Dance through Anxiety together

Experience your whole self dancing and
moving through Anxiety in a fun and
relaxing atmosphere. 12-1.15pm
Watanobbi Community Centre
1 Harrington Close, Watanobbi
Francoise Bale 0430 441 360
franbaletutor@gmail.com

Getting in Touch with Nature

A full sensory immersion in a spectacular
Australian Rainforest.
11.30am-12.30pm
Guided Sensory Rainforest walk
12.30-1.30pm LUNCH (*BYO Lunch)
1.30pm-2.30pm
Creative Movement and Sounds
2.30pm-3pm
Sensory Gardens @ Permi Patch using
Permaculture, Bushfoods, Medicinal Herbs.
Forest of Tranquillity
390 Ourimbah Creek Rd, Ourimbah
forestoftranquility.com 4362 1855

Creating beautiful garden spaces

Presentation and Q&A with our landscape
designers Craig and Holly from "Spade
Design". 10-11am

Drumming and mindfulness Classes:

With Tim from InRhythm. 11.30am-12.30pm
Intro to Fermented Foods:
Presentation, demo and Q&A with Sammi
from "Fermenting Australia". 1.30-2.30pm
Bamboo Buddha Café
221 Wattle Tree Road, Holgate
bamboobuddha.com.au 4365 5810

Creating Calm

Reflection in nature, meditation, mandala
and journaling. 2-4pm
3 Pescud Close Tumby Umbi
creativeK.net
Art Therapist Kylie Cook, 0420 809 190
kyliecook23@yahoo.com.au

MMAD4U Day: Break Free Party

Join a movement of young people all
around Australia celebrating the power of
believing in each other. Sing, dance, jam
and party with us at The Lounge Room
3.30-5.30pm *For Youth (16-24yrs old) ONLY

The Lounge Room, 2/342 Mann St
Gosford

Musicians Making a Difference
4322 5350 mmad.org.au/mmada4u

Enhancing Life By Exploring Death

An opportunity to explore our own
mortality with the view of living deeper,
richer, more meaningful lives.
11.15am-12.45pm
Erina Centre - Erina Fair *Terrigal Drive, Erina*
sacredhunter.com.au
Gypsy Artemis 0406 502 715
gypsy@sacredhunter.com.au

Laughter Yoga Session

Explore a process that enables people to
laugh, even if they don't feel like it. A
mixture of yogic breathing and laughter
exercises that can be done by anyone,
anywhere, anytime, that results in health,
happiness and hope. 10-11am
Erina Centre - Erina Fair *Terrigal Drive, Erina*
Sector Support and Development |
Central Coast. 0429 075 430
Jodi.livesley@wesleymission.org.au

Ageless Grace

Body and Brain fitness for men and
women over 50. 11.30am-12.30pm
Erina Centre - Erina Fair *Terrigal Drive, Erina*
Rosemary Blundo 0425 316 848
rosemary.blundo@people.net.au

Understanding of neuro Linguistic programming

The value of redesigning your "internal
language" to restore health and well-
being. 9.30-10.30am
Erina Centre - Erina Fair *Terrigal Drive, Erina*
Maria Gabriella Molnar 0422 960 970
iamlightmaria60@gmail.com