

# Social and friendship groups

## Recreation for seniors



Other brochures in the *Recreation for seniors* series:

- Arts, education and hobbies
- Exercise, sports and wellbeing
- Computing and technology

**To confirm details, please contact program organisers.**

August 2022

## Autumn Club – Murwillumbah

Craft, cards, bus trips, country and western nights, dance and more.

16 Tumbulgum Road, Murwillumbah

Noela: 02 6672 2262

## Banora Point Community Centre

Fun activities for seniors (FABS) includes: cards, mahjong, art classes, craft groups, exercise/walking groups, Stretch Your Mind program, men's group, book club, day trips, ukulele and singing groups. Tech help: one-on-one computer tuition and broadband for seniors.

Also available: volunteer opportunities.

Cnr Leisure and Woodland drives, Banora Point

Project Support Officer: 07 5569 3110

## Chess Club Tweed Heads Library

All skill levels welcome. Tea and coffee provided. Fridays from 1 to 3 pm.

Tweed Heads Library: 07 5536 3672

## Coolangatta Senior Citizens Centre

Daily activities include indoor bowls, light exercise, tai chi, qi gong, meditation, rock 'n' roll, new vogue, social dance and line dancing.

2 Gerrard Street, Coolangatta

Renaë Barron: 07 5536 1548

## Country Women's Association (CWA)

Kingscliff Beach Club – Fridays 6 pm

Vicki Turner: 02 6674 5306

## Crafty Mondays

Share your love of craft and create new friendships.

Every Monday from 9:30 to 11:30 am

Ring Tweed Heads Library for details:

07 5536 3672

## Filipino Support Group Tweed

Meets monthly, St Joseph's Hall

Fely: 07 5524 2607 | [ffhamer3@bigpond.com](mailto:ffhamer3@bigpond.com)

## Kingscliff Lakes Lions Club

Supporting people with a disability, community greeting and fundraising for worthwhile causes.

[kingscliff.qld.lions.org.au](http://kingscliff.qld.lions.org.au)

## Over 50s Friendship Club

Weekly social meetings, cards, games.

South Tweed Community Hall, Heffron Street, Tweed Heads South.

Ruth: 02 6674 1429

## Pottsville Beach Neighbourhood Centre

Activities and services include: op shop, second-hand furniture store, community garden, markets, trash and treasure, Boomerang bag making, Technology Centre, information and advocacy, Services Australia Agency (Centrelink, Medicare etc.). Also available: diverse volunteering opportunities.

Ask about our *Welcome to Pottsville* kits.

12A Elizabeth Street, Pottsville

02 6676 4555 | [info@pbnc.org.au](mailto:info@pbnc.org.au)

[pbnc.org.au](http://pbnc.org.au)

## Red Hat Society

Ladies social group.

Annette: 0414 897 576

[redhatsnsw@outlook.com](mailto:redhatsnsw@outlook.com) | [aussiehatting.com](http://aussiehatting.com)

## Sconeversation

Previously Scones on Tweed. Come along, meet and connect with friends over fresh scones, jam and cream.

South Tweed Community Hall, Heffron Street, Tweed Heads South

First Monday of each month, 10 am to 12 noon.

Delma: 0408 982 258.

## Social on Turnock Kingscliff library

All welcome for a cuppa, friendly company, conversation and to participate in a variety of activities such as board games, jigsaw puzzles, crosswords and more. Tuesdays from 9:30 am.

Kingscliff library: 02 6674 1607

## South Tweed Sports Dart Club

07 5524 3655

[info@southtweedsports.com.au](mailto:info@southtweedsports.com.au)

## South Tweed Sports Table Tennis

Cecil Shaw: 07 5524 1357

## Tweed Shire Libraries

Regular events are held, covering a variety of topics such as talks by best-selling authors. These events are publicised via the library website, e-Newsletter and within the library.

[rtrl.nsw.gov.au](http://rtrl.nsw.gov.au)

## Twin Towns Friends Association

Volunteer to befriend a lonely person in the community and take part in events and outings.

Doreen Welsh: 07 5524 1841 | 0409 720 130

## Twin Towns Seniors Social Club

Two day trips per month and general meeting.

07 5576 3785

## U3A Tweed Coast

Wide range of classes to suit all. Learn a language, singing, yoga, pilates, walking group, tai chi, scrabble, card making, tennis, art classes, discussion groups, mahjong, film chat, circle dancing, public speaking, brain games, creative writing, digital photography and affordable technology.

[tweedcoastu3a@gmail.com](mailto:tweedcoastu3a@gmail.com)

[tweedcoastu3A.com.au](http://tweedcoastu3A.com.au)

## War Widows' Association Tweed River

Doreen Perry: 02 6676 1578

## 60 & Better Program – Southern Gold Coast

Activities include: low impact senior exercises, strength, balance and flexibility, falls prevention, chair yoga, chair pilates, qi gong, table tennis, men's fitness, walking group and more!

07 5525 6466 | [goldcoast60andbetter.org.au](http://goldcoast60andbetter.org.au)

## Men's Sheds

Social connection, music group, woodwork and metalwork, computers and gardening.

## Murwillumbah

Tuesdays, Wednesdays and Saturdays. Music group on Thursdays.

5 Durroon Avenue, Bray Park

David Kinneally: 02 6672 1442

[murwillumbahmenshed@hotmail.com](mailto:murwillumbahmenshed@hotmail.com)

## Pottsville and district

Tuesday to Thursday.

Black Rocks Sportsfield, Overall Drive, Pottsville  
0418 432 864

[secretary@padms.org](mailto:secretary@padms.org) | [padms.org](http://padms.org)

## Tweed Heads

8 Park Street, Tweed Heads

0401 018 713

[thcmshed@gmail.com](mailto:thcmshed@gmail.com) | [mensshed.org](http://mensshed.org)

## Probus Club

Friendship, fellowship and fun in retirement.

## Hastings Point/Tweed Coast

Monthly meetings. 3rd Tuesday of the month  
10 am to 12 noon.

Tony 0409 872 773 | [hastingsptprobus.org](http://hastingsptprobus.org)

## Coolangatta/Tweed Heads

Monthly meetings. 1st Wednesday of the month.

Arthur Savage: 0419 357 554

## Toastmasters International

### Murwillumbah

0409 442 187

### Tweed Valley

0405 461 008

### Twin Towns

0421 473 369

[twintownstoastmasters@gmail.com](mailto:twintownstoastmasters@gmail.com)

## View Clubs

Voice interests and education of women,  
creating and leading a more inclusive society.

[view.org.au](http://view.org.au)

## Tweed Coast–Bogangar

2nd Monday of the month 10:15 am morning  
tea, 10:30 am start.

Therese Connor: 0423 430 616

[tweedcoastview@gmail.com](mailto:tweedcoastview@gmail.com)

## Twin Towns

1st Thursday of the month 11 am.

Patricia: 0411 218 442

## Coolangatta/Tweed

3rd Thursday of the month)

Penny: 07 5534 3931 | 0406 484 707

Dianne: 07 5590 9119 | 0488 244 015

## Murwillumbah

4th Monday of the month.

Shirley: 02 6679 1324

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## Internet resources

For general information, please check Tweed Shire Council's website at [tweed.nsw.gov.au](http://tweed.nsw.gov.au)

### Help to navigate the service system

My Aged Care

1800 200 422 | [myagedcare.gov.au](http://myagedcare.gov.au)

### Please forward all updated information to:

Tweed Shire Council, Community Services

PO Box 816, Murwillumbah 2484

02 6670 2400 | [tsc@tweed.nsw.gov.au](mailto:tsc@tweed.nsw.gov.au)

*Information correct at the time of printing.*

