

Cassia Community Centre

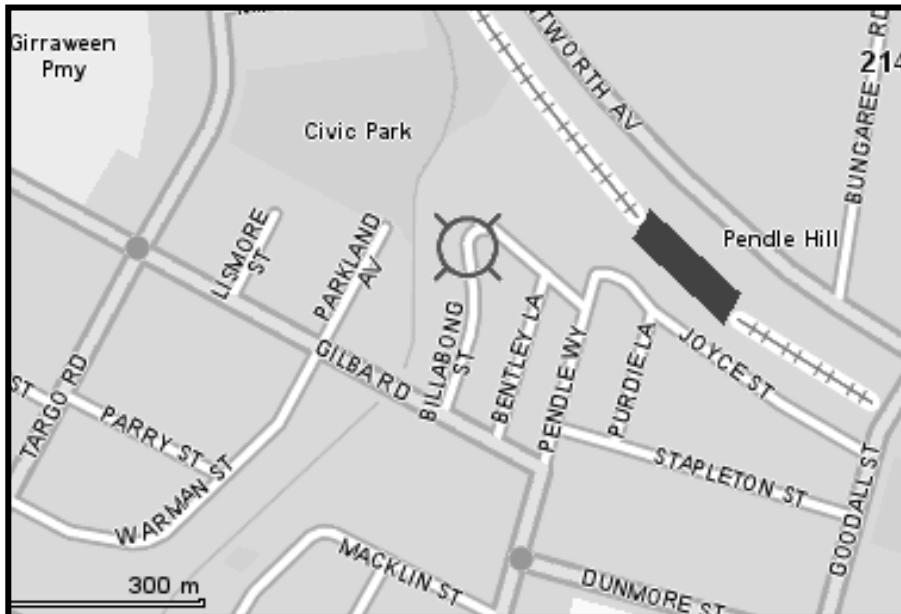
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Join the centre as a member for just
\$7.70 (ordinary) or \$11 (organisations)



Cassia News

July/August/September 2007



- * School Holiday Activities
- * Music & Movement for babies and preschoolers
- * English Conversation Classes
- * Stress Management & Aromatherapy
- * Tai Chi
- * People with Purpose - Seniors group
- * And much more...



**Cassia
Community
Centre**



Centre Hours: 9am- 4pm Mon to Fri

July School Holiday Activities

KIDS PHOTOGRAPHY CLASS

(For children 7-12 years old)

When: Thursday 5th July

Time: 10:00am - 12:30pm

Where: Cassia Community Centre, 18 Billabong St, Pendle Hill

Cost: \$5 per child

This will include taking photos at the park, and then using Photoshop to edit and print photo (morning tea will be provided).

Kids should bring their own digital camera (if possible).

Please RSVP Iresha (9688 3215) - class will be limited to 12 children



BARBEQUE FUN DAY

**SAUSAGE SIZZLE, GAMES, TENNIS,
LOTS OF FUN!**

When: Friday 6th July

Time: 11:00am - 2:00pm

Where: Civic Park, next to Cassia.

18 Billabong St, Pendle Hill

Cost: Free

Limited tickets available - please RSVP Iresha (9688 3215) by the 29th June (you must have a ticket to attend - 1 ticket per family)

In partnership with Anglicare



SHOPPING & COOKING SKILLS

When: Tuesday 10th July (children 5-7 years old)

Thursday 12th July (children 8-12 years old)

Time: 11:30am - 1:30pm

Where: Cassia Community Centre, 18 Billabong St, Pendle Hill

Cost: \$5

This will include going to the supermarket and purchasing items to prepare sandwiches, and then coming back to the centre to prepare lunch and finally having a picnic in the park.

Please RSVP Iresha (9688 3215) - class will be limited to 10 children



Kerrie's Space

Firstly, may I thank all of you who have continued to support Cassia Community Centre through our transition period whilst we settled in to our new Centre.

One of the reasons Cassia decided to re locate was so we could make the Centre more accessible. This location has proved to be the case. We are right next to the shopping centre and the train station. We are also situated next to Civic Park which makes our outlook very pleasant. Cassia's number of drop in visitors has increased substantially.

I urge all of you who can attend, to please come to our Community Forum as it is a great chance to help redirect what programs and projects Cassia may wish to offer in the future. If you are unable to attend, please do not hesitate to ring me or drop me a line and offer your suggestions on how we can improve our Centre and what it is you would like your Neighbourhood Centre to offer. Remember we are here for YOU.

I would also like to farewell Carmen Panuccio who resigned from Cassia in March 2007 as she went off to pursue full time university studies. The Centre has been short staffed over the past couple of months and I apologise for any inconvenience this may have caused.

However, the great news is we are now fully staffed again and I would like you all to make welcome Iresha Gunasekara who has commenced at Cassia as our new full time Centre Administrator.

Until next time, take care.

Kerrie Denton



PLAY & CHAT

Join us for some fun play-time and friendly conversation and yummy morning tea.

Facilitated by an experienced Early Childhood Worker.

Fridays 10:00am - 12:00noon

For further information call Joanne at Anglicare (9895 8175) or Kerrie at Cassia (9688 3335)



SURVIVING A SEPARATION OR DIVORCE

To get help for your family during this difficult time, contact the Australian government's Family Relationship Advice Line 1800 050 321, or contact Family Relationship Centres at www.familyrelations.gov.au



Holroyd Community Garden



We recently said farewell to Clarissa Davis who was employed as the Community Garden Project Coordinator. This position is funded for a three year term by the Western Sydney Area Assistance Scheme. Clarissa was in this position for eighteen months and has bought the garden site up to a point where we are now ready to commence the garden. Cassia thanks Clarissa for all her hard work. We have recently appointed a new worker for the remainder of the term which is eighteen months. Hence, the garden shall soon become a reality. If you are interested in being a part of this exciting project, please call the Centre on 9688-3215.



Term 3 Program 2007

Day	Course	Time	Dates
Monday	Music & Movement Babies	9:30am-10:00am	23 rd July - 10 th September
	M & M Preschoolers 1	10:00am-10:45am	23 rd July - 10 th September
	M & M Preschoolers 2	11:00am-11:45am	23 rd July - 10 th September
Tuesday	TAFE Literacy Class	9:30am-12:30pm	17 th July - 25 th September
Wednesday	Stress Management & Aromatherapy	10:00am-11.30am	25 th July - 29 th August
	PWP Meetings	1:00pm-3:00pm	Once a month
	Homework Assistance (Sudanese children)	3:30pm-5:00pm	1 st August - 5 th September
Thursday	TAFE Literacy Class	9:30am-12:30pm	19 th July - 27 th September
	Pilates	9:30am-11:00am	26 th July - 13 th September
Friday	English Conversation	10:00am-12:00pm	27 th July - 14 th September
	Play & Chat	10:00am-12:00pm	20 th July - 28 th September
	Tai Chi (Beginners)	12:30pm-1:30pm	20 th July - 28 th September
	Tai Chi (Intermediate)	1:30pm-2:30pm	20 th July - 28 th September
	Tai Chi (Advanced)	2:30pm-3:30pm	20 th July - 28 th September

BECOME A MEMBER OF

CASSIA COMMUNITY CENTRE!

Cassia News will be posted to your home, giving you the opportunity to book into our programs before the general public.

**** A Justice of the Peace is available at Cassia ****

Homework Assistance

Wednesdays 3:30-5pm

For Sudanese primary school children to get assistance with homework, assignments and reading.
To book, please call 9688 3215

Music and Movement

Music and fun learning activities for Babies and Preschoolers.
Monday mornings

Cost: \$28- Babies, \$32- Preschoolers.
To book, please call 9688 3215

ENGLISH CONVERSATION

Practice English at Cassia
Friday morning
10am to 12pm
Cost: \$2 per week
Call 9688 3215

PILATES

Strengthen your inner core at Cassia. Thursdays from 9:30am to 11am. \$56 for 8 weeks. (6 person min.)



TAI CHI

Friday afternoon

12:30-1:30 Beginners-16 Form Tai Chi

1:30- 2:30 Intermediate-Yang Style Level 4

2:30- 3:30 Advanced- Yang Style
Enrichment Wild Goose Qi Gong.

Dragon Fan Enrichment. Cost: \$30
for term. Please call 9688 3215 to

New Centre Policy!

To ensure your space has been booked, please assist us all by enrolling in your course and paying a **10% deposit** before commencement day. Balances for courses are payable **in full** the first week of your course. Please contact the Centre on **9688 3215** to discuss any problems. Thank you!

Stress Management and Aromatherapy – Wednesdays 10-11:30am **FREE**

Learn about different causes of stress and how to manage stress.

Meditation, aromatherapy and herbal remedies included.

Based on holistic healthcare principles and includes handouts and exercises.

Call 9688 3215 for more information or to book in.

People with Purpose– Active over 50s/Seniors Group

We go on monthly outings to lots of different and interesting places. We also have monthly meetings at Cassia. Meet new people, learn new skills and have some laughs! Annual membership is \$5.50.

Call 9688 3215 for a brochure or to join!

HI! IT'S BACK AGAIN! OUR LETTERBOX DROP DELIVERING CASSIA NEWS TO YOUR NEIGHBOURHOOD IS A GREAT WAY TO GET SOME EXERCISE AND DO SOMETHING FOR YOUR COMMUNITY. JUST DROP IN TO PICK UP YOUR BUNDLE OF BOOKLETS AND **START WALKING!**

WE REALLY APPRECIATE YOUR HELP!

CALL **96883215** FOR MORE INFORMATION. **THANK YOU!**

COMMUNITY FORUM

Cassia Community Centre is a community based, not-for-profit organization striving to meet the needs of the community.



Help us to know what your needs are!!!!

Please come along to Pendle Hill and share your thoughts with us whilst relaxing in a friendly, casual atmosphere.

MORNING TEA PROVIDED FOR FREE



LUCKY DOOR PRIZE
(Grab your ticket as you enter)

When: Thursday 19th July 2007 10:00 -11:30am

Where: Scout Hall, Civic Avenue, Pendle Hill

Please note: children are welcome but must have parental supervision at all times.

RSVP: 9688-3215