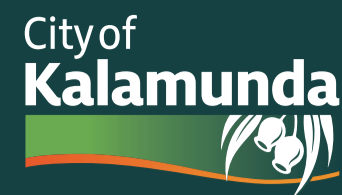


# Woodlupine Family & Community Centre

88 Hale Road, Forrestfield | 9257 9999 | kalamunda.wa.gov.au



## Monday

9:00am - 4:00pm	atWork	1300 080 856
10:00am - 12noon	Forrestfield Autumn Club	0403 601 584
7:30pm - 9:00pm	Forrestfield Community Spiritual Centre	0438 905 210

## Tuesday

9:00am - 4:00pm	atWork	1300 080 856
1:00pm - 3:00pm	Forrestfield Seniors Leisure Group	0448 966 802
5:45pm - 6:45pm	The Jungle Body with Emma	0420 558 655

## Wednesday

10:30am - 12noon	Meditation Forrestfield Community Spiritual Centre	0438 905 210
1:00pm - 3:00pm	Forrestfield Senior Citizens Indoor Bowls	0417 903 605
6:30pm - 9:30pm	Forrestfield Community Spiritual Centre	0438 905 210

## Thursday

9:00am - 4:00pm	atWork	1300 080 856
10:00am - 12noon	Coffee Lounge	9257 9958
8:00am - 2:00pm	Podiatrist (every 8 weeks) <i>Bookings essential</i>	6494 0135
9:00am - 12:30pm	Child & Adolescent Community Health (1st & 3rd Thurs)	6151 1308
10:00am - 11:00am	Tai Chi for Seniors	0420 995 382
10:00am - 12noon	GROW Support Group	1800 558 268
1:00pm - 3:00pm	Forrestfield Senior Citizens Travel & Social Club	0419 939 278
6:00pm - 7:00pm	GKR Karate	0422 878 497
7:00pm - 8:00pm	Meditation Forrestfield Community Spiritual Centre	0438 905 210

## Friday

9:15am - 10:15am	Getlow with Emma	0420 558 655
1:00pm - 3:00pm	Retirees WA (1st & 3rd Friday)	0422 860 769

## Saturday

7:00am - 8:00am	Fount of Life Outreach Ministries	9359 1244
10:00am - 12noon	Dazzling Diamonds Monthly Natter - Red Hat Social Group (4th Saturday)	0407 635 429 0402 277 749
10:00am - 2:00pm	Forrestfield Eggers and Craft Group	0418 911 382
1:30pm - 5:00pm	United Church of God	0408 095 081

## Sunday

9:00am - 1:00pm	The Way Christian Church	0412 226 423
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## Woodlupine Coffee Lounge



Open Thursday 10am-12noon

Come and join our friendly volunteers for morning tea or coffee. There is no charge but we do appreciate a gold coin donation.

A great way to make friends & find out more about the great range of activities available at the community centre.

**Volunteers required, call Community Development Officer on 9257 9999**



## Woodlupine Family Centre

**P: 9359 1155**

Activities and programs on offer include: Facilitated Playgroups, Parenting support, Pre-Kindy, Support groups, Interest groups, Community events.



The Woodlupine Family & Community Centre has rooms available for hire. For more information, phone 9257 9999 or book online at SpacetoCo.

