

### GC AIS Community Programs Open to everyone 2025

| What   | When  | Why   | How much                  |
|--|---|---|---------------------------|
| Community Garden Group                                     | Tuesdays 9 to 11.30am                                     | Share in the harvest from the garden and join like-minded people in our community garden, for exercise, social connection and gardening tips.   | \$3.00 weekly             |
| Educational Program: Introduction to Sustainable Gardening | Runs twice a year<br>Tuesday 9am to 12.30pm               | Learn how to save seeds, identifier soil conditions, start a compost bin from scratch and maintain it. Start your own garden using all the knowledge and tips gained from the course.<br><b>Includes refreshments and handouts.</b> | \$15.00 eight-week course |
| Community Singers  | Runs during term time only<br>Tuesdays<br>10.45am to 12pm | Sing for fun and health.<br>Folder and handout of songs provided  | \$5.00 weekly             |
| Technology 1 on 1 sessions: iPhone, iPad & computer        | Tuesdays: 1pm- 3pm<br>Wednesdays: 11am-2pm                | 1-hour lessons, you develop & design your own learning in conjunction with the tutor, at your own speed.  | \$10.00 each session      |
| Technology group program: iPhone, iPad & computer          | Runs twice a year   | Learn in a group environment, to give you more confidence and enhance your skills and knowledge.<br><b>Includes refreshments and handouts</b>   | \$15.00 eight-week course |
| Educational Program: How to eat the elephant               | Tuesday 29 April to 10 June<br>(7-week program)           | Support for individuals living with clutter and a history of trauma.<br><br>Website: <a href="http://www.gymeacommunity.org.au">www.gymeacommunity.org.au</a>   | Free                      |

For more information: Brenda Eggleton 9524 9559

Email: [beggleton@gcais.org.au](mailto:beggleton@gcais.org.au)

Address: 39 Gymea Bay Road, Gymea NSW 2227

### Join GCAIS Local Walking Groups

There's a fun, free and easy way to feel happy and healthy, it's walking. Everyone is welcome to take part.

Come along to our regular walks to boost your health and get connected to your community.

| Name of Group                 | When  | Meeting point   | Walking Leader |
|-------------------------------|---|---|----------------|
| The Point Walkers             | Thursday 9.30am                                       | Flower Power, Holt Road, Taren Point                                    | Karen          |
| Gymea Afternoon Pacers        | Thursday 4pm  | GCAIS, 39 Gymea Bay Road, Gymea   | Elizabeth      |
| Gymea Finally Friday          | Friday 9am  | GCAIS, 39 Gymea Bay Road, Gymea   | Sharon         |
| Gymea Nature Walk             | Friday 8.30am   | Sutherland Tennis Courts, Grand Pde Sutherland                          | Margaret       |
| Sutherland Walk & Talk (SWAT) | 1st Tuesday of each month:<br>Walks outside the Shire | Varies depending on the walking destination. Some walks are out of area | Phillip        |
|                               | 3rd Tuesday of each month:<br>Walks within the Shire  |   |                |

Register directly <https://walking.heartfoundation.org.au/> or email us at [reception@gcais.org.au](mailto:reception@gcais.org.au), call us on 9524 9559

