



# YORKEYS KNOB COMMUNITY CENTRE

58-64 WATTLE STREET, YORKEYS KNOB. QLD.4878

AUTUMN / WINTER

## NEWS AND INFORMATION

2017

## FOR MAY & JUNE 2017

FOR BOOKINGS & ENQUIRIES PHONE: 0448 635 376 CARETAKER PHONE: 0427 747 507

EMAIL: [ykcc@dodo.com.au](mailto:ykcc@dodo.com.au) WEB: [www.yorkeysknob.com](http://www.yorkeysknob.com)

THE COMMITTEE :Glenda Rowan - Brian Hooley - June Corrie - Wayne Le Clos - Councillor, Jessie Richardson



### MEET RENEE – ONE OF OUR HALL USERS

Meet Renee Cashman, now a local Yorkeys Knob girl after coming to Cairns from Brisbane in 1999. Renee has been running classes at the community centre on tuesdays for the last few years, teaching meditation classes that use sacred instruments to assist people to deeply relax. Sound is a very effective medium for meditation as it gives the monkey mind something to focus on and quickly changes the brain waves to healing states. The second Tuesday of the month I play the clear quartz crystal singing bowls from 7pm. The third Tuesday of the month I play the Moon Gong and Tibetan singing bowls from 7pm. Last year I graduated to be a Qigong Practitioner and have begun teaching Qigong classes on the 1st, 2nd, and 3rd Saturday mornings from 9.30am to 10.30am. Qigong is the mother of Tai Chi, an ancient Chinese art of graceful movements and meditation for health and longevity. Suitable for all ages. All my classes are \$10 and everyone is welcome.

FOR MORE INFORMATIONS CONTACT RENEE ON: 0428 846 799



DO YOU KNOW YOU CAN HIRE  
THE COMMUNITY HALL



BOOK YOUR NEXT PARTY, MEETING, WEDDING OR  
SMALL CONFERENCE.

CONTACT GLENDA ON 0448 635 376



## ACTIVITIES AT THE COMMUNITY HALL FOR MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
<b>LABOUR DAY</b>	10am – 4pm Fun Art Group	9am-12pm M. Coast Day Care	10.30am Jelly Bean Workshop 12.15pm Dengue Meeting 7 pm –10pm Boxing for fitness	9am -1.30pm Hartbeeps	PRIVATE FUNCTION	3.30pm Gospel Church
9.30 Mathilde Rottbeck						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	9	10	11	12	13	14
9.30am Play & Grow 5.30 0pm - YKCPA	10am – 4pm Fun Art Group	9am-12pm M. Coast Day Care	7 pm –10pm Boxing for fitness	9am -1.30pm Hartbeeps	PRIVATE FUNCTION	8am Jeany Schall Yoga 3.30pm Gospel Church <i>happy mother's day</i>
	7pm – 8pm Crystal Mediation					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15	16	17	18	19	20	21
9.30am Play & Grow	10am – 4pm Fun Art Group	9am-12pm M. Coast Day Care	7 pm –10pm Boxing for fitness	9am -1.30pm Hartbeeps	9.30 -10.30 am Qi Gong	10.30am Jelly Bean Kids
	7pm - 8.30pm Gong Meditation					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22	23	24	25	26	27	28
9.30am Play & Grow	10am – 4pm Fun Art Group	9am-12pm M. Coast Day Care	1.00 pm Mathilde Rottbeck 7 pm –10pm Boxing for fitness	9am -1.30pm Hartbeeps	1.00 pm Mathilde Rottbeck <i>Ramadan 2017</i>	9 am American Car Club
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31				
9.30am Play & Grow	10am – 4pm Fun Art Group	9am-12pm M. Coast Day Care				
		<i>Shavuot</i>				

Y.K. Residents Association 0438 111 722  
Jellybean Street Kids 0417 748058  
Mathilde 0401918986

Boxing for fitness 0412484474  
YK Progress Ass. 0400 695 596  
Hartbeeps 0410 233 173

Fun Art Group 0432 091 043  
Rachael Billam 0448776144  
Qi Gong / Crystal & Moon Gong Meditation 0428 846 799

Marlin Coast Day Care 4057 9977  
Play & Grow 40346 800  
American Car Club 0417 059 0

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## NEWS AND INFORMATION FOR MAY & JUNE 2017

## WINTER 2017

### BOXING FOR FITNESS - ONE OF OUR HALL USERS

Rob and his partner Karen are locals, having lived in Yorkeys Knob for 2 years and enjoy living here. They also run Boxing for fitness classes on a Thursday night at the Community Centre hall from 7pm for one hour.

Both Rob and Karen are qualified fitness trainers, Thump Boxing qualified and are very passionate about health and fitness and their interests outside of boxing are running, triathlons and anything that is fitness.

Their classes are structured so that they are easy to follow and cater for all fitness levels. Combining a combination of strength and cardio workouts with a whole lot of fun thrown into the mix. Boxing for fitness WILL get you fitter and stronger with added bonus of feeling good about yourself.

Boxing for fitness provides all equipment, all you need to bring is a water bottle and towel.

**FOR MORE INFORMATIONS CONTACT ROB & KAREN ON: 0412484474**

**Rob and Karen offer your first session free and invite anybody to their class**



The Community Centre is proud to be the location for the festival again this year. Who will be this years King and Queen? Commencing at 10am, another fun day is guaranteed in our wonderful Old School Park, parklands.

**FESTIVAL OF THE KNOB, SATURDAY JUNE 17<sup>TH</sup>**

### ACTIVITIES AT THE COMMUNITY HALL FOR JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
				9am -1.30pm Hartbeeps	9.30 -10.30 am Qi Gong	
						14.30p m Rachelle Billam
			7 pm -10pm Boxing for fitness			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	6	7	8	9	10	11
9.30am Play & Grow	10am - 4pm Fun Art Group	9am-12pm M. Coast Day Care		9am -1.30pm Hartbeeps	9.30 -10.30 am Qi Gong	
5.30 0pm - YKCPA					11.00 am Rachelle Billam	
			7 pm -10pm Boxing for fitness			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12	13	14	15	16	17	18
9.30am Play & Grow	10am - 4pm Fun Art Group	9am-12pm M. Coast Day Care		9am -1.30pm Hartbeeps	🚩🚩🚩🚩🚩 FESTIVAL OF THE KNOB	
	7pm - 8pm Crystal Meditation		7 pm -10pm Boxing for fitness			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19	20	21	22	23	24	25
9.30am Play & Grow	10am - 4pm Fun Art Group	9am-12pm M. Coast Day Care		9am -1.30pm Hartbeeps	10.am Jelly Bean Workshop	9 am American Car Club
					1.00 pm Mathide Rottbeck	
	7pm - 8.30pm Gong Meditation		7 pm -10pm Boxing for fitness			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30		
9.30am Play & Grow	10am - 4pm Fun Art Group	9am-12pm M. Coast Day Care				
				PRIVATE FUNCTION		
	7 pm Y.K. Residents Association		7 pm -10pm Boxing for fitness			

### HELPFUL PHONE NUMBERS

📞 EMERGENCY (POLICE, AMBULANCE, FIRE) 000

📞 CAIRNS REGIONAL COUNCIL 4044 3044

📞 SMITHFIELD POLICE 4057 1900

📞 Y.K.POST OFFICE 4055 7110

📞 SMITHFIELD LIBRARY 4057 7755

📞 Y.K. POLICE BEAT 4055 7599

📞 YORKEYS KNOB SCHOOL 4080 0333

📞 SES 132 500

📞 STREET LIGHTING FAULTS 131 046

📞 YORKEYS KNOB PHARMACY 4055 8889

📞 SNAKE REMOVAL 0408 331 700

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