

Community Gateway NDIS Nowra Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fishing 9:00am - 12:00noon Weekly Basin View	Tourist in your Town 9:00am - 3:00pm Weekly	MamaBake Playgroup 9:30am - 12:30pm Weekly Nowra Hub	Shopping Bus 9:00am - 3:00pm Weekly	Aqua 10:00am - 11:00am Weekly Bomaderry Aquatic Centre	Weekend Adventurers 9:00am - 3:00pm Weekly
Pottery 10:30am - 11:30am Weekly Nowra Hub	Tai Chi 10:00am - 11:00am 11:30am - 12:30pm 2:30pm - 3:30pm 5:30pm - 6:30pm Weekly Nowra Hub	Photography 10:00am - 12:00noon Weekly Nowra Hub	Independent Living Skills 9:30am - 12:30pm Weekly Nowra Hub	Bowling 10:00am - 12:00noon Weekly Shoalhaven City Lanes	Weekend Warriors 9:00am - 3:00pm Weekly
Art 11:30am - 12:30pm Weekly Nowra Hub	Gentle Exercise 1:00pm - 2:00pm Weekly Nowra Hub	Bingo 12:00noon - 3:00pm Weekly Bomaderry Bowling Club	Drama 10:00am - 11:00am Weekly Nowra Hub	Blokes Day In 10:00am - 12:00noon Fortnightly Nowra Hub	Weekend Social 9:00am - 6:00pm Monthly
Walking Group 2:00pm - 4:00pm Weekly Nowra Hub	After School Activities 3:00pm - 5:30pm Weekly Nowra Hub	Knitting & Crocheting 1:00pm - 3:00pm Weekly Nowra Hub	Younger Onset Dementia 10:00am - 1:00pm Weekly Nowra Hub	Craft & Conversation 1:00pm - 3:00pm Weekly Nowra Hub	
After School Activities 3:00pm - 5:30pm Weekly Nowra Hub		After School Activities 3:00pm - 5:30pm Weekly Nowra Hub	Gateway Groove 10:30am - 12:00noon Monthly Bomaderry Bowling Club	After School Activities 3:00pm - 5:30pm Weekly Nowra Hub	
		Wednesday Night Social 5:00pm - 7:00pm Weekly Nowra Hub	After School Activities 3:00pm - 5:30pm Weekly Nowra Hub	Friday Frenzy 5:00pm - 8:00pm Weekly Nowra Hub	
			Young Onset Dementia Twilight Bus Tour 5:00pm - 7:00pm Weekly Nowra Hub		

Community Hub Wollongong

26 Atchison Street, Wollongong 2500. Ph: 02 4226 3611, 1300 657 473

- ✉ info@communitygateway.net.au
- 📘 www.facebook.com/communitygateway
- 🐦 www.twitter.com/commgateway
- 📷 follow Community Gateway

COMMUNITY GATEWAY ARE KEEN TO HEAR FROM PEOPLE WHO WOULD LIKE TO VOLUNTEER!



www.communitygateway.net.au

