



ROOM HIRE | COURSES | WORKSHOPS | EVENTS | CLUBS | FITNESS | SUPPORT SERVICES

YOUR LOCAL NEIGHBOURHOOD CENTRE, EVERYONE WELCOME

# WHAT'S ON



1 JANUARY 2025 - 31 DECEMBER 2025



[www.kirribillineighbourhoodcentre.org](http://www.kirribillineighbourhoodcentre.org)  
Email [info@kirribilli.org.au](mailto:info@kirribilli.org.au) Phone 9922 4428  
16-18 Fitzroy Street, Kirribilli



# WELCOME TO KNC BRINGING OUR COMMUNITY TOGETHER

**H**ello and welcome to our “What’s On” the magazine that tells you all about what’s on here at KNC, our programs, events & services. You can also check out our new website for any live updates on [www.kirribillineighbourhoodcentre.org](http://www.kirribillineighbourhoodcentre.org)

Our wellness programs, events and classes tend to be very popular, so we suggest you get in early and book for our favourite 2025 programs. Our Centre is here for the community, and we encourage you to come and use our facilities, take part in events and use our Centre to connect with this very special neighbourhood. We are proud to offer a range of services that we believe are beneficial to our community.

We are extremely proud to fund KYDS Counselling here, five days a week. This is a free counselling service for children in our area. Our team have worked hard to fully fund free counselling here five days a week.

We would like to take this opportunity to thank our volunteers, North Sydney Council & Norths for their on-going support.

We are proud to run the popular Kirribilli Markets, which funds our Centre. Our Markets run on the 1st and 2nd Sunday of the month and the 4th Saturday of the month.

We look forward to seeing you.

*Jo, Arie, Dianne and Roger*



*Left to right:  
Dianne, Roger, Jo and Arie*

### OUR TEAM:

**General Manager** – Jo

**Kirribilli Markets Manager** – Arie

**Front Office** – Dianne

**Caretaker** – Roger

### Volunteers

Jean (Saturday afternoon), Gretel, Joan, (Librarians), Audrey (Front Office), Pauline (Conversations in English), Brent (The Good Life), Carmen (Italian for beginners /Conversations in Italian), Therese Delanty (JP), Duncan Ramsay, Kristina Lee (Legal Advice) and David Cohen (Legal Advice)

We look forward to seeing you soon.

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## WHO WE ARE

The Kirribilli Neighbourhood Centre (KNC) is an independent, non-profit, community-based organisation that delivers a range of programs, services and events that respond to a broad spectrum of local community interests and needs.

## OUR MISSION

is to provide services that strengthen and serve our community sustainably.

## OUR VISION

is to provide leadership in communities to ensure that people feel included and are recognised for their abilities, cultures and strengths.

## OUR VALUES

are respect, integrity, inclusion and innovation.

## WHAT WE OFFER

The KNC is a welcoming place for the community of North Sydney to meet, relax, heal, create and learn. It offers heritage rooms for hire, an extensive library collection, a play group run by parents, art and entertainment events as well as a wide range of information and classes for all age groups. The KNC also manages the popular Kirribilli Market.

# OUR VOLUNTEERS

We are extremely grateful to have a wonderful group of volunteers, which offer their time, skills, and support. Gretel, Joan, Audrey, Jean, Therese, David, Duncan, Brent, Carmen, Giuseppe & Pauline have been an integral part of our KNC family, and we are extremely grateful.

To our Duke of Edinburgh students, thank you for your help and assistance this year.

Volunteers are the soul of our Centre. They help create community, connection and wellbeing.

Gretel has been our head librarian for many years and helps keep our library in tip-top shape. Joan is part of our library team helping Gretel. We could not be happier to have two incredibly passionate women running our library.

Audrey looks after our front office on Friday afternoons. Audrey is a much-loved member of our team and very popular with visitors to the centre, especially our Friday afternoon fitness classes. Audrey runs a tight ship!

Therese is our local JP and has been coming to TKC for many years and started in our office over 20 years ago. Therese is a much-loved volunteer, who makes everyone feel welcome.

Carmen runs our extremely popular



Gretel



Therese



Audrey



Joan



Giuseppe

Italian lessons and conversations, and Brent runs our Good Life Group, which has grown considerably this year.

Pauline teaches one-on-one English lessons which are extremely valuable to many in our community. Pauline is very well thought of here at KNC and is also a member of our Scrabble & Scones group.

David Cohen and Duncan Ramsay are our volunteer solicitors who offer their time and expertise to our community. These services are greatly appreciated and are a wonderful edition to our community services.

A thank you to Giuseppe from Sydney Guitar School. Giuseppe volunteers each year at our Seniors Luncheon and plays at our Kirribilli Markets. Giuseppe is a valued member of KNC and much loved by our community.

We would like to make a special mention to the wonderful Jean Martin who works in our front office on Saturdays and teaches computers for seniors. Jean has been one of our longest standing volunteers and is an integral part of our team, we cannot thank her enough for her support and time.

A big thank you to Brent who runs our Good Life Program.



# FACILITIES AT KNC

The Kirribilli Neighbourhood Centre has a number of heritage rooms for hire during the day or evening, 7 days a week. We have a variety of rooms from the large Gallery room suitable for large gatherings or exhibitions to smaller more intimate rooms suitable for meetings or courses. Both levels have fully equipped kitchens, toilets (including disability), spacious hallways and access to front and back balconies. All rooms are air-conditioned for your comfort. Chairs and tables are available for around 60 people on either level. The front gardens provide a picturesque meeting place and can be used for photographic opportunities. The Centre has an external lift providing access to the top floor from the back courtyard. The back courtyard is fully secured and child safe with a synthetic turf area, outdoor seating and plenty of shade. You are always welcome to visit and inspect our facilities and resources. KNC's front office staff are on duty from 9am-5.00pm on Monday to Thursday and from 9am - 4pm on Friday. We do have volunteers and our caretaker here over the weekend (9am - 5pm), who will be happy to show you around. Please feel free to call us on 9922 4428, or email us on [info@kirribilli.org.au](mailto:info@kirribilli.org.au)

## Room Hire Hours

Monday	9am-8pm	Friday	9am-4pm
Tuesday	9am-9pm	Saturday	9am-5pm
Wednesday	9am-9pm	Sunday	9am-5pm
Thursday	9am-9pm		

It is possible to hire the centre outside these hours. Please talk to our office staff regarding this option.

## THE GALLERY

The walls of the Gallery on the first floor features original sandstone and brick that was built on site in the 1840's. The room has high ceilings with picture rails, Tasmanian timber floor and French doors opening onto balconies overlooking several of Sydney's famous icons, including the Opera House, the Harbour, the Harbour Bridge, the skyline of North Sydney and the city itself.

## THE TRELAWNEY ROOM

The Trelawney room, the second largest room here in the Centre features high ceilings, a timber floor, original fireplaces with a graceful arch in the middle of the room.

## THE MCMANUS ROOM

Located towards the rear of the building on the first floor, the McManus Room is ideal as a counselling, meditation, or small meeting room. Light and airy, the carpeted room is furnished with comfortable chairs.

## THE THORNTON ROOM

Located on the first floor toward the front of the building, the Thornton room is set around the old hearth. Ideal for workshops, seminars and small group gatherings this room provides a light and airy atmosphere. The room is set up boardroom style. We also have available a 65-inch screen, with Logitech camera, all WIFI facilities are available.

## THE KING ROOM

Located on the first floor toward the front of the building, the King room is set around the old hearth. Ideal for workshops, seminars and small group gatherings this room provides a light and airy atmosphere. The room is set up boardroom style. We also have available a 65-inch screen, with Logitech camera, all WIFI facilities are available.



### THE JEFFREYS ROOM

Located on the first floor toward the front of the building, this light filled room over-looking the courtyard is perfect for small group gatherings and is a great option for Counselling. It is a lovely room.

### THE OLD LIBRARY

The Old Library is located on the ground floor at the front of the building. It has beautiful high ceilings, an original old hearth and beautiful heritage features. It is a light and sunny room which is suitable for small meetings, workshops and gatherings. It is a multi-purpose room.

### THE BLAKE ROOM

Located on the ground floor at the back of the building, this room is perfect for counselling or intimate meetings. This room is ideal for counselling – it is a comfortable space that offers privacy.

### THE UPSTAIRS BALCONY

This space is undercover and situated upstairs at the back of the building. It is a lovely space and perfect for small gatherings. We have heaters, seating, and tables available. We have a comfortable and modern outdoor lounge setting. This is a wonderful space for small gatherings. The balcony has café blinds, which are great in wet-weather or when it gets cold, making this space an all-weather area.

### THE CENTRE IN THE PARK

We also manage Centre in The Park, which is based at 2a Montpelier Street, Neutral Bay and is a great option for workshops, yoga, meetings, groups and much more. There is a large room, kitchen, bathroom with shower, a boardroom and a small meeting room. If you would like to discuss hiring this space, please contact us, we are happy to show you around and discuss options. If you are a Charity or a group that meets and you don't charge a fee. We put aside several rooms for Community groups at no charge. (Example: Men's group, Seniors group or Mothers group)

**Email** Please apply via [info@kirribilli.org.au](mailto:info@kirribilli.org.au)

### THE KIRRIBILLI NEIGHBOURHOOD CENTRE WEBSITE, FACEBOOK & INSTAGRAM PAGES

Please note we will post all our updates, one off events, classes, new classes, courses, programs, services on our website. Please keep an eye out for updates. Our Facebook page is regularly updated, with news or exciting events. Alternatively, please call us on 9922 4428 if you have any questions.

**Website** [www.thekirribillicentre.org](http://www.thekirribillicentre.org)

**Facebook** [facebook.com/kirribillicentre](https://facebook.com/kirribillicentre)

**Instagram** @kirribillineighbourhoodcentre.

### SENIOR PARTIES

If you are looking for a venue to host your 60th, 70th, 75th, 80th etc. please contact us. We have a wonderful historic gallery which would be perfect for a small intimate party. Our historic Sandstone Gallery is a wonderful spot to celebrate your special day. We can fit 60 standing or 40 seated. We have a kitchen on the same level which you are able to use. We have chairs and tables available. If you wish to cater, we have some great local cafes such as Oski Café who are more than happy to help. We have wheelchair access, and a lift on site if you cannot take stairs. All room hire time includes set-up and pack-up, so please allow for this in your booking. Limited parking is available on the street; however, we are a two-minute walk from the Milsons Point Train Station and a very short stroll from the Ferry

### CHILDREN'S PARTIES

Children's parties are popular in our back-garden setting, which is child safe, has access to the playgroup toys and a fully equipped kitchen. Should it rain, the party can move inside to the Trelawney Room. Feel free to pop in and check out our centre and facilities. One of our friendly team will be more than happy to show you around. We'd love to see you.



## KIRRIBILLI AFTERNOON TEA/HIGH TEA

Come and enjoy a lovely afternoon tea here in our heritage building. It's a great way to get your friends together.

**Cost** \$30 per head (price is subject to change and minimum of 10 people to book and maximum 20)

**Location** We set up the Back Balcony, provide food and drinks (if you want alcohol, we kindly ask that you supply this)

**Available** Monday - Friday subject to availability

## HERITAGE ROOM HIRE

### EVENTS - ACTIVITIES - COURSES - COMMUNITY SERVICES

For all costs, availability and to make a booking, please visit our website: [www.thekirribillilicentre.org](http://www.thekirribillilicentre.org)

## AFTER HOUR HIREAGE

Situated in the heart of Kirribilli, a two-minute walk from the train station, a five-minute walk from the ferry and a short stroll from the Milsons Point bus stop, KNC is the perfect venue for your next gathering.

We offer after-hour hireage of the entire Centre on a Saturday or Sunday from 5pm to 10pm. The entire centre is great for events like Murder Mystery nights, dinners, birthday celebrations (70th, 80th or 90th etc).

The centre gives you room to move and includes the below.

### UPSTAIRS

The Gallery  
The Back Balcony  
The Kitchen  
The McManus Room

### DOWNSTAIRS

Trelawney Room  
Blake Room  
The Library

**Cost** The total cost for five hours (the five hours include set-up and pack-up time) \$1000. This cost includes our onsite staff member (as required by law)

As we are residential and our building is heritage, we have guidelines around after-hour hireage.

**Contact** our office for more information on 9922 4428.

## THE KIRRIBILLI NEIGHBOURHOOD CENTRE LIBRARY

Our library is open Monday - Thursday from 9am until 5pm and on Friday until 4pm and Saturday/Sunday from 10am until 4pm. We have a great range of books available for lending (free).

## WI-FI

KNC offers Wi-fi to the public. This is purchased in two-hour blocks for a minimal cost (cold coin donation). Please see our front office for a one-off voucher.

## CLASS/EVENTS/COURSE UPDATES

Please keep an eye out on our website [www.kirribillineighbourhoodcentre.org/](http://www.kirribillineighbourhoodcentre.org/) and Instagram/Facebook or pop into the Centre for updates on additional courses, programs, events and classes happening which come up throughout the year. Our one-off events, like art exhibitions, children's shows and much more will be advertised on the website, on our Facebook page and in and around the Centre.

## VOLUNTEERING AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE

We are always looking for new volunteers at the Centre and would welcome anyone who is keen to volunteer. Volunteers assist in many ways at the centre. If you are interested, please phone 9922 4428 to speak to one of our team. Keep an eye out on our website where we put calls out for specific volunteer needs.

A **THANK YOU** to all our current volunteers who help in our library, front office and teaching English, teaching Italian, teaching the good life program, legal and JP services. You are what helps KNC function, and we couldn't do it without you! KNC have public toilets located in our courtyard. Men, Women and Disabled (with baby change table).



## COMMUNITY VOLUNTEER PROGRAM - SENIORS

Our community volunteer program helps connect volunteers with socially isolated seniors, with the intention to help, in even the smallest way, from shopping, walking dogs, taking out the rubbish, collecting mail and calling on a daily basis to say hi, or popping in for a cuppa. Our initiative helps seniors stay connected. KNC is a hub for the community, and we pride ourselves on being able to bring our wonderful neighbourhood together. If you are interested, please call us on 9922 4428, or if you know a senior that needs support, please let us know.

## THE KIRRIBILLI MARKETS

Held three times a month we have our fabulous and extremely popular markets in what is widely regarded as the best market location in Sydney. Our Art, Design and Fashion market on the first and second Sunday of each month, and the General & Fashion market on the fourth Saturday of the month. Whether you are attending the markets or wanting to have a stall, our market team are here five days a week and happy to take enquires. The Kirribilli Markets have been an integral part of KNC for 49 years and all profits from the markets go to help run The Kirribilli Neighbourhood Centre. Our markets keep our centre going.

## A 'THANK YOU' TO OUR KNC KNITTING GROUP

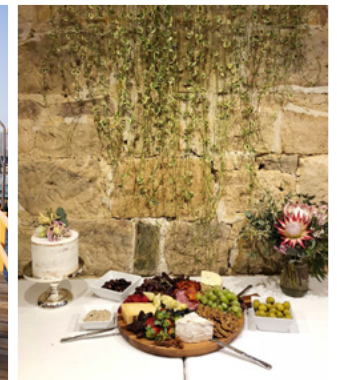
A very big thank you to our incredible knitting group, who have supported many of our projects, such as knitting for the homeless. We have had hundreds of knitted goods made right here at KNC each Friday, that have gone directly to those who need them most. Incredible blankets, gloves, hats and much more. Our knitting group made beautiful Christmas babbles for our courtyard, which were admired by our neighbourhood and visitors. We can't thank you enough. If you are interested in joining our group, they meet on Fridays from 10am.



## WEDDINGS AT KNC

You couldn't get a more iconic location than Kirribilli. Situated on the north side of the stunning Sydney harbour, with views of the Sydney Harbour Bridge, Sydney waterfront and looking out towards the Opera House, this is a wedding photographer dream location. All within a short stroll from The Kirribilli Neighbourhood Centre. Our sandstone gallery is a great place for a small reception, or to hold your vows. With a large balcony out the back of the building and a small balcony off the gallery room, it is the wonderful bespoke space. We have a courtyard available which

can be converted into a summer reception venue. The only limitation is your imagination. Go wild, create a unique space that is all about you. The venue is a blank canvas, you can create the space you desire. Most importantly, we are a two-minute walk from the Milsons Point train station and a short stroll from the ferry wharf - meaning your guests can travel with ease. Should you wish to use local, we have one of the best caterers and florists on hand, who will be able to provide you with quotes, catering and flowers - both are convenient and come highly recommended. As partners to us, they offer very good prices.



# HEALTH AND FITNESS CLASS CALENDAR 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<p><b>9.30AM</b> Yoga with Cynthia</p>	<p><b>7.30AM</b> Pilates with Mel</p> <p><b>9.30AM</b> Yoga with Brij</p>	<p><b>6.30AM</b> Men's Pilates with Mel</p> <p><b>7.30AM</b> Pilates with Mel</p> <p><b>8.30AM</b> Pilates with Mel</p> <p><b>10.30AM</b> Wellbeing for Seniors with Gaynor</p>	<p><b>7.30AM</b> Pilates with Mel</p>	<p><b>7.45AM</b> Pilates with Mel</p> <p><b>11.30AM</b> Tai Chi with Roger</p>	<p><b>8.30AM</b> Yoga with Miriel</p>	<p><b>8.45AM</b> Yoga with Brij</p>
AFTERNOON	<p><b>2PM</b> Stretch &amp; Release with Mel</p>		<p><b>12.15PM</b> Yoga with Jane</p>		<p><b>1PM</b> Seniors Strength &amp; Balance with Gaynor</p> <p><b>2PM</b> Seniors Strength &amp; Balance with Gaynor</p> <p><b>3PM</b> Seniors Strength &amp; Balance with Gaynor</p>		
EVENING	<p><b>6PM</b> Yoga with Amy Rose</p>	<p><b>7.30PM</b> Yoga with Liz</p>					







# WHAT'S ON AT KNC

## ARTS AND CRAFTS GROUPS

### STILL LIFE ART SESSIONS - ART FOR THE COMMUNITY MORNING

Join Jane Green (BA Fine Arts) on Thursday Mornings for Still Life Drawing and Painting. These 3-hour art sessions are a chance for you to hone your artistic skills, develop your style, experiment with new ideas, take time out and have fun. Coffee, tea and biscuit break included. Please bring the materials you like to work with. Suits all levels of experience. This is a wonderful class to help you feel inspired, creative and have fun. We look forward to seeing you.

**Dates** Thursdays 10am-1pm in the Trelawney Room

#### 2025 Term Dates

**Term 1** - Starts Thursday 6 February for 10 weeks

**Term 2** - Starts Thursday 1 May for 10 weeks

**Term 3** - Starts Thursday 24 July for 10 weeks

**Term 4** - Starts Thursday 16 October for 10 weeks.

**Cost** \$100 for the term (or \$10 per class casual), however we prefer you commit to the term.

**Bookings** essential 9922 4428

**Jane Green** is a qualified creative arts practitioner with experience teaching classes to all ages. She enjoys facilitating a supportive environment for students to relax, focus and investigate their artistic sides.

### KNITTING GROUP

Come and join us each Friday from 10am - 12noon. Don't worry if you can't knit or crochet, we can help you learn. We are also responsible for 'Yarn Bombing' at the KNC. You're invited to be involved in this ongoing creative project with us! This is a great social group.

**Date** Every Friday

**Time** 10:00am - 12:00pm

**Cost** Free

**Contact** Phone the KNC office on 9922 4428 for any enquiries

## BOOK, FILM, WRITERS AND DISCUSSION GROUPS

### BOOK GROUP

The Kirribilli Book Group where locals meet and discuss a book for an hour. Anyone welcome, anytime.

**Date** Second Saturday of the month

**Time** 10:00am - 11:00am

**Bookings** Contact Jane McCullough on 0439 010 025 or by email at kirribillibookgroup@gmail.com

### NON-FICTION BOOK CLUB

Informal discussion on non-fiction books, chosen by the group

**Date** Every third Thursday of the month in person at the KNC and through Zoom

**Time** 7:30pm - 8:30pm

**Bookings** Contact Dick Heller at rfheller4@gmail.com, or Ian Burnet on 0450 449 459

### FILM GROUP

The Film Discussion Group meets monthly. Each meeting we discuss three current films, seen in your own time. A volunteer provides background on each film. Anyone welcome, anytime.

**Date** Third Tuesday of the month

**Time** 7:30pm - 8:45pm

**Bookings** Contact Merylyn Sleigh on mjsleigh@gmail.com to join the mailing list

### KIRRIBILLI WRITERS

A supportive, small group of writers always glad to see new faces.

**Date** Third Monday of the month

**Time** 10:00am - 1:00pm

**Bookings** Contact Jeanette on 0408 029 189



## CHILDRENS CLASSES

### KNC CHILDREN'S PLAYGROUND

Children under adult supervision are always welcome to informally access the Centre play area between 9 am to 5 pm during the week. Everyone is welcome to participate. This is a beautiful environment for children to safely play and socialise, while parents can get to know one another. Notices will be placed around the play area with information on events. See our website for updates [www.thekirribillcentre.org](http://www.thekirribillcentre.org).

**Date** Weekdays

**Time** 9:30am – 5:00pm

**Contact** the KNC on 9922 4428 if you need further information

**Cost** Gold coin donation please

### GRANDPARENTS WELCOME AT OUR INFORMAL PLAYGROUP/COURTYARD

This is a great place for grandparents to get together and socialise with their grandchildren in a fun and safe environment. If you are looking after your grandchild and need some space for them to play and interact with other children, how about meeting here. This is an informal playgroup held in our courtyard. We do have options should it be raining. We'd love to see you.

**Dates** Monday to Friday.

**Time** 9am – 5pm

**Cost** is a gold coin donation (this helps us maintain the space, and buy new toys)

**For more information**, please feel free to call us on 9922 4428.

### JOEY JIG BABY & TODDLER MUSIC & MOVEMENT CLASSES FOR REAL BEGINNERS!

Joey Jig baby & toddler music classes provide an introduction to music that young children can easily understand and enjoy. Classes include fun original songs composed by owner/teacher Alicia to engage and entertain bubs and mums, with traditional nursery rhymes, percussion, singing, dancing and games. Children gain confidence in the classroom, while learning, having fun and using their wonderful imaginations.

**Classes held by age** Swing Swing 3-12 months - bubs enjoy gentle songs, playing with percussion, moving to the beat, fascinating sounds and sights for a rich sensory experience. Be-Bop 1-2 years - lively colourful classes, early speech development is encouraged as we experiment with sound, whilst exploring motor and concentration skills. Jump & Jive 2-4 years - exciting early childhood education where children learn to share and take turns, dynamics, pitch and tempo are explored as children compose musical stories.

**Dates** Joey Jig Music runs classes in Kirribilli on Thursday and Friday mornings during the school term.

**Cost** 10-week term costs \$180. Casual classes are subject to availability \$21 / class.

**Bookings** Phone Joey Jig Music on 0401 040 525 to book your free trial class (subject to availability) or email [alicia@joeyjigmusic.com.au](mailto:alicia@joeyjigmusic.com.au), see website for more details and current timetable. [www.joeyjigmusic.com.au](http://www.joeyjigmusic.com.au)

### VIOLIN / VIOLA LESSONS

Originally from the UK, Rachel has been living in Sydney with her family since 2012. Rachel works as a freelance orchestral viola player as well as running a Suzuki Violin and Viola Studio. At the Kirribilli Neighbourhood Centre, Rachel teaches weekly lessons and group classes throughout the year.

**Dates** Tuesdays, Wednesdays, Thursdays and Saturdays during term time

**Tutor** Rachel Dyker

**Bookings** For more information please contact Rachel, [racheldyker@hotmail.com](mailto:racheldyker@hotmail.com) or 0451 099 240.

### SPANISH PLAYGROUP

The Spanish Playgroup are a group of mums and kids (0 to 10 years old) that get together to teach and learn the Spanish language and culture. They sing, dance, play, do crafts, make puppets and all sorts of other activities in Spanish. Come and join the Spanish Playgroup for an afternoon of fun and make new friends. Non-Spanish speaking families are welcome to join in!

**Date** Fridays (once a month)

**Cost** \$5 per family to cover costs

Please check out our website for more details

## CHILDRENS EVENTS/FESTIVALS

### AFRICAN DRUMMING

A colourful morning spent with the vibrant sounds of Africa. The kids love to get involved, this event is a showstopper and a highlight of our calendar.

**Date** Friday 4th April 2025

**Time** 10:00am – 11:00am

**Cost** \$5 per child

**Bookings** Contact our front office on 9922 4428



## CHRISTMAS PARTY

Our annual Kids Christmas Party is always a fun event. Come and celebrate Christmas with us.

**Date** Friday 12th December 2025

**Time** 10.00am - 11:00am

**Cost** \$5 per child

**Bookings** Contact our front office on 9922 4428.

## ADULT HEALTH AND FITNESS CLASSES

### YOGA CLASSES -

All our teachers are fully qualified. Please wear comfortable non-restrictive clothing and bring a towel. Bookings essential.

#### TEACHER INFORMATION:

**Cynthia's** class is based on Hatha yoga and is suitable for all bodies, all ages and all levels of experience. Every class includes pranayama (breath control), gentle asanas (poses) and concludes with relaxation or meditation. Yoga is union - union of breath, body and mind. Everyone in the class can move at their own pace and at their own level. The classes assist in keeping participants calm, flexible, strong and mobile.

**Amy Rose** - Monday evening yoga class is in the traditional Hatha style - a moderate flow suitable for all ages.

**Brij's** yoga class is based on a traditional approach to develop a sustained and mindful yoga practice. Breath is used as foundation throughout the session to enhance awareness of the body and mind. The focus is on strengthening the body, increasing flexibility and relaxing the mind. A typical balanced yoga class incorporates breathing practices and relaxation along with the asana. As an experienced remedial massage therapist, Brij uses his sound knowledge of anatomy to ensure correct and safe posture alignment. Posture modifications are offered and encouraged. Progressively deeper layers of the yoga practice are explored from a physical and philosophical perspective, in a light and engaging manner. These classes are safe and accessible to beginner and intermediate levels. Feel physically invigorated and mentally calm and focused at the end of your yoga session with an overall sense of enhanced wellbeing.

**Liz** has been teaching Hatha Yoga since 2003 and her approach is on the mindful focus of Body, Mind and Breath. This classical style of practice will therefore move the body to create strength and flexibility and help improve the connection with the mind, body and breath. Great to relieve stress and anxiety! Each session will include Pranayama (Breathing), Asana (body work) and a full 10-15 minutes of guided relaxation. Modifications will be offered to those who need support and suitable to the beginner and more advanced student. Step into a class that will take you away from your busy day and enjoy the present moment "in Yoga".

**Jane** completed her yoga teacher training in 2003 at Nature Care College in Sydney. She teaches a Hatha yoga class inspired by BKS Iyengar and focuses on alignment and the use of blocks, straps, bolsters and chairs to aid the student. Jane also includes restorative classes monthly. All levels are welcome.

**Miriel's** class is based on Hatha Yoga, this class caters for all levels of experience. The focus is on gentle stretching and energising sequences linking breath with movement while building strength, flexibility, balance and a sense of well-being. The class routines include a variety of themes, classic postures, Back Care, and basic Yoga Philosophy. Each session closes with a 20-minute guided relaxation.

#### YOGA DATES 2025

Term 1 - Monday 3 February - Sunday 12 April

Term 2 - Monday 28 April - Sunday 6 July

Term 3 - Monday 21 July - Sunday 28 September

Term 4 - Monday 13 October - Sunday 21 December

Any classes that fall on a public holiday will be made up at the end of the term.

#### Day classes

Monday 9:30am Cynthia

Tuesday 9:30am Brij

Wednesday 12:15pm Jane

Saturday 8:30am Miriel

#### Evening classes

Monday 6:00pm Amy Rose

Tuesday 7:30pm Liz

**Cost** \$190 for term up front. If available, casual classes are \$25.

We advise booking into the class you are most interested in as numbers are limited. Seniors' concession \$160

**Bookings** Contact the KNC office on 9922 4428 or email [info@kirribilli.org.au](mailto:info@kirribilli.org.au)



## PILATES CLASSES

Mel brings fabulous energy into her classes, and we are excited to have her as part of our team. You will leave the class feeling invigorated. We advise booking early to secure your spot, as Mel's classes are very popular. It's a great way to start your day.

### Day/Time

Tuesday 7:30am

Wednesday 6:30am, 7:30 am & 8:30 am

Thursday 7:30am

Friday 7:45 am

### Teacher Mel

**Cost** \$190 per term upfront (seniors concession \$160 per term upfront)

Casual (if available) \$25

### TERM DATES FOR 2025

Term 1 - Monday 3 February - Sunday 12 April

Term 2 - Monday 28 April - Sunday 6 July

Term 3 - Monday 21 July - Sunday 28 September

Term 4 - Monday 13 October - Sunday 21 December

If a class happens to fall on a public holiday, that class will be made up at the end of the term.

## MEN'S PILATES

Pilates promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also have a key focus on the deep core muscles. It improves posture, flexibility, strength, balance and body awareness.

**Date** Wednesday

**Time** 6:30am

**Teacher** Mel

**Cost** \$190 per term upfront (seniors concession \$160 per term upfront)

Casual (if available) \$25

### TERM DATES FOR 2025

Term 1 - Monday 3 February - Sunday 12 April

Term 2 - Monday 28 April - Sunday 6 July

Term 3 - Monday 21 July - Sunday 28 September

Term 4 - Monday 13 October - Sunday 21 December

If a class happens to fall on a public holiday, that class will be made up at the end of the term.

## STRETCH AND RELEASE CLASS

Our Stretch and Release class is an absolute delight.

Designed to reduce tight & tense muscles and stretch out your body.

This class involves light movement and deep stretching to leave you feeling, long, loose and ready to move through your day.

**Date** Monday

**Time** 2:00pm

**Teacher** Mel

**Cost** \$190 per term upfront (seniors concession \$160 per term upfront)  
Casual (if available) \$25

### TERM DATES FOR 2025

Term 1 - Monday 3 February - Sunday 12 April

Term 2 - Monday 28 April - Sunday 6 July

Term 3 - Monday 21 July - Sunday 28 September

Term 4 - Monday 13 October - Sunday 21 December

If a class happens to fall on a public holiday, that class will be made up at the end of the term.

## TAI CHI

Tai Chi with Roger. Roger is a practitioner with 30 years' experience. Classes will be one hour and are for all ages. Physical benefits include improved flexibility, balance and muscle tone. For the mind, increased mental acuity and improved mood. Tai chi is known to reduce anxiety and depression. "Stand like a mountain - flow like a great river".

**Date** Friday

**Time** 11:30am - 12:30pm

**Tutor** Roger Hack

**Cost** \$20 per class

**Bookings:** Call Roger on 0418 465 587 to book. Bookings Essential.

## SYDNEY BUSH WALKERS

Together discover the delights and camaraderie of bush walking in the Sydney region.

**Date** Third Wednesday of July and Second Wednesday of December

**Time** 7pm to 9pm.

**Bookings and more information** visit [sbw.org.au](http://sbw.org.au)

**Cost** Membership is \$55 for 12 months (includes activity program and monthly magazine The Sydney Bushwalker)

## SENIORS EXERCISE - STRENGTH & BALANCE

Comprising a range of exercises to increase fitness, strength, balance and flexibility. We will use body weight, exercise bands and light weights to work on all aspects of fitness. The class teaches proven exercises to increase strength, balance, core stability and overall physical capability.



Ideally the class is for the 60+ age range, who need to concentrate on strength and balance. We have chairs available should these be needed for those who are beginners or need to build up core strength.

**Cost** \$5 per class. This class has been subsidised by North Sydney Council

**Duration** 1 hour

**Time** 1:00pm, 2:00pm and 3:00pm

**Days** Each Friday – bookings essential

**Teacher** Gaynor Armstrong

**Bookings** Please call us at KNC on 9922 4428 to book. Bookings essential

## WELL-BEING FOR ACTIVE SENIORS

A movement class that provides you with the knowledge to help you look after your own body. Aging is associated with supposedly inevitable issues such as incontinence, sore backs, knees, hips etc., the list goes on. Come along and we'll move and learn how to improve wellbeing in a sociable group of people. Ring me for more information.

**Date** Every Wednesday (during school term)

**Time:** 10:30am-11:45am

**Tutor** Gaynor Armstrong

**Cost** \$60 for four weeks, or \$20 for a casual

**Bookings** Contact Gaynor on 0439 756 410 or by email at info@gaynorthetrainer.com

## MUSIC/CONCERTS/PERFORMANCE

### SUNDAY CONCERT

Come and enjoy some of the finest music in a beautiful environment in the Gallery. Music provided by Amateur Chamber Music Society (ACMS).

For more information, visit the ACMS website.

**Date** 2 March, 4 May, 6 July, 7 September, 2 November and 7 December 2025

**Time:** 3pm

**Cost** \$15, or \$10 for seniors and students (light refreshments provided)

**Information** Please visit ACMS website for updated dates: [www.acms-australia.org](http://www.acms-australia.org)

### GUITAR LESSONS

If you would like to learn to play the guitar, Ken our resident guitar instructor would be delighted to teach you.

**Date** Every Tuesday

**Time** 5:00pm - 7:00pm

**Tutor** Ken Burns

**Bookings** Contact Ken on 9543 1512

**Website** [kenburnsguitar.com](http://kenburnsguitar.com)

## SYDNEY GUITAR SCHOOL

### GUITAR FOR CHILDREN, ADOLESCENTS AND ADULTS

#### - One-to-One Lessons and Ensemble Classes

Come and play the world's most popular instrument - the guitar! Learning the guitar is fun; whether you want to learn to play your favourite song, take part in music examinations or make music your career, you have come to the right place. We can help you achieve your goals - enjoy the ride of your life! We look forward to hearing from you and helping you achieve your musical goals.

Ensemble classes are designed by SGS Principal, Giuseppe Zangari.

A highly qualified graduate and teacher of the Sydney Conservatorium.

A regular performer at The Sydney Recital Hall and the Sydney Opera House with other of Australia's finest musicians.

**Adult Guitar Ensemble Class** Thursday 5:30pm-7pm Weekly

**Adult Sunday Strum Guitar Ensemble Class** Sunday 4pm-5pm Weekly

**Kids Guitar Ensemble Class (Junior)** Sunday 4pm-5pm Fortnightly

**Kids Guitar Ensemble Class (Youth)** Sunday 4pm-5pm Fortnightly

**Music Theory/Musicianship Classes** Sunday 3pm-4pm Weekly

**Bookings** For students interested in having guitar lessons and ensemble classes, please call 0439 192 555 or email [info@sydneyguitarschool.com.au](mailto:info@sydneyguitarschool.com.au)

[www.sydneyguitarschool.com.au](http://www.sydneyguitarschool.com.au)

## THE FEEL-GOOD GUITAR GROUP (FGGG)

### - BEGINNER GUITAR GROUP FOR ADULTS

The Feel-Good Guitar Group is suitable for those wanting to learn to play guitar and feel part of a team. Learning to play the guitar is fun, rewarding and on top of all, it is a great social activity at the Kirribilli Neighbourhood Centre.

Students work towards preparing and performing a variety of songs.

Learn the basics of guitar technique (holding, sitting position, reading music or playing by ear). Learn to play beautiful melodies and chords.

Come and join our guitar group each week and feel part of a team.

Bring your guitar, music stands and passion for music! We look forward to seeing you play your way with The Feel-Good Guitar Group! We have a few spare guitars if needed and spare stands to use while here.

**Date** Tuesday

**Time** 6:15pm-7:15pm

**Room** Gallery room

**Cost** \$10 per class (\$100 per term 10 classes per term)

**Bookings** essential on 9922 4428



### TERM DATES FOR 2025

- Term 1 – Monday 3 February - Sunday 12 April
- Term 2 - Monday 28 April - Sunday 6 July
- Term 3 - Monday 21 July - Sunday 28 September
- Term 4 - Monday 13 October - Sunday 21 December

## SENIORS ONLY

### COMPUTER, TABLET & PHONE CLASSES FOR BEGINNERS

This IT instruction is for absolute beginners. Weekly lessons are one-on-one which means you have the undivided attention of the trainer. Lessons cover emailing, visiting interesting websites and using Google search. The trainer will set you up with an email address if you don't already have one. For tablet/smart phone instruction, you will be shown how to install and use common apps.

**Date** Saturday afternoons by appointment only

**Trainers** Jean (volunteers)

**Bookings** Contact Jean on 9922 5408

**Cost** An initial contribution of \$5 towards the Centre's running costs

### BRIDGE GROUP

Enjoy a social game of bridge and lunch together with local community members (not suitable for beginners). We are looking for new members!

**Date** Wednesdays

**Time** 10:00am to 2:00pm

**Bookings** Contact Phone the KNC office on 9922 4428 for any further enquiries

### ANNUAL SENIORS' WEEK GARDEN PARTY LUNCHEON

We are delighted to hold our Annual Garden Party Luncheon in celebration of Seniors Week. Our very popular lunch will be served in our beautiful courtyard. A delicious lunch, beverages and music in the background. This is an afternoon put on just for you. Bookings are essential, and numbers are limited.

This is for residents of Lower North Sydney.

**Date** Wednesday March 12, 2025

**Time:** 12:15pm for a 12:30pm start

**Cost** FREE

**Bookings** essential. Please call us on 9922 4428 to book.

### SENIORS' CHRISTMAS HIGH TEA

We are delighted to host a Christmas morning tea for our wonderful seniors. This is a free event and limited, so please book (bookings are essential) on 9922 4428. The Morning tea will be the perfect place to enjoy a Christmas get-together with other local seniors. Come and enjoy some delicious food and company. We look forward to seeing you.

**Date** Wednesday 10th December 2025

**Time** 11 am – 12.30 pm

**Location** Upstairs balcony (we have a lift on-site, so you don't need to take the stairs)

**Cost** Free of charge.

## COMMUNITY

### SCRABBLE & SCONES

Come and join us for Scones and Scrabble here at KNC. Each Tuesday from 10am to 1pm. This is a fun way to meet people, have fun and enjoy a lovely scone or two! We will provide the scrabble boards and the scones. We just need you! Grab a friend and come along or come by yourself. We'd love to see you. Please call us on 9922 4428 if you need more information. If you would like to be our volunteer coordinator for this program, please call Jo on 9922 4428. We would like to thank North Sydney Council for funding this program.

**Date** Each Tuesday 10:00am – 1:00pm

**Room** Trelawney Room

**Cost** FREE

**Bookings** essential. Please call us on 9922 4428 to book.

### CONVERSATIONS IN ENGLISH

If English is not your first language, and you are keen to have conversations in English to help to navigate day to day life, this would be the perfect class for you. Our groups are small, usually one-on-one or only a few others. Audrey our teacher is fantastic and is keen to help you learn basic English conversations.

**Date** Each Tuesday from 4pm until 5pm

**Cost** Gold coin donation

**Teacher** Pauline

**Bookings** essential. Please call us on 9922 4428 to book.



## WRITING FOR WELL BEING

Come and write your personal history. Writing has been proven to improve your well-being and have a positive effect on your mental health. This program has many benefits from well-being to the satisfaction of writing your personal history. We will help you write your personal history over this 10-week course. You will leave with a bound copy of your personal history book. It's a perfect way to leave a legacy for your family or a keepsake for yourself. It's also a great way to log and celebrate your life.

**Date** Each Monday at 11:00am until 1:00pm

**Cost** \$100 (10 weeks) or \$10 per class

**Teacher** Dr. Marie Geissler

**Bookings** essential. Please call us on 9922 4428

## GOOD LIFE PROGRAM

### TERM 1 THE GOOD LIFE 1: Ancient Philosophy for Modern Living

Unlock the ancient secrets of well-being and happiness with our 10-week course! Dive into the rich traditions of Greek, Roman, Buddhist, and Taoist philosophies, blended seamlessly with modern psychology. Transform your daily life with timeless teachings and hands-on exercises. Through lively discussions and introspective activities, you'll shape a personal philosophy that builds resilience, sparks joy, and cultivates inner peace.

**Date** Tuesdays, 10:30am - 12:30pm (check our website for the start date).

**Cost:** Free. Limited Class size to 14

**Teachers:** Brent Powis

**Bookings** essential. Please call us on 9922 4428

### TERM 2 THE GOOD LIFE 2: 'I think therefore I can change'

What is the meaning of life? Who am I? Why am I here? What should I do?" Building on the foundations of Good Life 1, this 10-week program delves into philosophical approaches from the 'modern' era, expanding on ancient wisdom to explore contemporary concepts of self, morality, and the meaning of life along with insights from psychology and neuroscience. Discover how 'ideas from 'Descartes to Derrida' are relevant today, with practical applications for a more fulfilled and purposeful life."

Please note this program is only available to those who have completed Good Life 1

**Date:** Tuesdays, 10:30am - 12:30pm (check our website for the start date).

**Cost:** Free

**Teacher:** Brent Powis

**Bookings** essential. Please call us on 9922 4428

## ITALIAN LESSONS FOR BEGINNERS AND CONVERSATIONS IN ITALIAN

Come along to the KNC for some community based Italian language fun and enrichment. Two programmes available. No textbook required. Facilitated by Carmen, a Kirribilli local who is fluent in Italian (and loves to talk!)

### CIAO TUTTI (Hello Everyone)

Italian classes for beginners

**Date** Thursday 2:00pm - 3:30pm

**Session 1** 10 July 2025 (7 weeks)

**Session 2** 11 September 2025 (7 weeks)

**Cost** \$10 per class

**Teacher** Carmen

**Bookings** essential. Please call us on 9922 4428

### PARLIAMO INSIEME (Let's speak together)

Italian conversation sessions for all levels

**Date** Starting 11 July 2025 Each Friday 2:00pm - 3:00pm

**Cost** Free

**Teacher** Carmen

**Bookings** essential. Please call us on 9922 4428

## FRENCH LESSONS

Do you want to learn French? Then this is the perfect class for you.

**Dates** Please see our website for 2025 dates

**Bookings** essential on 99224428

## CONVERSATIONS IN FRENCH

BONJOUR! Do you want to practice speaking French?

Come along to our Neighbourhood Centre and converse in French. Learn while having fun.

**Dates** 2025 dates will be posted on our website.

**Bookings** essential please call 9922 4428.



## FREE ADVISORY SERVICES

### JUSTICE OF THE PEACE

We have a JP available here during the week. All appointments need to be made prior by calling our office. Our JP comes in at a set time each week. Please call our office for more information.  
**Date** Tuesday 1:00pm  
**Time** By appointment  
**Cost** Free  
**Bookings** essential. Please call the KNC office on 9922 4428 to book an appointment

### LEGAL ADVICE

Friday - We have a Volunteer Lawyer, Duncan Ramsay who comes in each Friday from 12.30pm until 2pm. Most lawyers specialise in an area of law. Our Friday volunteer solicitor is a commercial lawyer, which means he knows more about companies and contracts. He has worked for a large law firm, an insurer and an insurance broker. Please see our website for important information prior to your appointment. We need you to come prepared. Thank you and we look forward to seeing you.  
**Date** Fridays  
**Time** 12:30pm until 2:00pm bookings are essential  
**Duration** Each session is 20 minutes  
**Cost** Free Service  
**Bookings** essential. Please call the KNC office on 9922 4428 to book an appointment

### David Cohen: David H. Cohen & Co.

David Cohen started his own law firm in 1983. He has a focus on Family and Criminal Law. While studying law David worked in the Stamp Duties Office, the District Court and upon graduating, moved to the Premier's Legal Branch. He then worked for a number of private firms specialising in litigation involving family, criminal and commercial law cases including the Building Licensing Board. David is a member of the Family Law Section and is:

- On the general crime panel
- On the indictable crime panel
- On the serious crime panel
- On the family law panel

As many of the Family Law cases involve property, David has also developed an expertise in business law in relation to property proceedings with a large asset pool. At the same time, he has an empathy for victims of domestic violence and represents clients in AVO and DVO proceedings.

**Date** Last Tuesday of the Month (these are one-on-one sessions)  
**Time** 6:00pm - 8:00pm bookings are essential  
**Duration** Each session is 1/2 hour  
**Bookings** essential. Please call the KNC office on 9922 4428 to book an appointment  
**Cost** Free Service

## SELF HELP GROUPS

### ALCOHOLICS ANONYMOUS

One meeting held on a weekly basis at KNC.  
**Date** Fridays  
**Time** 6:00pm - 8:00pm  
**Cost** Free  
**Bookings** Contact 1300 222 222

### UKRAINIAN WOMEN'S GROUP

**Date** Monday and Wednesday  
**Time** Monday 5:30pm - 6:30pm and Wednesday 5:30pm - 6:30pm  
**Cost** Free  
**Contact** Tetiana 0414 458 967  
 This program is proudly supported by Northern Sydney Primary Health Network

### PROFESSIONAL SUPPORT SERVICES KYDS COUNSELLING

**We are proud to partner with KYDS Youth Development Service here at KNC.** We offer FREE YOUTH COUNSELLING at the Kirribilli Neighbourhood Centre. We ask that all young people are:

- Living or going to school in the Northern Sydney region
- Aged 10-18 years (or attending Year 12 or equivalent)
- Have some flexibility in terms of availability to attend sessions

**Contact** Please call 9416 0900 to refer to KYDS. Counselling in a non-clinical friendly environment, right here in the heart of Kirribilli.

**EXPRESSIONS OF INTEREST**  
 If you are interested in taking a class, or have a course in mind, please contact us here at KNC. We'd love to hear from you. Call us on 9922 4428





# KYDS

## FREE YOUTH COUNSELLING AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE

Monday - Friday  
10am - 6pm



16-18 Fitzroy St  
Kirribilli



94160900



counsellor  
@ kyds.org.au

FUNDED  
BY KNC

## HOW TO FIND US

We are a short walk (a few minutes) from the Milsons Point train station and Milsons Point ferry wharf. We have wheelchair and pram access from our rear entrance on Bligh Street.

## HOW TO ENROL IN CLASSES AT KNC

Full payment can be made at the time of enrolment and must accompany a completed enrolment form. Please enrol early to avoid disappointment.

**PUBLIC HOLIDAYS** If a course falls on a Public Holiday, this will be made up at the end of the term (subject to tutor availability).

**PAYMENT IN PERSON** By cash or credit card (MasterCard, Bankcard and VISA) at the KNC Main Office.

**PHONE** Payment by credit card 9am-5pm, Monday-Thursday and Friday 9am-4pm on 9922 4428.

**REFUNDS** Requires five working days prior to start of term. \$20 administration fee applies. Full refunds will be given if a course is cancelled.

**GST** All costs include GST.

**UPDATES** For all updates, prices, new classes, additional events and services please see our website and social media sites (Facebook & Instagram).





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# KIRRIBILLI MARKETS

SUPPORTING THE KIRRIBILLI NEIGHBOURHOOD CENTRE

Held three times a month we have our fabulous and extremely popular markets in what is widely regarded as the best market location in Sydney. Our Art, Design and Fashion market on the first and second Sunday of each month, and the General & Fashion market on the fourth Saturday of the month. Whether you are attending the markets or wanting to have a stall, our market team are here five days a week and happy to take enquires. The Kirribilli Markets have been an integral part of KNC for 47 years and all profits from the markets go to help run The Kirribilli Neighbourhood Centre.

[www.kirribillimarkets.com](http://www.kirribillimarkets.com)

**OPEN 8.30AM - 3.00PM**





# ART - DESIGN - FASHION GENERAL AND FASHION MARKET

Month	Art, Design & Fashion Market	General & Fashion Market
January	12th	25th
February	2nd & 9th	22nd
March	2nd & 9th	22nd
April	6th & 13th	26th
May	4th & 11th	24th
June	1st & 8th	28th
July	6th & 13th	26th
August	3rd & 10th	23rd
September	7th & 14th	27th
October	5th & 12th	25th
November	2nd & 9th	22nd
December	7th & 14th	20th

[www.kirribillimarkets.com](http://www.kirribillimarkets.com)

OPEN 8.30AM - 3.00PM