

PUG MEN'S SHED CONCERT - FUN AND FUNDS FOR PARKINSON'S



Come along to the Men's Shed Benefit Concert to raise funds for Parkinson's Research.

Have fun and support an important cause.

Prizes to be won and plenty of great music - 5 bands and Pymont Sings! - for friends and neighbours. BYO food. Licensed bar open to buy drinks.

Wentworth Park Sporting Complex, Level 1 Function Centre - Friday 23 June, 6-11pm.

Tickets \$25 + booking fee or \$30 at the door.

BALLROOM LINE DANCING

Line dancing without a cowboy boot or hat in sight! Join with other beginners in learning ballroom steps in a line – no need for partners, good exercise and lots of fun. Classes are free and are held in The



Station at 3pm on Tuesdays. To enquire or register contact Wendy on 0402 065 585.

AN UNCOMMON HANGMAN

Dr Rachel Franks, a leading historian of crime in colonial NSW, will talk to the Pymont History Group about this notorious hangman.



She is the author of *An Uncommon Hangman: The Life and Deaths of Robert "Nosey Bob" Howard* and she will describe his chilling influence as he plied his trade in the Colony. All welcome - Sunday 18 June 5pm at the Station, followed by free drinks and nibbles. Enquiries Donald 0429 679 204.

NOT SURE ABOUT THE VOICE?



Pymont Supports will host Aboriginal woman Larissa Minniecon from the Scarred Tree in Glebe to speak about The Voice: answer your questions and clarify

misunderstandings. Saturday 17 June 9am at the Station - all welcome. Invite your friends and family. Enquiries Libby 0404 492 444.

HARRIS CENTRE OFFERS FUN FOR KIDS

Introduce your kids to the toy library at the Harris Centre - open Mon-Thurs 10am-4pm.



Bring your 0-5yr-olds to playgroup on Thursdays 10-12 at the Harris Centre, Quarry Street Ultimo.

Enquiries 9552 1140

GAINING HEALTH AND HAPPY BODY

You're invited to this free 1 hour workshop, to learn about patterns that impede you and your happy body. Become more aware and shift to helpful patterns for a healthier, happier you.

Gale Ruttanaphon, a body positivity coach, works with all women who struggle to identify with the person in the mirror. She helps them become strong, lean and confident by improving their relationship with themselves.

Two sessions at The Station: Thursday 22 June 6pm and Saturday 24 June 9am. RSVP to reserve a spot: gale.ruttanaphon@gmail.com



LIKE TO SEW OR COOK? WISH YOU COULD?



St Helen's Community Centre in Glebe runs free and inexpensive sewing and cooking classes. Check out their programs, and many other events, at the City's

What's On website: whatson.cityofsydney.nsw.gov.au. There is an amazing range of activities, and you can search for what interests you and what is nearby, especially while our community centre is closed for renovation.

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Extra copies are available from the estate management office, or the website: jacksonslanding.net.au/about-jacksons-landing/whats-on

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EMERGENCIES 000 * SECURITY OFFICERS AT THE GATEHOUSE 8565 9494

18 years of providing premier service! Proud sponsors of Pymont Cares

Call us for any advice for all your property needs.

Pymont Community Centre is closed for 18 months for renovations
Activities have moved to Maybanke Recreation Centre, 87-89 Harris Street
Ultimo Community Centre, cnr William Henry Street & Bulwara Road Ultimo
Harold Park Community Hall, Tramsheds, 1 Dalgal Way, Forest Lodge
For more information, ring the centre on 9298 3130 or 9298 3134

When	What	Where	Who to Contact
Sat 3 June 9am	Knitting together - put squares together	JL Station	Mary 0410 679 204
Sat 3 June 4pm	Christmas in Pymont Committee	JL Station	Mary 0410 679 204
Tuesday 6 June 7pm	Book Club - discuss <i>Bodies of Light</i> by Jennifer Down	The Point Hotel	Christine 0416 011 007
Wed 14 June 7pm	JL Community Association executive committee	JL Station	Neville 0408 104 037
Sat 17 June 9am	Pymont Supports - The Voice - see over	JL Station	Libby 0404 492 444
Sunday 18 June 5pm	History Talk - Nosey the Hangman - see over	JL Station	Donald 0429 679 204
Thurs 22, Sat 24 June	Gaining Health and Happy Body workshop - see over	JL Station	Email to book - see over
Fri 23 June 6-11pm	Men's Shed Band concert - see story over	Wentworth Park	Harold 0409 259 888
Friday 30 June 6-8pm	Community Dinner - all welcome, BYO	Tramsheds	Mary 0410 679 204

REGULAR ACTIVITIES

Sundays 7am	Pymont Run Group - free, all levels welcome	Meet near the kiosk	Karen 0408 477 778
Sun, Wed 8.30am	Landcare - bring bush back to Pymont	Around Pymont	Mary 0410 679 204
Sundays 9-11am	JL social tennis - JL residents welcome, \$1 for balls	JL Tennis Courts	Maree 0450 239 532
Mondays 11am	Pymont Supports Coffee Hour & chat	Pirrama Park Kiosk	Judith 0408 245 321
Mondays 12.45-2.45pm	Scrabble - tea and bikkies available	JL Station	Carol 0447 631 113
Monday 1-3pm	Crochet with Christie - need to book	Maybanke Centre	Christie 9298 3130
Monday 6pm	Local Running Group - free, all welcome	Meet at Laneway	Karie 0439 727 537
Tues, Thurs 6.30am	Boot camp - all ages and fitness levels	Meet Refinery Square	Karen 0408 477 778
Tues, Fri 9am-1pm	Pickleball - must call to book first time	Maybanke Centre	Anne 0457 716 959
Tues 12-2pm	Women's Art Group - self-guided group	Maybanke Centre	Centre 9298 3130
Tuesdays 2-3pm	Yoga - \$15 per class	JL Station	Julie 0411 085 393
Tuesdays 3pm	Ballroom Line Dancing - see story over	JL Station	Wendy 0402 065 585
Tues 6.30-7.45pm	Pymont Sings! New members welcome	Tramsheds	Mary 0410 679 204
Wednesday 9am	Pymont Walkers - details emailed weekly	Various walks	Sue 0423 717 237
Wed 9.30-10.30am	Yoga - gentle lessons for everyone. \$10 per class	Zoom	Helen 0407 949 073
Wed 10.30am-12noon	Meet for coffee and a chat - esp newcomers	Zebra Lounge, 1 Harris	Regina 9518 7235
Wed 12.15-1pm	Outdoor body blast with George	Maybanke Centre	Centre 9298 3130
Wed 2-2.45pm	Gentle fitness classes - \$9.50, \$4.60 conc	Ultimo Centre	Centre 9298 3111
Wed 3-5pm	Ukulele Group - free, all levels welcome	Maybanke Centre	Centre 9298 3130
Wed 6-6.45pm	Outdoor boxing class with George	Maybanke Centre	Centre 9298 3130
Thursdays 9-11am	JL social tennis - JL residents welcome, \$1 for balls	JL Tennis Courts	Nicki 0492 466 859
Thurs 12pm-1pm	Barre class	JL Station	Zarala 0406 166 565
Thursdays 1-2pm	Pymont Tai Chi - text Louise to register	JL Station	Louise 0410 610 326
Fridays 6.30am	Run Group - all levels welcome	Light rail stairs	Karen 0408 477 778
Fri 10.30-11.30am	Zumba	JL Station	Zarala 0406 166 565
Fri 10.30am-12.30pm	Stitching Circle - sew, knit, chat, make friends	Maybanke Centre	Fiona 0414 741 931

FOR KIDS

Mon-Thurs 10am-4pm	Toy library	Harris Centre	9552 1140
Mondays, Weds	Soccer - 18 mths-11yrs-\$105-114/mth. See website	Refinery Square	sydneylions.com.au
Mon, Tues	Miss Jacqui's Ballerinas	465 Harris St Ultimo	missjacquiballerinas.com
Thursday 10-11am	Story time with Lailani	Maybanke Centre	Centre 9298 3130
Thurs 10am-12pm	Playgroup for 0-5 year olds	Harris Centre	9552 1140