

Join with volunteers to Clean Up Pyrmont!

Register online before the day on the QR code... or just turn up at Union Square from 9am to 12 noon. Bring your friends!

We have rubbish bags and some gloves. (BYO gloves to be sure). Sunday 1 March - see you there!

Clean Up



PCCS YourCoachPlus
FREE Professional Mental Health Coaching
for people who live, work, or study in Central and Eastern Sydney.



This is a completely free 8 week coaching program, designed for people dealing with mild anxiety or depression, chronic pain, perinatal distress, low self-esteem or communication challenges. YourCoachPlus includes weekly one-to-one coaching

sessions with trained, compassionate coaches, and is available via telephone or video call.

To find out more, visit the website: www.pccs.org.au/ycp/

CELEBRATE INTERNATIONAL WOMEN'S DAY

The Zonta Club of Sydney invites you and your friends to a breakfast on Friday 6 March to celebrate 2026 International Women's Day. Breakfast at 7.15 for 7.30 am at Rumilicious Cafe, Jones Bay Wharf. And just \$40!



Our guest speaker is the inspiring Mahboba Rawi. A refugee herself, Mahboba has been working tirelessly since 1988 to support the women and girls who have been orphaned or left destitute by war in Afghanistan. Book your ticket by cob Tuesday 3 March at www.trybooking.com/events/landing/1537570.

OUR INDUSTRIAL HERITAGE



Inner Sydney has always been associated with the ancient waterways that have flowed into our harbour. Thomas Woodhead, UTS lecturer on Landscape Architecture, has mapped these estuaries from Drummoyne to South Head for their industrial past, and will describe them for us. Sunday 15 March from 5pm at the Station, followed by drinks and nibbles. Enquiries Peter 0450 974 848.

ULTIMO PRIMARY SCHOOL BIG EVENT

Ultimo Public School P&C is holding its inaugural "big event" on Sunday 1 March 10am to 5pm at the Wentworth Park Sporting Complex: ultimopublicschoolpandc.org.au/event/ultimo-public-school-the-big-event/

The Big Event is designed to welcome new families and members of our communities and mark the start of the school year.

It will be a fun day for everyone, including stalls, live music, a football tournament, student performances, gymnastic circuit and a taekwondo demonstration.

Funds will also be raised to develop a modern playground at the school - so bring some cash, shop at the stalls, buy raffle tickets!



HAVE MORE TRICKY ITEMS TO RECYCLE?



Does your strata provide doorstep recycling for all your residents? It now accepts small furniture, paint, gas bottles, smoke alarms and unusable clothes, bedding and textiles. Check the website: doorsteprecycling.com.au/ Talk to Ian MacDonald on 0411 021 024 about how Regatta Wharf organises it.

NEED CRITICAL LIFE SUPPORT EQUIPMENT?

If you or someone in your home relies on specific equipment, it is crucial to register your home with your energy retailer to receive priority support during outages. Equipment that typically qualifies includes oxygen concentrators, ventilators etc.

Backup power planning is also important. Only a small percentage of people with home medical equipment have backup power, yet power outages can be fatal. It is essential to have a backup plan - one could be a battery-operated uninterruptible power supply (UPS) or a generator. We recommend you look into this.

Note: The above information is not complete and you should contact your energy provider for advice.



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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**

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Call us for any advice for all your property needs.

Raine&Horne.

rh.com.au/pyrmont 8586 7800

When	What	Where	Who to Contact
Sun 1 March 9am-12pm	Clean Up Australia Day - see story over	Union Square	marycoupland104@gmail.com
Sun 1 Mar 10am-5pm	UPS Big Event - free, activities - see story over	Wentworth Park	ulimopublicschoolpandc.org.au/
Friday 6 March 7.15am	International Women's Day Breakfast - see over	Rumilicious	trybooking.com/DJMNI
Sat 14 March 10am	Knit for Wrap with Love - put 25cm squares together	JL Station	Mary 0410 679 204
Sunday 15 March 5pm	History Talk - Industrial Heritage from Drummoyne to South Head - see over	JL Station	Peter 0450 974 848
Saturday 21 March 8.30-11am	Pymont Supports - GP to talk about AI and our health. Free, all welcome	JL Station	Diane 0431 901 279
Fri 27 March 6-8pm	Pymont Community Dinner - all welcome	Pymont Cty Centre	Mary 0410 79 204

REGULAR ACTIVITIES

Visit www.cityofsydney.nsw.gov.au/community-centres/pymont-community-centre

Saturdays 8am	Pirrama Parkrun - free walk or run in the park	Pirrama Park	parkrun.com.au/pirrama/
Saturdays 9-10am	Zumba - \$22 casual, \$82.50 for 5 classes	JL Station	Claire 0421 077 355
Sundays 7am	Run Group - free, all levels welcome	PKK, Pirrama Park	Karen 0408 477 778
Sun, Wed 8.30am	Landcare - bring bush back to Pymont	Around Pymont	Patrick 0419 494 532
Sun, Thurs 8-10am	JL social tennis - JL residents welcome, \$1 for balls	JL Tennis Courts	Anthony 0404 876 927
Mondays 11am	Pymont Supports Coffee Hour & chat	Pirrama Park Kiosk (PKK)	Diane 0431 901 279
Monday 12-3pm	Crochet social group - free	Pymont Cty Centre	Centre 9298 3134
Mon 1-1.45pm, Fri 10-11	Move for All - gentle exercise - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Monday 6-7pm	Pymont Pilates - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Mon 7-8.50pm	Argentine Tango classes - clubdetango.com.au/	Pymont Comm Centre	0412 918 449
Tues to Thurs 6.30am	Boot camp - all ages and fitness levels	Meet Refinery Square	Karen 0408 477 778
Tues, Fri 10-11am	Aquarobics - call to book first time	Glasshouse Pool	Lorraine 0419 021 309
Tues 12.30-1.30pm	Yoga in Pymont - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Tues 12.30-2.30pm	Crochet for beginners - \$10, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Tuesdays 1-2pm	Yoga - \$20 per class, 10 sessions for \$180	JL Station	Julie 0411 085 393
Tuesdays 3pm	Ballroom Line Dancing	JL Station	Wendy 0402 065 585
Tues 3-5pm	Ukulele Group - free, all levels welcome	Pymont Cty Centre	Centre 9298 3134
Tues 6.30-7.45pm	Pymont Sings! Community choir	Pymont Cty Centre	Mary 0410 679 204
Wed 8.30-9.30am	Yoga - gentle lessons for everyone. \$10 per class	Zoom	Helen 0407 949 073
Wednesday 9am	Pymont Walkers	Various walks	Sue 0423 717 237
Wed 10.30am-12noon	Meet for coffee and a chat - esp newcomers	Zebra Lounge, 1 Harris	Regina 0409 174 986
Wed 1-1.45pm	Body Blast - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Thursdays 1-2pm	Pymont Tai Chi - text Louise to register	JL Station	Louise 0410 610 326
Thursdays 1-3pm	Singing class for beginners -\$10, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Thursday 10am-4pm	Social Table Tennis - free	Pymont Cty Centre	Centre 9298 3134
Third Thursday 6.30pm	Pymont Photography Group	Pymont Cty Centre	Text 0420 738 588
Fridays 6.30am	Run Group - free, all levels welcome	PKK, Pirrama Park	Karen 0408 477 778
Friday 10.30-11.30am	Zumba	JL Station	Zarala 0406 166 565
Friday 10.30-12.30pm	Crafting in Stitches - sew, knit, chat, make friends	Pymont Cty Centre	Fiona 0414 741 931

FOR KIDS

Mon-Thurs 10am-4pm	Toy Library	Harris Centre	9552 1140
Mondays	Soccer -18 mths-16yrs-\$105-114/mth. See website	Pymont CC & Maybanke	sydneylions.com.au
Tues, Sat	Ballet and Jazz - pre- & primary age	Pymont Cty Centre	missjacquisballerinas.com
Thurs 10am-11pm	Playgroup for 0-5 year olds	Harris Centre	9552 1140
Friday 3.30-5pm	Youth basketball workshop - free, 8-14 yr olds	Maybanke Centre	Centre 9298 3134