

## PYRMONT CARES NEEDS VOLUNTEERS!



Can you spare 4 hours per month on a Tuesday or Wednesday morning to join our friendly band of volunteers?

We collect donated furniture and deliver it to those who are most disadvantaged in the City of Sydney. We often help our clients to get on their feet in a new home, and many of them have little before we arrive.

You just need to be able to assist with loading and unloading furniture items. Appropriate lifting equipment is available.

Safety is paramount and training is provided.

Go to our website and complete the Volunteer Form: [pymontcares.org.au](http://pymontcares.org.au)

## PYRMONT PLAYERS AGAIN?

Like to join a group of local amateur drama enthusiasts, and resurrect the Pymont Players? Contact Jon Glass, who is keen to gather those interested in participating, to discuss your ideas and plan how to proceed. Email [jon@64plus.com.au](mailto:jon@64plus.com.au), phone or text 0409 116 766.



## FREE BUS TRIP



The next free bus trip for Seniors will be on Friday 26 June going to Cahill Park in Wollie Creek, then to Hurstville Museum & Gallery. Buy your lunch at Westfield Miranda or bring your own. Contact Jessica Mayr <[jmayr@cityofsydney.nsw.gov.au](mailto:jmayr@cityofsydney.nsw.gov.au)> 9265 9701, 0418 696 464.

## CASUAL CATCHUP AT THE CENTRE

Join neighbours and other locals at the Pymont Community Centre on the 2nd Friday of each month 11.15-12.15.

Find out about local social activities and programs at our centre.

Coffee, tea and biscuits are provided. Free – bookings aren't required.



## THE SURPRISING STORY OF SYDNEY'S HOSPITALS



Sydney Hospital in 1812 was saved by a 45,000 gallon rum contract; Royal Prince Alfred Hospital was named after a near assassinated prince; University of Sydney Medical School was fashioned by a brilliant Edinburgh doctor. These are just some of the historical nuggets uncovered by John Curotta AM, who has had a long and distinguished medical career.

Sunday 21 June from 5pm at the Station, 58 Bowman Street, followed by drinks and nibbles.

Enquiries Peter 0450 974 848.

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Extra copies are available from the estate management office, or the website: [jacksonslanding.net.au/about-jacksons-landing/whats-on](http://jacksonslanding.net.au/about-jacksons-landing/whats-on)  
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**EMERGENCIES 000**

**\* SECURITY OFFICERS AT THE GATEHOUSE 8565 9494**

**23 years of providing premier service! Proud sponsors of Pymont Cares**  
Call us for any advice for all your property needs.

When	What	Where	Who to Contact
Wed 10 June 6pm	<b>Community Association</b> committee meeting	JL Station	Neville 0408 104 037
Frid 12 June 11.15am	<b>Social monthly morning tea</b> - see over	Pymont Cty Centre	Centre 9298 3134
Sat 20 June 8.30am	<b>Pymont Supports - Travel talk and video</b>	JL Station	Libby 0404 492 444
Sunday 21 June 5pm	<b>History Talk</b> - Sydney's hospitals - see over	JL Station	Peter 0450 974 848
Fri 26 June 6-8pm	<b>Community dinner</b> - all welcome	Pymont Cty Centre	Elizabeth 0409 552 117

## REGULAR ACTIVITIES

Visit [www.cityofsydney.nsw.gov.au/community-centres/pymont-community-centre](http://www.cityofsydney.nsw.gov.au/community-centres/pymont-community-centre)

Saturdays 8am	<b>Pirrama Parkrun</b> - free walk or run in the park	Pirrama Park	<a href="http://parkrun.com.au/pirrama/">parkrun.com.au/pirrama/</a>
Saturdays 9-10am	<b>Zumba</b> - \$22 casual, \$82.50 for 5 classes	JL Station	Claire 0421 077 355
Sundays 7am	<b>Run Group</b> - free, all levels welcome	PPK, Pirrama Park	Karen 0408 477 778
Sun, Wed 8.30am	<b>Landcare</b> - bring bush back to Pymont	<a href="mailto:info@pymontultimolandcare.org.au">info@pymontultimolandcare.org.au</a>	
Sun, Thurs 8-10am	<b>JL social tennis</b> - JL residents welcome, \$1 for balls	JL Tennis Courts	Anthony 0404 876 927
Mondays 11am	<b>Pymont Supports Coffee Hour</b> & chat	Pirrama Park Kiosk (PPK)	Libby 0404 492 444
Monday 12-3pm	<b>Crochet</b> social group - free	Pymont Cty Centre	Centre 9298 3134
Mon 1-2pm, Fri 10-11	<b>Move for All - gentle exercise</b> - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Mondays 2-4pm	<b>Scrabble</b> - free, all welcome	Pymont Cty Centre	Elizabeth 0409 552 117
Monday 6-7pm	<b>Pymont Pilates</b> - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Mon 7.15-8.45pm	<b>Argentine Tango</b> classes - <a href="http://clubdetango.com.au/">clubdetango.com.au/</a>	Pymont Comm Centre	0412 918 449
Tues to Thurs 6.30am	<b>Boot camp</b> - all ages and fitness levels	Meet Refinery Square	Karen 0408 477 778
Tues, Fri 10-11am	<b>Aquarobics</b> - call to book first time	Glasshouse Pool	Lorraine 0419 021 309
Tuesdays 11am-12pm	<b>Yoga</b> - \$20 per class, 10 sessions for \$180	JL Station	Julie 0411 085 393
Tues 12.30-1.30pm	<b>Yoga in Pymont</b> - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Tues 12.30-2.30pm	<b>Crochet for beginners</b> - \$10, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Tuesdays 3pm	<b>Ballroom Line Dancing</b>	JL Station	Wendy 0402 065 585
Tues 3-5pm	<b>Ukulele Group</b> - free, all levels welcome	Pymont Cty Centre	Centre 9298 3134
Tues 6.30-7.45pm	<b>Pymont Sings!</b> community choir	Pymont Cty Centre	Mary 0410 679 204
Wed 8.30-9.30am	<b>Yoga</b> - gentle lessons for everyone. \$10 per class	Zoom	Helen 0407 949 073
Wednesday 9am	<b>Pymont Walkers</b>	Various walks	Sue 0423 717 237
Wed 10.30am-12noon	<b>Meet for coffee and a chat</b> - esp newcomers	Zebra Lounge, 1 Harris	Regina 0409 174 986
Wed 1-1.45pm	<b>Body Blast</b> - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Wed 1-4pm	<b>The Pantry</b> - low cost shop - see over	Harris Centre	9552 1140
Wed 6-6.45pm	<b>Boxing with George</b> - \$16.50, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Thursdays 1-2pm	<b>Pymont Tai Chi</b> - text Louise to register	JL Station	Louise 0410 610 326
Thursdays 1-3pm	<b>Singing class for beginners</b> -\$10, conc \$5.20	Pymont Cty Centre	Centre 9298 3134
Thursday 10am-4pm	<b>Social Table Tennis</b> - free	Pymont Cty Centre	Centre 9298 3134
Third Thursday 6.30pm	<b>Pymont Photography Group</b>	Pymont Cty Centre	Text 0420 738 588
Fridays 6.30am	<b>Run Group</b> - all levels welcome	PPK, Pirrama Park	Karen 0408 477 778
Friday 10.30-11.30am	<b>Zumba</b>	JL Station	Zarala 0406 166 565
Fridays 11.45am-1pm	<b>Yoga</b> - \$180 for 10 lessons	JL Station	Sherine 0411 141 077
Friday 10.30-12.30pm	<b>Crafting in Stitches</b> - sew, knit, chat, make friends	Pymont Cty Centre	Fiona 0414 741 931

## FOR KIDS

10am Mondays	<b>Music for toddlers and morning tea</b>	Harris Centre	9552 1140
Mondays	<b>Soccer</b> -18 mths-16yrs-\$105-114/mth. See website	Pymont CC & Maybanke	<a href="http://sydneylions.com.au">sydneylions.com.au</a>
Tues, Sat	<b>Ballet and Jazz</b> - pre- & primary age	Pymont Cty Centre	<a href="http://missjacquisballerinas.com">missjacquisballerinas.com</a>
Thurs 10am-11pm	<b>Playgroup for 0-5 year olds</b>	Harris Centre	9552 1140
Friday 3.30-5pm	<b>Youth basketball workshop</b> - free, 8-14 yr olds	Maybanke Centre	Centre 9298 3134