



WILLOUGHBY  
CITY COUNCIL

## DOUGHERTY COMMUNITY CENTRE



ISSUE 2  
JUN-DEC  
2024

# WHAT'S ON

CLASSES | WORKSHOPS | EVENTS

7 VICTOR STREET, CHATSWOOD 9777 7800





# DOUGHERTY COMMUNITY CENTRE

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### Acknowledgement of Country

Willoughby City Council acknowledges the Traditional Owners of the lands on which we stand, the Gamaragal people. We pay our respects to their Elders past and present.

## INTRODUCTION

The Dougherty Community Centre, Council’s largest community centre, is located in the heart of Chatswood. Our Centre includes a number of accessible features. We are surrounded by parking and just a short walk from public transport and Westfield parking.

Available for hire by community and corporate groups. One of the Centre’s greatest strengths is its versatility; it can accommodate groups from 2 to 188 people. Rooms are suitable for meetings, seminars and classes, and on-site catering is available.

### Also located at the Dougherty Community Centre:

- At Home with Willoughby – Aged Care Services
- Blend Café
- MOSAIC Multicultural Centre

## COMMUNITY PROGRAM

We are a flexible, multi-purpose and accessible Centre.

We host activities and classes including healthy lifestyle, spiritual, educational, cultural and hobby groups. You can hire our rooms or kitchen or let us cater for you.

### Use our tabbed icons





## CHILDREN

### Quantum Martial Arts for Children

Tuesdays and Thursdays

4.00pm – 7.30pm

Saturdays 9am – 11am

Ph: 02 8007 4100

[info@quantummartialarts.com.au](mailto:info@quantummartialarts.com.au)

### Kendo

Tuesdays and Wednesdays

5pm – 6pm

Contact – Eric Hong

Ph: 0466 592 462

[eric@emilymax.com.au](mailto:eric@emilymax.com.au)



## MUSIC AND DRAMA

### Beating Time Choir Rehearsal

Mondays 12.30pm – 2.30pm

Ph: 02 9968 3550

### Willoughby UkeStars

Tuesdays 7.00pm – 9.00pm

Ph: 0438 672 732

[info@ianportermusic.com.au](mailto:info@ianportermusic.com.au)





HEALTH AND  
EXERCISE,  
LANGUAGE  
CLASSES

## COMMUNITY PROGRAM

**BUSK – Bonzer Ukulele  
Singing Kollektive**  
Every 4th Wednesday  
7.00pm – 9.30pm  
[steve@lockwood.com.au](mailto:steve@lockwood.com.au)

**Academy of Improvisation**  
Various days 6.30pm – 9.00pm  
for information and courses:  
<https://www.academyimprov.com>

**Bulgarian Rhythms –  
Traditional Dance Group**  
Wednesdays 6.00pm – 9.00pm  
[dance@rodinasydney.org.au](mailto:dance@rodinasydney.org.au)

**Sydney Video Makers Club**  
Every 2nd and 4th Wednesday  
7.00pm – 10.00pm  
**Ph: 0412 649 401**



### HEALTH AND EXERCISE

**Tai Chi Society**  
Mondays 6.15pm – 7.15pm  
**Ph: 9954 7266**  
[info@taichisociety.net](mailto:info@taichisociety.net)

**Japan Club of Sydney – Dancing**  
Tuesdays 11.00am – 12.30pm  
**Ph: 0422 349 639**  
[jcshulaaloha@gmail.com](mailto:jcshulaaloha@gmail.com)

**Kadampa Meditation  
and Buddhism drop in class**  
Tuesdays 7.00pm – 9.00pm  
**Ph: 9699 9902**  
[info@meditateinsydney.org](mailto:info@meditateinsydney.org)

**Vintage Fitness and Health  
Older Adult Functional Strength**  
Mondays and Fridays  
10.00am – 10.45am  
**Ph: 0403 822 512**  
[andrew@vintagefitnessandhealth.com](mailto:andrew@vintagefitnessandhealth.com)

**Balance and Gentle Exercise**  
Mondays and Fridays  
11.00am – 11.45am  
**Ph: 0403 822 512**  
[andrew@vintagefitnessandhealth.com](mailto:andrew@vintagefitnessandhealth.com)

**Janet Statham Yoga**  
Wednesdays 10.00am – 11.00am  
**Ph: 9817 3937**

**Older Women’s Network– Northside  
Wellness Activities Centre**  
Wednesdays 10.00am – 2.00pm  
10.00am – Feldenkrais (women only)  
11.15am – Information/Social  
1.00pm – Qi Gong  
**Ph: 9415 2474**  
[arbray.email@gmail.com](mailto:arbray.email@gmail.com)



### LANGUAGE CLASSES

**Alliance Francaise de Sydney**  
Saturdays 8.30am – 1.30pm  
**Ph: 9744 0167**  
[www.afsydney.com.au](http://www.afsydney.com.au)

**MOSAIC Language Programs**  
Various days and levels

- **Community Language Program**
- **English Learning Program**

[www.willoughby.nsw.gov.au/  
Community/Multicultural-services/  
MOSAIC-Multicultural-Centre](http://www.willoughby.nsw.gov.au/Community/Multicultural-services/MOSAIC-Multicultural-Centre)  
**Ph: 9777 7952**  
[mosaic@willoughby.nsw.gov.au](mailto:mosaic@willoughby.nsw.gov.au)

BUSINESS  
NETWORKING &  
COMMUNICATION  
SOCIAL GROUPS

## COMMUNITY PROGRAM



### BUSINESS NETWORKING AND COMMUNICATION

#### Building Business Group

Alternate Thursdays 6.45am – 8.30am

[https://buildingbusinessgroup.com.au/  
upcoming-events/](https://buildingbusinessgroup.com.au/upcoming-events/)

#### Chatswood Early Risers Toastmasters

Tuesdays 7.00am – 8.30am

[vpm@earlyrisers.org.au](mailto:vpm@earlyrisers.org.au)

#### Chatswood Speaking & Leadership Club

6.00pm – 8.00pm, Wednesdays

[chatswoodspeakersleadership  
@gmail.com](mailto:chatswoodspeakersleadership@gmail.com)



### SOCIAL GROUPS

#### Willoughby Senior Citizens

Tuesdays 9.00am – 1.00pm

Ph: 9777 7824

(Bus available for pickup and return for  
residents of Willoughby LGA)

[AHWW@willoughby.nsw.gov.au](mailto:AHWW@willoughby.nsw.gov.au)

#### Wednesday Social Activity Group

10.00am – 3.00pm, Wednesdays

Ph: 9777 7526

(Bus available for pickup  
and return)

[AHWW@willoughby.nsw.gov.au](mailto:AHWW@willoughby.nsw.gov.au)

#### Social Circle Movie of the Week

1.00pm – 3.00pm, Thursdays

Ph: 9777 7824

[AHWW@willoughby.nsw.gov.au](mailto:AHWW@willoughby.nsw.gov.au)

#### DCC Knitting Group

12.00pm – 2.00pm, Thursdays

Ph: 9419 3447



CONTINUOUS  
LEARNING



### CONTINUOUS LEARNING

#### University of the Third Age

Region: Harbourside North

<https://sydneyu3a.org/> for course  
information and registration

Ph: 0412 043 377

[hsn.u3asydney@gmail.com](mailto:hsn.u3asydney@gmail.com)

#### St John Ambulance First Aid

1st and 3rd Wednesday

6.30pm – 8.00pm

[craig.mckay@stjohnnsw.com.au](mailto:craig.mckay@stjohnnsw.com.au)

#### Digital Literacy for Older Adults

Basic technology sessions for your  
smartphone, tablet, laptop or PC,  
available in English, Mandarin,  
Cantonese, Persian for older adults.  
Our volunteers provide four free  
one-on-one 40 minute sessions to  
learn the basics.

Bookings essential. Ph: 9777 7800

# COMMUNITY PROGRAM



## SUPPORT GROUPS

**WayAhead Mental Health  
Association NSW Anxiety Disorder  
Support Group**

1st Wednesday of the month  
7.00pm – 8.30pm  
**Ph: 02 9339 6013**

**AA Group – Daily Reflections**  
Thursdays 7.00pm – 9.00pm

**Chatswood AA Group**  
Fridays 7.15pm – 10.15pm

**AA Meeting**  
Sundays 8.30am – 9.30pm

**Adult Children of Alcoholics**  
Saturdays 12.00pm – 1.30pm

**Narcotics Anonymous**  
Wednesdays 6.30pm – 8.30pm

**Parkinsons Support Group**  
Last Thursday of the month  
2.30pm – 4.00pm  
**chatswoodparkinsons@gmail.com**

**Hoarding Support Group**  
Last Wednesday of the month  
1.00pm – 3.00pm  
**ejbrown@netspace.net.au**

**Lifeline Services  
Harbour to Hawkesbury Sydney**

- **Lifeline Connect Chatswood**  
Fridays 1.00pm-5.00pm  
**ce@lifelineh2h.org.au**
- **Financial Counselling**  
Wednesdays 9.00am-5.00pm  
Bookings essential  
**natasha.hughes@lifelineh2h.org.au**
- **Other services**  
Carer Support Group and Managing  
your Mood Group  
**groupservices@lifelineh2h.org.au**



## WORSHIP SERVICES

**The Baha'is of Willoughby**  
Various days 7.00pm – 11.00pm  
**willoughby@nsw.bahai.org.au**

**Jumma Prayer**  
12.30pm – 2.30pm, Fridays  
**www.amca-sydney.com**

**1503 Mission Church Service**  
Sundays 9.30am – 12.30pm  
**1503.venue@gmail.com**

**Ecclesia Mission**  
Sundays 2.00pm – 5.00pm  
**ecclesiamission.ns@gmail.com**

**Good Seed Church**  
Fridays 7.30pm – Praise Service  
Sundays 11.00am – Sunday Service  
**https://goodseedchurch.org.au**



SPORTS  
PROGRAMS  
SUPPORT &  
SOCIAL GROUPS

# CHATSWOOD YOUTH CENTRE



## SPORTS PROGRAMS

**Kempo Ryu International  
Karate Organisation**

Saturdays 9.30am – 11.30am  
Thursdays 6.30pm – 8.00pm  
**02 9831 7549**  
[mylonas@kemporyu.com](mailto:mylonas@kemporyu.com)

**Sydney Basketball Club  
(Coaching)**

Saturdays 9.30am – 12.30pm  
**Ph: 0421823907**  
[Sydneybbhi5@gmail.com](mailto:Sydneybbhi5@gmail.com)

**NewBee Sports  
Basketball Coaching**

Saturdays 2.00pm – 5.00pm  
**Ph: 0403 679 957**  
[newbeesports@hotmail.com](mailto:newbeesports@hotmail.com)



## SUPPORT GROUPS

**Family Drug Support**

Every second Wednesday 6.15pm – 8.15pm  
[www.fds.org.au](http://www.fds.org.au)



## SOCIAL GROUPS

**Sydney Community Services Social Club**  
Tuesdays 5.30pm – 8.00pm  
[gstarkey@sydneycs.org](mailto:gstarkey@sydneycs.org)

**Australian Chinese Community Association  
Respite Day Care –Cantonese**  
Fridays 10.00am – 2.00pm  
**Ph: 9412 3488 | [info@acca.org.au](mailto:info@acca.org.au)**

**Chinese Australian Services Society (CASS)  
Chatswood Activity Group**  
Mondays 10.00am – 1.30pm  
**Ph: 02 9789 4587 | [info@casscare.org.au](mailto:info@casscare.org.au)**



## STUDENT SUPPORT

**Senior Students Study Meet Up**  
Mondays 4.30pm-6.00pm  
Bookings essential.  
**Register: [enactusmq@gmail.com](mailto:enactusmq@gmail.com)**

**School Holiday Program**

July to October

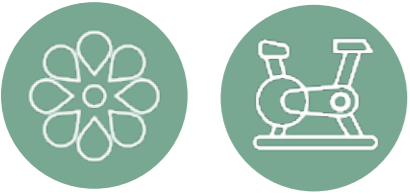
Contact Chatswood Youth Centre for details.

**[dcc@willoughby.nsw.gov.au](mailto:dcc@willoughby.nsw.gov.au)**  
**02 9777 1062**



SOCIAL SUPPORT  
SERVICES

# AT HOME WITH WILLOUGHBY AGED CARE SERVICES



Located at the Dougherty Community Centre At Home with Willoughby – Aged Care Services provide a range of entry level aged care services to keep you at home and independent for as long as possible.

**At Home with Willoughby provides the following services:**

- Social Groups
- Outing Bus Trips
- Shopping Services
- Out & About Transport Service
- Meals on Wheels
- Linen Service

[www.willoughby.nsw.gov.au/Community/Community-services/Older-Adults/At-Home-with-Willoughby](http://www.willoughby.nsw.gov.au/Community/Community-services/Older-Adults/At-Home-with-Willoughby)

Ph: 9777 7824

[ahww@willoughby.nsw.gov.au](mailto:ahww@willoughby.nsw.gov.au)





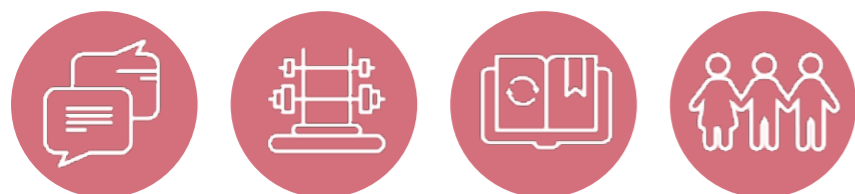
# MOSAIC

## MULTICULTURAL CENTRE



# MOSAIC

## SOCIAL GROUPS



MOSAIC Multicultural Centre runs a range of activities, classes and programs for Willoughby residents, including:

- English learning program
- Community language and culture programs
- Leisure activities
- Community social groups
- School holiday program for children
- Cultural activities and events for community celebrations

These programs are designed to bring our residents together, provide support and promote the sharing of different cultures and interests.

For more program information or to register, please visit [www.willoughby.nsw.gov.au/Community/Multicultural-services/MOSAIC-Multicultural-Centre](http://www.willoughby.nsw.gov.au/Community/Multicultural-services/MOSAIC-Multicultural-Centre)

Ph: 9777 7952

[mosaic@willoughby.nsw.gov.au](mailto:mosaic@willoughby.nsw.gov.au)



## SOCIAL GROUPS

### Malaysian Singaporean

First and third Monday each month  
11.15am – 12.45pm  
Line dancing, cooking, singing and information talks

### Sangam-Indian

Third Monday each month  
7.30pm – 9.30pm  
Cultural celebrations, cooking and information talks

### Italian

Tuesdays 9.30am – 1.30pm  
Tai chi, dancing, cooking and information talks

### Chinese

Tuesdays 2.00pm – 4.30pm  
Tai chi, dancing, cooking and information talks

### Korean

Wednesdays (except third Wednesday)  
9.30am – 2.15pm  
Yoga, line dancing, choir, cooking and information talks

### Japanese

Wednesdays 2.30pm – 4.30pm  
Tai Chi

### Chinese Seniors

Thursdays 9.30am – 12.30pm  
Tai chi, karaoke, games, cooking and information talks

### Iranian

First Thursday of each month  
10.00am – 11.30am Dancing, cooking and information talks

### Taiwanese

Thursdays 12.45pm – 2.45pm  
Dancing, cooking and information talks

## SPECIAL EVENTS



### SPECIAL EVENTS

#### Dance to the Nines

5.30pm – 8.30pm

Friday, 6 September 2024

Friday, 6 December 2024

An accessible evening for people over 18 with disability including your family and friends held quarterly. Light refreshments provided with live band Evergreen Music.

Go to our People with Disability webpage for details and to register for event:

<https://www.willoughby.nsw.gov.au/Community/Community-services/People-with-Disability>



### VOLUNTEERING

#### Thinking about volunteering?

This is your opportunity to meet people, assist others to live safely and happily, in our community and experience some of the things that we all take for granted. Volunteers are the life blood of our At Home with Willoughby services and MOSAIC multicultural activities. Without volunteers, we would not be able to reach as many residents. Volunteering is beneficial for you and for our community.

#### We need you!

If you, or someone you know, are interested in volunteering, please visit [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au) or call for further information:

**At Home with Willoughby**

**Ph: 9777 7826**

**MOSAIC Multicultural Services**

**Ph: 9777 7952**



## AT HOME WITH WILLOUGHBY SPECIAL EVENTS

### SOCIAL CLUB LUNCHES

Wednesdays 12:30 – 2.00pm

10 July **Christmas in July**

14 August **Winter Warmer**

28 August **Asian-inspired Menu**

11 September **Springtime Theme**

25 September **Asian-inspired Menu**

9 October **Halloween Theme**

23 October **Asian-inspired Menu**

13 November **Remembrance Day Theme**

27 November **Asian-inspired Menu**

11 December **Christmas Lunch**

### SOCIAL CLUB HIGH TEA

Thursdays 1.00pm – 3.00pm

4 July

1 August

5 September

3 October

7 November

5 December





# Blend Café

**OPEN  
MONDAY TO FRIDAY  
8.30AM TO 3.00PM.**

Come and enjoy a fresh delicious range of food and great coffee at the centrally located, easily accessible Blend Café, 7 Victor Street, Chatswood. Offering indoor and outdoor dining.

Catering for your onsite event or function available, from breakfast meetings, working lunches, morning and afternoon teas to gourmet finger food for special events. Contact our team to discuss your events needs and budget.

**Table bookings: 9777 7820  
Foodcc@willoughby.nsw.gov.au**



## GETTING HERE



### 7 VICTOR STREET, CHATSWOOD 2067

#### Public Transport and Parking

Our Centre is located within a 5-minute walk from the Chatswood Interchange via Chatswood Mall turning right into Victor Street.

As there is limited and restricted parking available in the Council open air car park next door, visitors may choose to use the Westfield car park across the road (2 hours free parking) or download the Westfield Plus app to register your vehicle for up to 3 hours free parking.

#### TIS (Translation and Information Service)

If you need to speak to us in your home language, call the Translation and Interpreting Service on 131 450 and ask to contact Dougherty Community Centre on 9777 7800. It's free.



WILLOUGHBY  
CITY COUNCIL

*City of Diversity*

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7 VICTOR STREET  
CHATSWOOD

PH 9777 7800

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