

NSLHD Stepping On Groups, Term 2 2024

To register: Visit <https://nshp.com.au/SteppingOn> or call 1800 255 774*
For enquiries: Email – steppingon@royalrehab.com.au or call 0401 715 845
***A new phone number for registration will be advised by 1st July 2024**

Stepping On St Ives (Friday) KNC - FULL

Commences Friday 19th April (concludes 7th June ~No group 24th May)

Time 12:15 – 2:15 pm

Venue St Ives Library Meeting Room, St Ives Shopping Village, via Village Green Pde (*enter via the gate and path on right of KNC entrance*)

Leader Lisa Newell

Stepping On RNSH (Wednesday)

Commences Wednesday 1st May (concludes 12th June)

Time 10:00 am – 12:00 noon

Venue RNS Community Health Centre, Level 3 2C Herbert Street, St Leonards

Leader Charis Tse

Stepping On North Ryde (Thursday) PHN

Commences Thursday 2nd May (concludes 13th June)

Time 10:00 am – 12 noon

Venue North Ryde Community Church Hall, 2 Cutler Parade, North Ryde

Leader Kerry Silver

Stepping On Beecroft (Monday am)

Commences Monday 6th May (concludes 24th June ~No group 10th June Public Holiday)

Time 10:00 am – 12:00 noon

Venue Beecroft Presbyterian Church Hall, 1A Mary St, Beecroft (*access carpark via 6a Welham St*)

Leader Lisa Newell

Stepping On Pennant Hills (Monday pm)

Commences Monday 6th May (concludes 24th June ~No group 10th June Public Holiday)

Time 1:30 – 3:30 pm

Venue Pennant Hills Community Health Centre, 5 Fisher Ave, Pennant Hills

Leader Lisa Newell

Stepping On Gladesville (Monday) PH

Commences Monday 6th May (concludes 24th June ~No group 10th June Public Holiday)

Time 10:00 am – 12 noon

Venue Community Room, Blandville Court, 101-103 Victoria Road, Gladesville

Leader Nadia Williams

Stepping On Cammeray (Tuesday)

Commences Tuesday 7th May (concludes 18th June)

Time 1:30 – 3:30 pm

Venue St George Community Housing, 45 Amherst Street, Cammeray

Leader Kerry Silver

Stepping On North Epping (Wednesday) PHN

Commences Wednesday 8th May (concludes 19th June)

Time 10:00 am – 12:00 noon

Venue All Saints Anglican Church, 295 Malton Road, North Epping

Leader Julie Wakeman

Stepping On Lane Cove (Wednesday)

Commences Wednesday 8th May (concludes 19th June)

Time 10:00 am – 12:00 noon

Venue Living & Learning Centre, 180 Longueville Rd, Lane Cove

Leader Karen Chestney

Stepping On Royal Rehab (Thursday)

Commences Thursday 9th May (concludes 20th June)

Time 10:00 am – 12:00 noon

Venue Clive Austin Conference Centre, Royal Rehab, 235 Morrison Rd, Ryde

Leader Tricia Rooney

Stepping On Avalon (Thursday)

Commences Thursday 9th May (concludes 20th June)

Time 10:00 am – 12:00 pm

Venue Avalon Annexe, Dunbar Park, 3 Bowling Green Lane, Avalon Beach (*parking in Avalon RSL carpark*)

Leader Nadia Williams

Stepping On Mandarin (Friday) PH

Commences Friday 10th May (concludes 5th July ~No group 5th & 28th June)

Time 2:00 – 4:00 pm

Venue Community Room, Blandville Court, 101-103 Victoria Road, Gladesville

Leader Christina Liu

Stepping On RNSH Cantonese (Thursday)

Commences Thursday 16th May (concludes 27th June)

Time 10:00 am – 12:00 noon

Venue RNS Community Health Building, Level 3 2C
Herbert Street, St Leonards

Leader Charis Tse

Stepping On Mosman (Tuesday) PHN

Commences Tuesday 21st May (concludes 2nd July)

Time 9:30 am – 11:30 am

Venue The Melody Room, Mosman Art Gallery, 1 Art
Gallery Way, Mosman

Leader Anna Stackpool

Stepping On Manly Vale (Thursday) PHN

Commences Thursday 23rd May (concludes 4th July)

Time 9:30 – 11:30 am

Venue St Kierans Hall, 1 King St, Manly Vale

Leader Anna Stackpool

Stepping On Willoughby (Monday) CHC

Commences Monday 13th May (concludes 1st July

~No group 10th June Public Holiday)

Time 1:00 – 3:00 pm

Venue Willoughby Day Centre, 114 Sydney St, North
Willoughby

Leader Catholic Health Care

Stepping On Cherrybrook (Thursday) CHC - FULL

Commences Thursday 16th May (concludes 27th June)

Time 10:00 am – 12:00 noon

Venue Woodlands Retirement Village, 2 Kitchener
Road, Cherrybrook

Leader Catholic Health Care

Stepping On Wahroonga (Thursday) CHC

Commences Thursday 16th May (concludes 27th June)

Time 1:00 – 3:00 pm

Venue McQuoin Park Leisure and Wellness Club
35 Pacific Hwy, Wahroonga

Leader Catholic Health Care

Stepping On Mona Vale (Wednesday) CHC

Commences Wednesday 22nd May (concludes 3rd July)

Time 1:00 – 3:00 pm

Venue Charles O'Neill Village, 35 Vineyard St, Mona
Vale

Leader Catholic Health Care

Stepping On Lane Cove (Tuesday) CHC - FULL

Commences Tuesday 21st May (concludes 2nd July)

Time 10:00 am – 12:00 noon

Venue Northcott Gardens Retirement Village, 92
Burns Bay Rd, Lane Cove

Leader Catholic Health Care

**IF ANYBODY IS INTERESTED IN GROUPS THAT ARE YET TO BE CONFIRMED OR FULL, PLEASE
PROVIDE REGISTRATION DETAILS TO THE LEADER FOR INCLUSION IN FUTURE GROUPS.**

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