

**Macleay Island Community Hall**  
**Southsea Terrace**  
**Phone: (07) 3409 4222**



**B.I.C.S.I Russell Island**  
**55 Jackson Road Russell Island**  
**(07) 3409 1177**

**Activity: M.I. Craft Group**

Day: Monday Time: 9.00am—12.00pm  
 Contact: Noleen Phone: 07 3409 4054

**Activity: M.I. Martial Arts Inc.**

Day: Tue, Thurs Time: 5.00pm—7.00pm  
 Contact: Martyn Phone: 07 3409 5357/0408 076 760

**Activity: M.I. Martial Arts Inc.**

Day: Friday Time: 6.00pm—8.00pm  
 Contact: Martyn Phone: 07 3409 5357/0408 076 760

**Activity: Bay Island Music**

Day: Wed Month Time: 12.00pm—3.00pm  
 Contact: Ricki Phone: 0407 620 656

**Safe Harbour Family Church meet in "The Hut"**

**Sunday Service Time: 10am—12pm**

First Sunday of the month, please bring a plate to share

**Activity: KIDS Music**

Day: Wednesday Time: 9.00am—11.00am  
 Contact: Debbie Phone: 0468 388 062

**Activity: Ladies Craft**

Day: Wednesday Time: 11.30am—2.00pm  
 Contact: Margarita Phone: 0438 182 648

**Activity: Ladies KYB Bible Study**

Day: Thursday Time: 9.00am—11.00am  
 Contact: Margarita Phone: 0418 182 648

**Activity: Aussie Mens Network**

Day: Thursday Time: 9.00am—11.00am  
 Contact: Fred Phone: 0418 182 648

**Activity: Youth Group (Grade 6 upwards)**

Day: 2nd & 4th Friday Time: 6.00pm—8.30pm  
 Contact: Debbie Phone: 0468 388 062

**Activity: Giggle and Craft Group**

Day: Monday Time: 9.00am—12.00pm  
 Contact: Joan Phone: (07) 3409 1434

**Activity: Mah-jong, Bridge, and Scrabble**

Day: Mon 12.30pm-3pm, Wed 12pm-3pm  
 Contact: Dini Phone: 0437 949 351

**Activity: Bingo**

Day: Tuesday Time: 9.00am—12.00pm  
 Contact: Caroline Phone: (07) 3409 1322

**Activity: Girls & Guys Line Dancing**

Day: Thursday Time: 11.30am—3.00pm  
 Contact: Joanne Phone: 0419 999 540

**Activity: Performing Arts**

Day: Thursday Time: 4.00pm—6.00pm  
 Contact: Mia Phone: 0422 096 621

**Activity: Young at Heart Morning Tea**

Day: 1st Friday monthly Time: 9.30am—12.00pm  
 Contact: Carmela Phone: 0407 594 746

**Activity: Take Charge**

Day: Wednesday Time: 9:00am—12:00noon  
 Contact: Ian Phone: 0401 550 670

**Activity: Women Working in Togetherness**

Day: Saturday Time: 9.30am—12.00pm  
 Contact: Penny Leader Phone: 0411 346 510

**Activity: Art/Painting**

Day: Tue, Thurs Time: 5.00pm—7.00pm  
 Contact: Phone: (07) 3409 4100

**Activity: Pottery**

Day: Mon, Wed, Sat Time: 10.00am—12.00am  
 Contact: Phone: (07) 3409 4100

**Macleay Island Arts Centre**  
**95-97 Coast Road Macleay Island**

# Activities on Macleay Island

## Activity: Renegades & Writers Group

Day: Enquire Time:  
Contact: Ian & Robbie Kirk Phone: (07) 3409 5886

## Activity: Transformation Yoga

Day: Varies Time: Varies  
Contact: Anna Phone: 0431 325 887

## Activity: Yoga, Pilates, Tai Chi

Day: Varies Time: Varies  
Contact: Kiti Phone: 0400 463 443

## Activity: Tai Chi/Qigong

Day: Varies Time: Varies  
Contact: Jackie Phone: 0411 182 156

## Activity: Integral Yoga

Day: Monday Time: 6.30pm—9.00pm  
Contact: Meryl Phone: 0437 876 813



## Visiting Consultants Russell Island 55 Jackson Road Russell Island (07) 3409 1177

### Consultant: Podiatrist—Jo Byster

Day: Second Friday Time: 9.00am—3.00pm  
Contact: Joanne Phone: (07) 5534 7897

### Consultant: Psychologist—Travis Gee

Day: Friday Time: 9.00am—13.00pm  
Contact: Dr Travis Gee Phone: 0409 599 364

## Visiting Consultants Macleay Island Southsea Terrence Macleay islands (07) 3409 4222

### Consultant: Podiatrist—Jo Byster

Day: Friday Fortnightly Time: 9.00am—3.00pm  
Contact: Joanne Phone: (07) 5534 7897

# Activities on Russell Island

## Activity: Island Voices

Day: Wednesday Time: 7.30pm—9.00pm  
Contact: Phil Phone: 0431 861 857

## Activity: Russell Island Table Tennis Club

Day: Monday Time: 6.00pm—9.00pm  
Contact: Siobhan Phone: 0406 108 882

## Activity: Russell Island Community Gardens

Day: 1st & 3rd Sunday Time: 8.00am—12.00pm  
Contact: Brenda Phone: (07) 3409 2814

## Activity: Russell Island Community Mosaics

Day: Thursday Time: 8.30am—12.00pm  
Contact: April Phone: (07) 3409 1050

## Activity: Russell Island Men's Shed

Day: On Inquiry Time: Daytime  
Contact: Ian Phone: 0447 771 001

## Activity: Stingrays Rugby Club

Day: Seasonal Time: Seasonal  
Contact: President Norm Phone: (070) 3409 117

## Activity: Bay Islands Junior Soccer Club

Day: Seasonal Time: Seasonal  
Contact: Mick Phone: 0401 483 079

## Activity: Russell Island Garden Club

Day: 3rd Tues of month Time: Enquire  
Contact: Helen Phone: (07) 3409 1130