

## ballina area activities

The purpose of this factsheet is to bring together information on a diverse range of activities that can be enjoyed in the Ballina Shire. Some are specifically for senior members of our community, while others are open to all. The cost to participate in the activities listed also varies.

The listing of these options does not represent DAISI's endorsement of particular activities or businesses.

The information contained in this factsheet was current at the time of publication. Please contact activity organisers for the latest information and to get involved.



ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Australian Volunteer Coast Guard Association</b> – Ballina Flotilla 6686 2849	7.30pm 2nd Tues of month Ballina RSL
<b>Ballina Dementia Friendly Community Café</b> Lou 0448 097 938 lou@hiscgoldcoast.com.au	10.00am – 12.00pm 1st Wednesday every month Café Sebastian Shop 36 Ballina Fair Shopping Centre Host -Ballina Shire Dementia Friendly Community Alliance
<b>Ballina Boat Hire</b> 0402 028 767	On water at rear of 268 River St (end of Kerr Street) BBQ boats (max 8 people) and tinnies with canopies (max 4) No license required and fishing equipment available
<b>Ballina Radio Yacht Club</b> John McGuinness 6686 6242	Saturdays Prospect Lake or Chickiba Lake East Ballina
<b>Out of the Blue Adventures</b> 0407 522 422 info@outoftheblueadventures.com www.outoftheblueadventures.com	Whale (Byron Bay)/Dolphin Watching, River Cruises and Charter Tours
<b>Fozie's Fishing Adventures</b> 0427 834 376 fozie64@bigpond.com www.foziesfishing.com.au	6.00am - 12.00am daily Game, Deep Sea, Calm Water River Beginners to Experienced all equipment supplied Light refreshments are served
<b>Line Dancing (beginners)</b> Cath 6681 1452	9.30am Wigmore Hall 26 Swift St Ballina
<b>Indoor Bowls</b> Kerry Thurs: 6681 6460 Anne Tue: 6686 7371	1.00pm Thursday and Tuesday Wigmore Hall 26 Swift St Ballina Names in by 12.45pm
<b>Seniors Bridge Club</b> Noelle 6686 7367	Wednesday and Saturdays 12.00pm Senior Citizens Hall - Wigmore Hall 26 Swift St Ballina
<b>Tai Chi</b> Chris on 0419 286 935	8.30am and 5.30pm Wednesday Senior Citizens Hall – Wigmore Hall 26 Swift St Ballina

ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Yoga</b> Clara 6681 5242	6.00pm Monday, 7.30am Thursday Senior Citizens Hall - Wigmore 26 Swift St Ballina
<b>Ballina Contract Bridge Club Inc</b> 6681 5533	Bridge Centre North Creek Rd Ballina
<b>Lennox Head Bridge Club</b> Janet Brown 6683 4309 janetbefore@gmail.com www.lennoxheadbridgeclub.org	9am Tuesday and 9.30am Friday Club Lennox Stewart St Lennox Head
<b>Ballina RSL Museum</b> Bill Thompson 6687 7546 or 0484 192 546 for guided tours	Open during trading hours of the Ballina RSL Club 240 River Street Ballina Military memorabilia from the Boer War through to more recent Peace Keeping deployments.
<b>Ballina Naval and Maritime Museum</b> 6681 1002 www.ballinamaritimemuseum.org.au	7 days 9.00am to 4.00pm Behind Ballina Visitor Centre Home of the Las Balsas Raft, navy battle ships, wheel house, torpedo, WRAN memorial and uniforms Admission by donation Children to be accompanied by an adult
<b>Ballina Air T&amp;G Heli Tours</b> 66814 4915 www.airtg.com.au	Hangar 1 Ballina Airport Georgie Flight packages available
<b>Ballina Bicycle Emporium Bike Hire</b> Mark 6681 4054 info@thebicycleemporium.com.au thebicycleemporium.com.au	2/158 River St Ballina Hires town, mountain racing and children's bikes
<b>Alstonville Cycle Group</b> Greg 0419 997 473	6.30am Tuesday and Thursday (small rides) and 6.30am Saturday (large ride) Club meets in carpark at Federal Hotel Alstonville
<b>Just Ride Cycles</b> 0418 150 217 or 66225 775 jrcycles@bigpond.com www.justridecycles.com.au	18/62 Wyrallah Road Lismore They work with riders and assist
<b>Alstonville Croquet Club</b> Daph 6628 5920	8.30am Monday for start at 9.00am Gap Road, near Quarry Alstonville
<b>Ballina Social Group</b> Sue 0417506856 Frank 0423 639 618	Outings once a month

ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Ballina Croquet Club</b> est 1936 Richard Hughes 0428 864 920 Julie 0407 405 523, Jean Hill 6686 9210 or Jenny 6686 2026	Cnr of Bentinck & Moon St, Ballina
<b>Lifeball Lennox Head</b> 6687 6291	9.30am Tuesday Lennox Head Community Centre
<b>Casino Croquet Club</b> Margaret Fardell 6662 6509	Monday and Wednesday Lennox Sreet Casino
<b>Yoga Music Kitchen</b> Jade Brave 0423 247 502 hello@yogamusickitchen.com www.yogamusickitchen.com	Move, Dance, Eat Find us on Facebook
<b>Wardell Knit and Knat</b> Sue Steel 6683 4994	9am to 12noon Thursday Wardell Community Hall
<b>Beginners Tai Chi</b> Margitta 6686 7581 answering service	
<b>Ballina Tennis Club</b> Mens – Martin 0498 355 616 Ladies – Sue 6682 5625	8.00am Tuesday Cherry Street Ballina
<b>Ballina Toy Library</b> Anne - Coordinator 0411 719 074 Email: ballinatoylibrary@gmail.com	9 Regatta Avenue Ballina Membership \$10.00 For preschool age children that live in Ballina Shire Has some wheel chair access Ballina toy library facebook page
<b>Ballina Petanque (Boules)</b> Keith 6681 3037 or 0432 359 569 Find us on facebook at Ballina Petanque Club	9.00am Tuesday 2.30pm Sunday in the cooler months 4.00pm Sunday Daylight Savings Time
<b>Rainbow Dragons Abreast</b> Email:doddyspock3@bigpond.com www.rainbowdragons.com.au	Dragon Boating
<b>Ballina Men's Shed</b> 0416 004 013 Graeme Eggins Email: gbeeggins@hotmail.com www.ballinamensshed.org.au	8am to 12noon Monday to Thursday 44 Fishery Creek Road Ballina
<b>Ballina Country Women's Association of NSW</b> Ms Janet Henderson 0435 323 079 Email: balcwa@hotmail.com.au	Getting involved in projects, campaigning on issues or becoming part of an interest group, the Ballina CWA Branch offers a diverse range of opportunities

ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Lennox Head Country Women's Association of NSW</b> Helen Smith 0468 720 134	
<b>"Royal" Teven Golf Course</b> 6687 8386	1684 Eltham Road Teven 9 hole golf links
<b>Woodburn Evans Head Gold Course</b> 6682 2385	45 Golf Links Road Woodburn 9 hole golf links
<b>Nia Australia</b> Yvette 0400 405 160 Sil 0402 630 184 www.niaaustralia.com.au	Bangalow, Lennox Head, Lismore and Ballina Discover Nia – Joyful movement for body and soul Positively shape the way you feel, look, think and live
<b>Ballina Golf Club</b> 6686 2766 www.ballinagolfclub.com.au	Jameson Avenue East Ballina
<b>Pimlico Ladies Charitable Hoi</b> Bart 0421 856 267	1st Monday of each month, picks up at RSL Club Ballina 12.45pm (Bus holds 11 people) for further details and individual pick up (West and Ballina Island only)
<b>Sing Australia Ballina</b> Karen Nurthen 0438 206 601 Kate 0400 121 528 www.singaustralia.com.au	6.45pm to 9.00pm Tuesday North Lakes Community Centre Singing group, no auditions, anyone can come along
<b>Ballina Funball and Carpet Bowles</b> Vivienne 6686 4570	9.30am to 11.30am Tuesday Presbyterian Church Hall Ballina Crane Street \$5.00 morning tea included
<b>Ballina Shire Concert Band</b> Athol 6686 0117 or 0407 458 022	
<b>Silversmith Community Singers</b> Helen Lockton 6681 6357 lochelen@gmail.com	Practice 5- 6pm Wednesday North Lakes Community Hall (\$2.00 to attend) Singing for fun and to bring fun to others in aged centers Please call before 1st attendance
<b>CWA Ballina</b> Janet Henderson 0435 323 079 balcwa@hotmail.com	Handicraft 9am-11am Wednesday Monthly business meeting 9am -11am the 3rd Monday of month
<b>Quota Club of Alstonville/Wollongbar</b> quotaalstonville@gmail.com	
<b>Being Wellness Centre</b> Phone office for activities days and times 1300 782 896	Quays Drive & River Street Ballina Gym and yoga classes, massage therapy, chair yoga, allied health services, occupational therapy, staying healthy eating well meal service Integrated Living

ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Ballina Swimming Pool</b> 6686 3771	7 days 4 River Street Ballina Single entry \$5.50 access ramps into all pools FINA compliant 50m heated pool with eight 2.5m wide lanes for competition swimming and water polo 25m x 15m heated enclosable pool can be used for swimming lessons, lap swimming and rehabilitation, Note: the Waterslide is privately owned and operated so entry fee to pool does not include entry to the Waterslide
<b>Ballina Water Slides</b> Lee and Vicki (Managers) 6686 3771	6am – 7pm Monday to Friday, 8am – 6pm Saturday 9am – 5pm Sunday
<b>RSL Ballina Lighthouse Day Club</b> Contact Peggy before attending 6686 8937	10am – 2pm Thursday Ballina RSL Club Richmond Rooms River Street Ballina Variety of activities including gentle exercises, entertainment, guest speakers, quizzes and games Open to those living in Ballina area who through age/or disability have difficulty getting out and socialising Morning tea and lunch provide
<b>VIEW Club Ballina</b> Contact Vicki before attending o confirm numbers for lunch 0413 993 980 ballinadayview@gmail.com	11.00am 4th Wednesday of the month Ballina RSL Club River Street Ballina Monthly luncheon meeting with an interesting guest speaker, regular social outings, represent Ballina Prawn Festival parade, and the ANZAC Day March Fundraising efforts include raffles, trading tables, and supporting The Smith Family Toy and Book Appeal at Christmas supporting our Australian disadvantaged kids
<b>VIEW Club Lennox Head</b> Sue 0407 255 570	1st Monday of every month at Lennox
<b>Matts Golf Centre &amp; Driving Range</b> Phone: 02 6681 3377	Open 7 days from 9am 119 Smith Drive West Ballina Club hire, gully equipped, demo clubs and birthday parties
<b>Summerland House Farm</b> House with no Steps 6628 0610 www.summerlandhousefarm.com.au	Open 7 Days, 9am–4pm 253 Wardell Road, Alstonville NSW 2477 Free Entry Magnificent gardens, picnic and playground area, tractor rides, waterpark, Cawley Cottage gift shop and Cafe, Retail Nursery and Sub Tropical Fruit
<b>The Macadamia Castle</b> 6687 8432 info@macadamiacastle.com.au www.macadamiacastle.com.au	149 Hinterland Way Knockrow Wildlife, mini golf, cafe, gourmet foods, train rides, adventure treehouse, farm animals, rabbit petting, kangaroo and sugar glider feeding

## ballina shire activities

ACTIVITY	WHEN, WHERE & OTHER DETAILS
<b>Ballina Friends of the Library</b> 6686 2487	1st Monday of month Ballina Library, River Street Ballina
<b>Summerland Antiques Collectables and Garden Centre</b> 6686 0211	9.00am – 5.00pm 7 days a week Cnr Pacific Highway and Smith Drive West Ballina Free entry
<b>The Local Trail Antiques Old Wares &amp; Collectables</b> 6686 0588	Collect a trail list from Ballina Visitor Centre River Street Ballina (near swimming pool) Follow the trail of dealers/traders in the Far North Coast
<b>Discovery Nature Walks and Tours</b> <ul style="list-style-type: none"> <li>• Victoria Park Nature Reserve</li> <li>• Mebbin National park</li> <li>• Cape Byron Marine Park</li> <li>• Bundjalung National Park</li> <li>• Arakwal National Park</li> <li>• Broadwater National Park</li> <li>• Marshalls Creek Nature Reserve</li> </ul>	Pick up a list of all walks and tours in the Northern Rivers Region from the Ballina Visitor Centre Cnr River St and Las Balsas Plaza 1800 777 666

## LOCAL MARKETS

<b>Ballina Farmers Market</b> ballinafarmersmarket@gmail.com	Every Sunday 7am – 11am Commemoration Park, Bentinck St, Ballina
<b>Brunswick Heads Markets</b> 026628 4495	1st Saturday of month 7am – 2pm Memorial Park, Fawcett St Brunswick Heads
<b>Byron Bay Markets</b> sundaymarkets@byroncentre.com.au	1st Sunday of month Beach Front, Main Beach, Byron Bay
<b>Lismore Car Boot</b> Marny 0437 995 859 lismorecarbootmarket@gmail.com	1st Sunday of month 7.30am – 2pm Lismore Square, Uralba St & Brewser Street, Lismore
<b>Lennox Head Market</b> 0414 728 487 lennoxmarket@gmail.com	2nd Sunday of month Williams Reserve, Park Lane, Lennox Head
<b>Nimbin Market</b> 0458 506 000	3rd Sunday of month 8am – 3pm Community Centre Cullen St
<b>Evans Head Market</b> 0435 008 092	4th Saturday of month 7.30am – 1.30pm Recreation Reserve, evans Head
<b>Bangalow Markets</b> 6687 1911 info09@bangalowmarket.com.au www.bangalowmarket.com.au	4th Sunday of month 9am – 3pm Bangalow Showground