



Term 2 Activities 2019

HEALTH AND WELLBEING

Low Impact Exercises

Our Low Impact Exercise classes are suited to any fitness level, any age and are great at adding that little bit of exercise to your week. Thursday: 9.15-10am, Cost: \$5 per class.

Healthy Connections

Come along to this group and learn more about your health journey. Not focused on weight, this group is about making new friends and general advice to help you with a healthy lifestyle and connecting with your community. Thursday: 12pm to 2pm, Cost: \$2 per session.



Meditation & Spiritual Development

Learn about meditation and spiritual development. These classes will help you learn the value of meditation as well as teach you about spiritual development. Tuesday: 7pm, Contact the centre to book

Coeliac Support Group

A bi-monthly group which meets to provide support and information for people with Coeliac Disease. Call 0408 189 644 for more information including times and dates of the next meeting.

Tarot

Learn the meaning of the tarot cards and how to do readings in a relaxed and caring atmosphere. Please contact the centre to book.

SOCIAL AND SUPPORT

Herb and Cottage Plant Group

This is a monthly fellowship group with an accent on herbs and other plants. They have a different theme each month, including a set item of interest and a set plant or herb. 2nd Monday of each Month 11.30am-3.00pm (bring your lunch). Cost \$2 per session.

Grow

Grow is a weekly peer support group for mental wellbeing using a proven program to work on issues of depression, anxiety, social isolation, grief and loss etc. Call 0417 102 150 or 9528 2977. Wednesday: 1pm to 3pm. There is no cost for this program.

Live, Love, Laugh

This friendship group meets for six weeks throughout the term. Sessions include a variety of guest speakers and activities all in a relaxed and friendly environment. Thursdays: 10am-12pm, Gold Coin donation per session. Please contact the centre for commencement dates.

Link to Us

Come and meet new friends of all ages and abilities and join in with the different activities each week, craft, puzzles or just a read and chat. You can join in with your own knitting, crochet or other activity. Wednesdays: 9.30am-12pm, Cost: \$2



SPECIAL INTEREST

Playgroup

Weekly sessions where mums, dads or carers can come along with their young children for a morning of making new friends, stories and music in a relaxed social setting. Tuesdays from 10am-11am, Cost is a gold coin

Games Morning

Come along, meet new people and enjoy a morning of playing cards or board games such as scrabble. Wednesdays from 11am. Contact the centre for further information.

Family History

Are you interested in learning more about your family history? Join our friendly group with others who are also learning how to find out more about their family history. Friday: 10.00am-12.00pm, Cost: \$5 per session.

Men's Group

With no set topics, this group allows men to talk about what interests them whilst meeting new friends and relaxing in a comfortable atmosphere. Men of all ages are invited to join this group. There will be a cuppa and morning tea provided. Cost \$2

Death From Above 40K

This groups attends on Saturday from 12pm and is part of a gaming group that revolves around Warhammer 40,000, a popular table top game where you command an army of Citadel Miniatures. For more information please contact the centre on 5821 6172.

COMMUNITY SERVICES

Shepparton Food Share

If you are in need of food for you and your family, you can contact us for assistance. For further information please contact us on 58 216172.

Respite Room

Come inside, relax and have a cuppa in our respite room. Whether you want to get out of the heat, rain or cold or just sit and relax for a moment. Open Monday to Friday: 9am-3pm (except public holidays).

Community Lunch

We have regular community lunches, where everyone is welcome to come and have a meal with some lovely company. Contact us to find out dates of the next lunch.

Mobile Library

The mobile library stops outside the centre every second Monday from 11:30am to 1:15pm.

Manage Your Own Budget

We have a confident facilitator who can assist you with your budget. Bookings are essential. Cost is \$5 per session.

Red Cross /Eclipse First Aid

First Aid courses available through Red Cross or Eclipse, please contact the Red Cross on 1300 367 428 or Eclipse on 52010568 for further information.

Sam Sam Psychologist

Sam Sam Psychologist provides focused psychological and relaxation strategies as well as behavioural interventions. Appointments may be bulk billed. Call 0468 468 489.

We can also assist you with Room Hire, Computer Use, Shredding, Photocopying, Printing and More





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SKILLS AND TECHNOLOGY

Basic Computers

Learn how to use a computer. Learn about files/folders, email, the internet and Microsoft word basics. Consisting of 20 sessions spread over 10 weeks. Tuesday: 9.30am-10.30am & Friday: 1.00pm-2.00pm. Cost: \$80

Develop Your Job Skills

This pre-accredited course will help you get job ready. Whatever it is you need to learn about we can help. Computer skills, experience in our Op Shop with customer service and using a register, preparing for interviews or looking for work. 2 Hours once a week. Cost: \$80 for 10 weeks.

Return to Study Ready

Are you looking at returning to study but not sure you are ready? During this course you will learn the skills you require to enter into study. 2 Hours once a week. Cost: \$80 for 10 weeks.

Tablet and Smartphone Android

Learn how to use your smartphone or android device including all of the functions, personalisation, navigation and general use of your device. Tuesday: 11am-12pm & Friday: 2.30pm-3.30pm. Cost: \$5 per session.

iPad and iPhone - IOS

Bring your iPad/iPhone or use one of our iPads to learn the many functions of IOS devices including general use, navigation and personalisation. Monday: 1.30pm - 2.30pm. Cost: \$5

ENGLISH CLASSES

Conversational English

If you understand English and just want to practice developing your conversational skills, this program is for you. Make an appointment at the Centre, and we will introduce you to a mentor who will spend one hour with you chatting. You will learn everyday conversation to assist you to communicate when you are out and about in the community. Cost \$5 per session.

Australian Citizenship Practice

Do you need help to learn the Citizenship Test content so that you are ready to sit the national test? Book an appointment with us and begin to learn the important information you need to pass the test. By appointment only. Please contact the Centre to book.

Building Your Australian Resume

Are you new in Australia and looking for work? We can help create your Australian Resume. Bookings are essential. Cost is \$5 per session.

Very 'Basic' English

Are you struggling to learn to speak English? We will help you learn the basic words for you to start on your English language journey. To learn English, you must speak it. Ring or drop into the Centre to make an appointment. Cost \$5.00 per hour

ART AND CRAFT

Needle Magic

This group meets weekly to use a range of textiles and embroidery as the base for creations. You can even bring along your own project to work on. Monday: 10am to 3pm (bring your own lunch). Cost \$6 per session.

Learn to Sew

Like to know more about sewing? This program is run by a seamstress who will teach you anything you wish to know about sewing. For both beginners and the more advanced. Tuesday: 1pm -3pm, Cost: \$10 per session.

Art and Craft - Variety

Come along on Fridays for a morning of craft. There will be a variety of crafts covered during these sessions, from mosaic to modelling clay or a craft of your choice. Friday: 10am-12.30pm, Cost: \$5 per session.

Thursday Mosaics

Learn how to work with mosaics and how to design your own masterpiece; cut tiles, grout and complete your project. Come along and join in at any point. Thursday: 10am-12pm, Cost: \$5 per session



DON'T FORGET TO BOOK IN FOR.....

Increase Your Confidence

Consisting of 4 workshops with simple steps to change the way we think. Evolve and restore happiness. Tuesdays May 7, 10.30am - 12pm.

Rise Above To Be The Woman You Always Wanted To Be

Consisting of 8 workshops to build your confidence and help you in your everyday life. Mondays from 12:30pm.

Monthly Mysteries

Don't forget about our Monthly Mysteries. Each Monthly Mystery consists of a different event. Events such as sing-alongs, guest speakers, workshops, lunches and information sessions. People wanting to attend these sessions will need to contact the centre with their email address for us to be able to email them with the information for that months MYSTERY.

Boredom Busters

This is an exciting after school program for children in grades 3 to 6. This program is sure to please, with no technology just good old fashioned fun, games, make and do and cooking. Places for this program are limited so be sure to contact us to put your child's name on the list. This program will only run during the school term and costs \$5 per child.

Find us on Facebook or check out our website for more information

Don't forget our 'Garage Sale' is open Monday to Friday from 10am to 2pm. Drop in and grab a bargain.