

## Health and Wellbeing

### Hatha Flow and Vinyasa Yoga

Tuesdays | Wednesdays | Thursdays

5:30 - 6:30pm | \$132 term

Thursdays 6:30 - 7:30pm | \$132 term

Hatha Flow Yoga that focuses on posture and breathing.

Tuesdays and Thursdays 5:30pm all levels, Wednesdays advanced, Thursdays 6:30pm gentle.

Saturdays fortnightly | starting 12th October

9:00- 10:00pm | \$80 term | 5 sessions

Vinyasa Yoga for all levels.

### Chair Yoga

Tuesdays 4:00 - 5:00pm | \$132 term

Chair yoga, is one of the gentlest forms of yoga. It's great for beginners, seniors and those returning to physical activity.

### Circuit Training

Mondays | 10:00 - 10:45am | \$70 term

A group class designed at a level to suit all fitness levels and abilities that challenges you without pushing you to your limits.

### Strength and Conditioning

Mondays | 9:00 - 9:45am

Fridays | 9:00-9:45am and 10:00 - 10:45am | \$70 term

A class designed to maintain and build muscle through basic movements completed under tension.

### Women's Health Clinic

Tuesdays

8th Oct, 12th Nov, 3rd Dec | 10:00am - 2:00pm

A confidential health service for women & LGBTIQ+ people of all ages. The clinic will provide information, support, clinical services and appropriate specialist referral services in an informal and relaxed environment.

Bookings required 5824 1315.

A free health service for



Provide First Aid HLTAID011  
Childcare/OSHC HLTAID012  
CPR HLTAID009  
Friday 15th & Monday 18th November 2024  
4:00 - 7:00pm Evening Course  
CPR - \$75 | Provide First Aid - \$175  
Provide First Aid Childcare/OSHC - \$200  
Spots are limited so book now by calling 5824 1315.

Tatura Community House are proud members of



## Skills and Training

### Learn English

Mondays 6:00 - 8:00pm

**New Tutor!**

Full Fee \$10 | Concession \$8 per session

Is English your second language? Improve your spoken and written English with our new tutor Bonnie.

## Supporting Our Community

### Justice of the Peace

Mondays | 10:00am - 12:00pm | Donation

We have a Justice of the Peace on-site every Monday morning.

### Food Pantry - FREE!

If you or someone you know needs some food to help get through, we are here to help! We have essentials such as dry and canned food, personal hygiene and pantry essentials.

### Boomerang Bags - FREE!

Thursdays | 9:15am - 12:00pm | FREE

Join this friendly group and help us reuse and repurpose fabric.

A job for everyone - no skills necessary!

### Chop & Chat - FREE!

Tuesdays 8th & 22nd Oct, 19th Nov, 3rd Dec

10:00am - 1:00pm | FREE

Come and help us process fruit and vegetables to make yummy jams, sauces, chutneys & pickles and cook frozen meals for the community.

### Greater Shepparton City Council

#### Customer Service in Tatura



Wednesdays 9th Oct, 13th Nov, 11th Dec, 8th Jan

9:00am - 3:00pm

Make payments (non-cash only), ask questions and find out what's happening - the friendly Council Team will be here for all your inquiries.

### Housing for the Aged Action Group

Tuesdays 15th & 29th Oct, 12th & 26th Nov,

10th Dec | 10:30am - 12:00pm

This group offers free and confidential advice, support and advocacy to older people who are homeless, at risk of homelessness, or are wanting to plan their housing future.

Available to any person aged 50 years and older in Victoria



### Expression of Interest

#### Employable Me - Get Ready for Work



#### Introduction to Smartphones and Tablets

These 30-hour classes are great to learn new things to get better at finding work or navigating the digital world. Let us equip you with the right tools and skills!

## Social Groups

### Mah Jong

Wednesdays | 1:30 - 3:00pm | \$2 session

Would you like to learn the ancient game of Mah Jong? Then join our brand new Mah Jong group and enjoy learning and connecting with other people.

### Playgroup & A Cuppa

Tuesdays | 9:30 - 10:30am | FREE

Come and connect, interact and engage with your little ones through song and play in a judgment free zone and follow it up with a cuppa and a chat (cappuccino/latte/hot chocolate \$3).

### 54 Reasons Playgroup

Wednesdays | 10:00am - 12:00pm | FREE

Qualified Early Childhood Specialists will support your child to learn, socialise, establish routine and become school ready. You can also join in the fun and ask any questions about parenting.

### Coffee Hub Club

Tuesdays | 10:00 - 11:30am | \$3.00 coffee

Come along and meet & chat with other local friendly faces.

### Italian Ladies Social Group

Wednesdays | 1:00 - 3:30pm

Play tombola and enjoy Italian conversation.

### Tat Gathering - Morning Tea

Wednesdays 2nd Oct, 6th Nov, 4th Dec | 10:00 - 11:30am

Ross St Cafe | Food and drinks at own cost.

Meet new people and make new friends in Tatura. Come along and share morning tea on the first Wednesday of the month.

### Thursday Bridge

Thursdays | 1:00 - 3:00pm | FREE

Beginners welcome. Come along and have a go, we will teach you how to play. It's lots of fun!



### Homework Club - FREE TUTORING

Tuesdays @ the Library

Primary Students 3:45 - 4:30pm | FREE!

Come along for an interactive fun time in Maths and English.

Secondary Students 4:30 - 5:30pm | FREE!

Come along and finish your homework in a group environment. Qualified teachers are on-site to give you assistance.

## Get Creative

### Knitting, Sewing & Crochet

Tuesdays | 9:00am - 1:00pm | \$3 session

Come along and learn how to crochet, knit or sew.

### Spinning, Weaving and Fibre Arts

Tuesdays | 1:00 - 3:00pm | \$2 session

A space for spinning, weaving and other fibre related crafts. Come and join this group to learn and exchange experiences.

### LEGO Club

Fridays @ The Library

3:45 - 4:45pm | Gold Coin Donation

The LEGO Club is a creative hub where builders of all ages gather to explore themed build challenges and share their creations.

CELEBRATE THE HOLIDAY SEASON WITH US!

## Tatura Community House 2024 Christmas Party

Come along and join us in celebrating the festive season. BBQ and entertainment provided, BYO drinks and any food you wish to contribute.

**When:** Wednesday 11th December 6:00pm

**Where:** Tatura Community House 12-16 Casey St

**Cost:** FREE!

**TATURA COMMUNITY  
CUBBY HOUSE**  
CHILDCARE CENTRE



Tatura Community House is supported by



Tatura Community House is located on the lands of the Yorta Yorta people and we acknowledge them as Traditional Owners. We also pay our respects to their Elders, past and present, and Aboriginal Elders of other communities.

