

Health and Wellbeing

Hatha Flow Yoga

Tuesdays 5:30 - 6:30pm | Wednesdays 5:30 - 6:30pm
Thursdays 5:30 - 6:30pm and 6:30 - 7:30pm | \$130 term
Hatha Flow Yoga that focuses on posture and breathing.
Tue and Thu 5:30pm all levels, Thu 6:30 gentle and beginners,
Wednesdays advanced.

Vinyasa Yoga

Saturdays 9:00 - 10:00am | \$130 term
For all levels.

New Weekly Sessions!!

Chair Yoga

Tuesdays 4:00 - 5:00pm | \$130 term
Great for beginners, seniors, those returning to physical activity.

Circuit Training

Mondays 10:00 - 10:45am | \$70 term
A group class designed 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.

THT - Tummy Hips Thighs

Fridays 11:00 - 11:45am | \$70 term
THT is a fun workout with focus on toning and firming your lower body and strengthening your core and pelvic floor muscles.

New!

Women's Health Clinic



Tuesdays 4th Feb, 4th Mar, 1st Apr | 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 5824 1315.

A free health service for ♀ & 🏳️‍🌈

Fetal Alcohol Spectrum Disorder Training

Tuesday 25th Mar | 11:00am - 3:00pm | FREE
FASD is a lifelong developmental disability that can result from fetal alcohol exposure and is the leading cause of non-genetic developmental disability in Australia and the western world. A light lunch will be provided. Training provided by NOFASD Australia. For bookings call 5824 1315.

Tatura Community House are proud members of



Skills and Training

Learn English

Mondays 6:00 - 8:30pm
Full Fee \$10 | Concession \$8 session
Is English your second language? Improve your spoken and written English with our wonderful tutor Bonnie.

Family History Group

Thursdays 1:00 - 3:00pm | \$5 session
Track your ancestry and discover your heritage.

We're back!

First Aid Course

Monday 17th Feb | 9:00am - 3:00pm
CPR HLTAID009 - \$75 | Provide First Aid HLTAID011 - \$175
Provide First Aid Childcare/OSHC HLTAID012 - \$200
Bookings essentials, call 5824 1315.



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. There is a job for everyone - no skills necessary!

Chop & Chat - FREE!

Tuesdays 11th & 25th Feb, 11th & 25th Mar
10:00am - 1:00pm | FREE
Help us process fruit and vegetables to make yummy jams, sauces & chutneys and cook frozen meals for the community.

Housing for the Aged Action Group



Tuesdays 28th Jan, 11th & 25th Feb, 11th & 25th Mar,
10:30am - 12:00pm | FREE
Free and confidential advice, support and advocacy for older people who are homeless, at risk of homelessness or wanting to plan their housing future. For Victorians aged 50 years+.

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 10:30am - 12:00pm | Advanced | \$2 session
Wednesdays 1:30 - 3:00pm | Beginners | \$2 session
Would you like to learn the ancient game of Mah Jong? Join our 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 and follow it up with a cuppa and a chat (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.

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 5th Feb, 5th Mar, 2nd Apr | 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, it's lots of fun!

Follow
-US-



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

Mondays 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.

New Day!

Art for Wellbeing - Practice Mindfulness through Art

Mondays 3rd & 17th Feb, 3rd, 17th & 31st Mar
10:30am - 12:30pm | \$5 session
Open up your imagination and create your masterpiece, self-led or guided by our wonderful artist Fiona. Materials and projects provided if required. Bookings essential!

Tatura Women's Breakfast

Celebrate International Women's Day with us!

Guest Speaker: Ro Allen

Victorian Equal Opportunity and Human Rights Commissioner

Friday 7th Mar | 9:30 to 11:30am | \$30
Hilltop Golf & Country Club 71 Gowrie St
Bookings Essential



TATURA COMMUNITY CUBBY HOUSE
CHILD CARE CENTRE
OPEN 8:30AM TO 4PM
TUESDAY TO FRIDAY



Quality over quantity!
Small in size, big on care:
personal and individual
boutique childcare for 15
little stars.



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.