HOUSE BUZZ

WEST MOONAH COMMUNITY HOUSE

Term Two Newsletter 2019

Note from the Manager:

Term 1 has been extremely busy with some amazing cooking classes, plus art classes. We have been overwhelmed with the response to our classes and how quickly they are booking up.

Our major fundraiser for the year is coming up on Thursday 30th May, Wellness Fundraising Breakfast at Blunstone with guest comedian Peter Rowsthorn. To book your ticket visit https://westmoonahcommunityhouse.com/event-bookings/

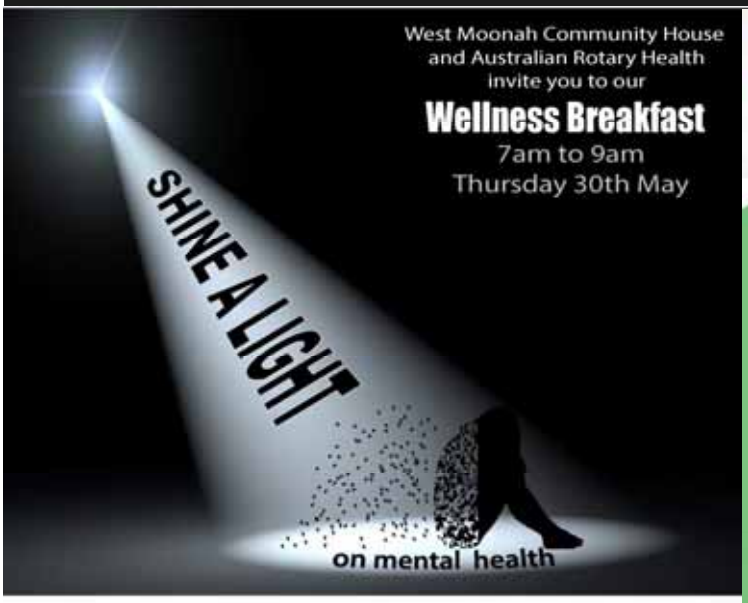
You can keep up to date and book classes online now. Our website has been revamped and we've added online booking and payment for classes. Be sure you check it out at here. www.westmoonahcommunityhouse.com

We have also welcome Mara Lovrin to our team as our Counsellor who is here every Wednesday and Ally Bongard as our new Wellness 360 Project Coordinator who is here every Tuesday, Wednesday and Thursday.

The House will be closing over Easter and Anzac Day
From 19th April to 28th April inclusive.
Preschool is closed for school holidays
15th April to 29th April inclusive.

In the Buzz

- Calendar and posters
- Shed Buzz—extension
- Preschool Buzz—booking for 2020
- Wellness Expo & Breakfast



Blundstone Arena Function Centre

15 Derwent Street Bellerive
Tickets available at
westmoonahcommunuityhouse.com/events/event-bookings
or phone 6273 2362

Start the day with a laugh

Special guest comic

Peter Rowsthorn

From Kath & Kim, Who do you think you are, I'm a Celebrity - get me out of here, The Comedy Company and more.

$65 per person
$585 for table of 10
Includes full breakfast and show

Silent Auction
Raffle

MC John X

A fundraising event for West Moonah Community House and Australian Rotary Health

ndis
National Disability Insurance Scheme

Baptcare

ndis
Information Sessions

Here is an oppportunity for NDIS participants or community members to gain individual information about the NDIS.

No appointment necessary,
just drop in and see your friendly
BAPTCARE representative
for information on:

- accessing the NDIS
- understanding your NDIS plan
- applying for a MyGov registration
- using the NDIS participant Portal
- registered NDIS service providers
- mainstream and community providers

A representative will be at the West Moonah Community House on the third Thursday of each month between 9am and 1pm.

West Moonah Community House

No RSVP required...No appointment necessary.

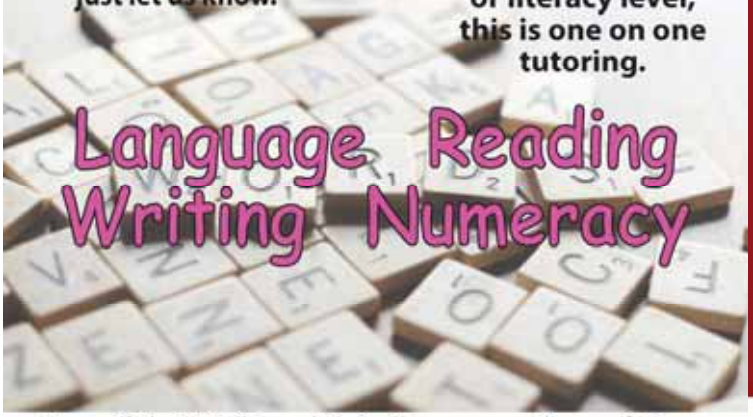
Tasmanian Government

West Moonah Community House

FREE
Literacy Tutoring

Need an interpreter?
No problems,
just let us know.

No matter your nationality or literacy level; this is one on one tutoring.



We are offering FREE literacy help to all persons over the age of 16 years.
Fully qualified literacy and numeracy tutor
To arrange your classes or enquire please call
6273 2362 or email info@westmoonahcommunityhouse.com

2019
Community Lunch Series

Tuesday 7 May (Neighbourhood House Week)
Tuesday 4 June
Tuesday 2 July
Tuesday 6 August
Tuesday 3 September

12.30pm - 2pm

Cost - $15 (includes 2 course meal)
BRING SOME SMALL CHANGE FOR THE RAFFLE

Bookings essential - tell a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

Garden Buzz

Our Garden is open all day 7 days a week. Garden coordinators available from 9am to 1pm Tuesday to Friday

Located: Cr Winbourne and Springfield Ave West Moonah

Well we are now saying goodbye to our wonderful summer crops, What a fantastic summer it was. Autumn is the time for us to start readying for our winter crops and rejuvenating the soils. If you would like to be involved in our community garden all you need to do is pop into the house and have a chat with one of the lovely staff.

Visit the website https://www.westmoonahcommunityhouse.com/garden.html Like us on Facebook https://www.facebook.com/pages/West-Moonah-Community-Vegetable-Garden

Shed Buzz

Our Community Shed is open 9am to 12.30pm Monday to Friday and other times by appointment.

Located; next to the Garden on the Corner Winbourne and Springfield Ave West Moonah.

We are so pleased to announce that our shed extension is complete and open ready for use. Our timeline blew-out by two months but was well worth the wait. Please make time to visit the shed one morning Monday to Friday and check out the changes.

Due to the extension we are looking for more volunteers, people with an interest in woodwork, metalwork and helping others either talk to us at the house or a chat with one of the supervisors at the shed to see what is involved.

Visit the website https://www.westmoonahcommunityhouse.com/shed.html and like us on Facebook https://www.facebook.com/westmoonahcommunityshed/

Preschool Buzz

Our Community Preschool is open 9am to 2.30pm Tuesday to Thursday and other times by appointment. Playgroup is on Fridays.

Located;
130 Springfield Ave
West Moonah.

Preschool is now full for 2019 with a wait list. Get in early to book your child in for 2020.

We have new exciting changes happening in our playground. We'll keep you posted.

Visit our new website for all the important dates and information.

Visit our website http://www.westmoonahcommunitypreschool.com/ and like us on Facebook https://www.facebook.com/westmoonahcommunitypreschool/

Food Co-op Buzz

Our Co-op offers fresh fruit and vegie boxes, free range eggs and delicious meat trays at reasonable prices.

Located;
130 Springfield Ave
West Moonah.

We farewelled Nicki from food-coop, and have welcomed Karen as one of our volunteers who is looking after the food co-op for us. Karen is available on Wednesdays if you have any queries. You must have your orders in by 12 noon on Wednesday of each week, for delivery and pickup the following Wednesday. Don't forget you can order online on our website.
https://www.firstchoicefoodcoop.com/

Visit First Choice Food Co-op website http://www.firstchoicefoodcoop.com/ and Facebook page https://www.facebook.com/FirstChoiceFoodCoop/

West Moonah Community House

WELLNESS 360°

FILIPINO COOKING CLASS

Monday 6th May 2019
6.30pm to 8.30pm
Cost: Members - $25 per person

Come and cook some delicious Filipino dishes with Florence.

Book on our website or phone 6273 2362
https://westmoonahcommunityhouse.com/available-classes/

West Moonah Community House
130 Springfield Ave West Moonah

KOKEDAMA

The Twisting Tree

Kristy share her knowledge of this beautiful artform of Kokedama making. Kokedama is a form or Japanese garden art that is centuries old and tied into the practice of Bonsai.

Wednesday 8th May
6.30pm to 8.30pm

Cost $55
(includes 1 medium & 1 small)

West Moonah Community House

Bookings essential - call 6273 2362 or bookonline at
https://westmoonahcommunityhouse.com/available-classes/

West Moonah Community House

West Moonah Community Shed

This looks like fun.
Take control of your farewell.

Want to know more?

You can call 6273 2362 or email info@westmoonahcommunityhouse.com
Bookings https://westmoonahcommunityhouse.com/available-classes/

West Moonah Community Shed
Cr Winbourne & Springfield Ave West Moonah

MACRAMÉ

Beginner Wall Hanging Workshop

For people with little or no experience with Macrame and is one of our recommended beginner classes.

This class will cover:
- Basic macrame terms
- How to set up your working environment
- Three basic macrame knots

Participants will leave with one completed wall hanging and a booklet containing instructions for the 5 major Macrame knots.

hannah webster design

Sunday 19th May
2pm - 5pm
Cost $55

West Moonah Community House

Bookings essential - call 6273 2362 or bookonline at
https://westmoonahcommunityhouse.com/available-classes/

West Moonah Community House

LEARNING

Wellness 360°

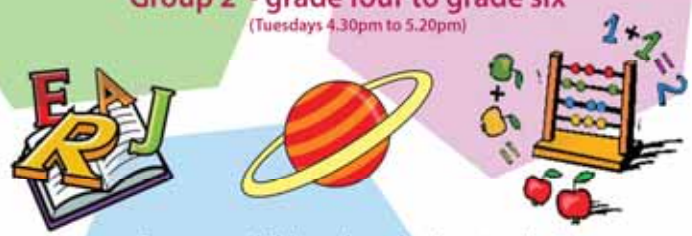
We offer help for students in our

T A S
Tutoring After School

Two different sessions available.
Commencing Tuesday 30th April 2019 for Term 2

Group 1 - grade one to grade three
(Tuesdays 3.30pm to 4.20pm)

Group 2 - grade four to grade six
(Tuesdays 4.30pm to 5.20pm)



Does your child need academic extension?
Or further support with school work?
BOOK IN NOW - Cost $100 for term.

Fully qualified tutor.
To arrange your classes or enquire please call
6273 2362 or email info@westmoonahcommunityhouse.com

Tasmanian Community Fund

Supported by Tasmanian Government

West Moonah Community House

Presbyterian Care Tasmania

TINY TALKERS
PLAYGROUP

A SPEECH PATHOLOGIST SUPPORTED PLAYGROUP

Bring your little one along to join in our fun activities designed to encourage speech and language development. Stay around to have a chat and have your questions answered by Speech Pathologist, Helen Hall from Hobart Communication Clinic.

MONDAYS 1-2:30PM IN TERM 2
Commencing 29th April

WEST MOONAH COMMUNITY HOUSE
130 Springfield Avenue, West Moonah
Enquiries: 6288 7378

FREE SESSIONS

Funding for this Program is provided by Presbyterian Care Tasmania
ABN: 36 429 960 466

West Moonah Community House

Anglicare Tasmania

1-2-3 Magic & Emotion Coaching
PARENT COURSE

Childcare available (please advise on booking)

Gain skills in handling everyday life challengers that come with difficult behaviour in children 2—12 years old. Learn how to encourage good behaviours.
For more information go to www.parentshop.com.au

When: Mondays, 17th & 24th June & 1st July 2019
Time: 9.30am to 12noon (BYO morning tea)
Where: 130 Springfield Ave, West Moonah
Cost: $20.00 for course

To book visit:
www.westmoonahcommunityhouse.com/available-classes/
Phone: 62732362 Email: info@westmoonahcommunityhouse.com

Supported by Tasmanian Government

Fridays 10.30am to noon
(during school terms)

Phone: (03) 6273 2362
Email: preschool@westmoonahcommunityhouse.com
Website: www.westmoonahcommunitypreschool.com

130 Springfield Ave West Moonah

West Moonah Community House

$3 per child
BYO hat, drink and morning tea

Supported by Tasmanian Government

Does Your Back Still Hurt?

Reclaim your Natural Posture with the Gokhale Method®

Saturday - June 1st 10am - 11:30am

Join Michelle for a FREE 1.5 Hour workshop and learn to live Pain-Free!

West Moonah Community Centre

Register online: gokhalemethod.com/Michelle_Ball

Or, you can call to book or get more Information: 0428 223 271

In this workshop, you'll start to learn the why and the how of the Gokhale Method. We begin by showing you how to stretchsit. This is a way of sitting back in a seat and giving yourself gentle traction, which eases compression in your spine and stretches out tight or spasming back muscles. In this short amount of time, you will be introduced to techniques which will allow you to:

- **Reduce or eliminate back, neck, muscle and joint pain**
- **Prevent muscle and joint degeneration and injury**
- **Increase your energy, stamina, and flexibility**
- **Reduce stress and improve your appearance**
- **Effects are often immediate and last a lifetime.**

www.gokhalemethod.com • Michelle 0428 223 271

Infant Massage Course

ENROLMENTS ARE NOW OPEN!

Learn a set of life skills that your infant will take with them and thank YOU, throughout their childhood.

Infant massage is a great way to connect and bond with your child.

Infant massage engages in 'safe and healthy' attachment behaviours and nurtures early social development of your child.

Infant massage also relieves colic, wind & constipation.

Watch your child thrive through massage.

Marija from Olea's Nest promises to provide you and your child a relaxed and nurturing environment!

Where: West Moonah Community House

When: Mondays (6/5, 13/5, 20/5 & 27/5)

Time: 1st Class: 10am start
2nd Class: 12 noon start
(class runs for 90 mins, allows for set up and packing up time)

Cost: $90 (valued at $120)
A deposit of $40 upon enrolment.
Balance to be paid at first class.

If you wish to enrol or want to find out more, contact Marija of Olea's Nest on 0403 237 302 or marija@oleamassage.com.au
www.oleamassage.com.au
Facebook: @OleasNest

Gokhale Method Foundations Course

Primal Posture™ for a pain-free life

Hobart - June 8th & 9th

GOKHALE METHOD FOUNDATIONS

Changing posture is one of the simplest and most powerful ways of reducing pain and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise. Attain a new level of wellness and journey into the anthropology, history, and anatomy of human structure and movement.

You learn techniques to:

- Reduce or eliminate back pain, neck pain, and other muscle or joint pain
- Prevent muscle and joint degeneration and injury
- Increase your energy, stamina and flexibility
- Reduce stress and improve your appearance
- Effects are immediate and last a lifetime.

How it works

You will learn to sit, sleep, stand, walk, and bend in ways that protect and strengthen you instead of wear and tear you.
In relearning these everyday actions, you will reposition and reshape your shoulders, arms, neck, torso, pelvis, hips, legs, and feet the way they were designed to be. You will develop a high level of confidence in and sense of control over your well-being.

DATES:
Course: Sat & Sun - Jun 8th & 9th

TIMES: 9-3pm Both Days

LOCATION:
West Moonah Community Centre
130 Springfield Ave, Moonah TAS

Sign up:
www.gokhalemethod.com/Michelle _Ball

Info Call: 0428 223 271

Michelle Ball
Qualified Gokhale Method® Teacher
is a massage therapist and body worker devoted to helping people relieve pain and tension in their bodies. In seeing clients loose the ability to move freely and perform activities they loved, she wanted to help self-empower them more on a daily basis. The Gokhale Method offers this solution in the form of Pain-free living 24/7!

Register online: gokhalemethod.com • Ph: 0428 223 271 • michelle@gokhalemethod.com

What's Cooking in Moonah

A Community dinner with a 2 course meal for all to enjoy (all vegetarian).

ALL WELCOME

COST
ADULT $15PP
CONCESSION $10PP
$25 PER FAMILY
(2 adults and children)

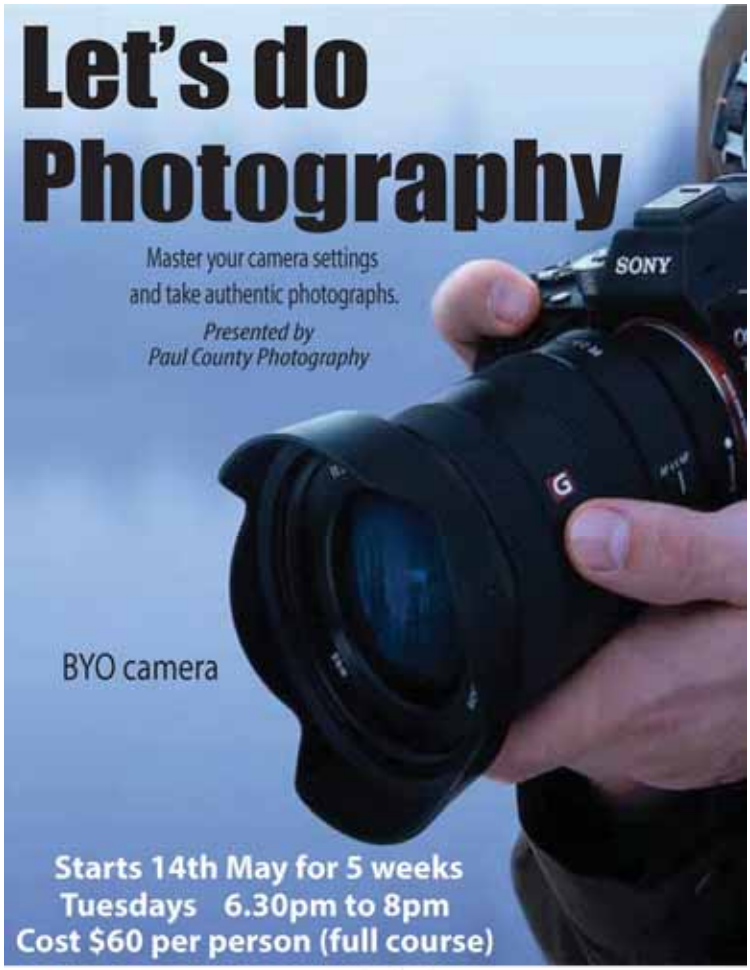
Friday 31st May

2 BOOKING TIMES AVAILABLE
6PM TO 6.45PM
OR 6.45PM TO 7.30PM
At West Moonah Community House
130 Springfield Ave
West Moonah

West Moonah Community House

To book your spot or enquire please call 6273 2362
or visit www.westmoonahcommunityhouse.com/available-classes

Let's do Photography



Master your camera settings
and take authentic photographs.

Presented by
Paul County Photography

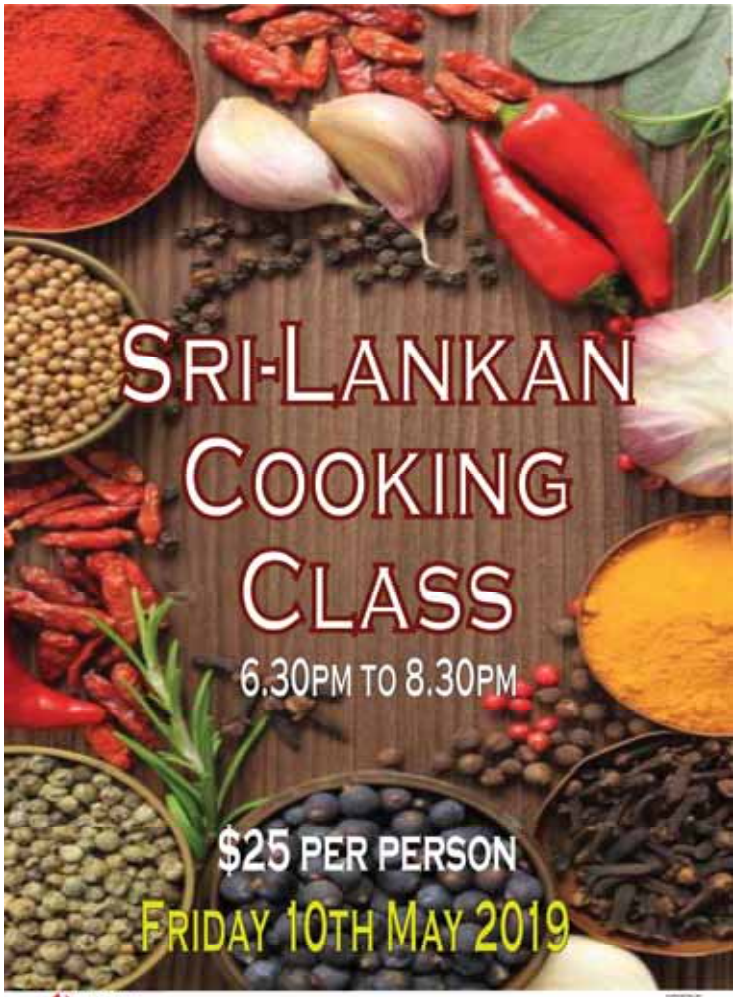
BYO camera

Starts 14th May for 5 weeks
Tuesdays 6.30pm to 8pm
Cost $60 per person (full course)

West Moonah Community House

Book online at
https://westmoonahcommunityhouse.com/available-classes/
or phone 6273 2362

Tasmanian Government



Sri-Lankan Cooking Class

6.30PM TO 8.30PM

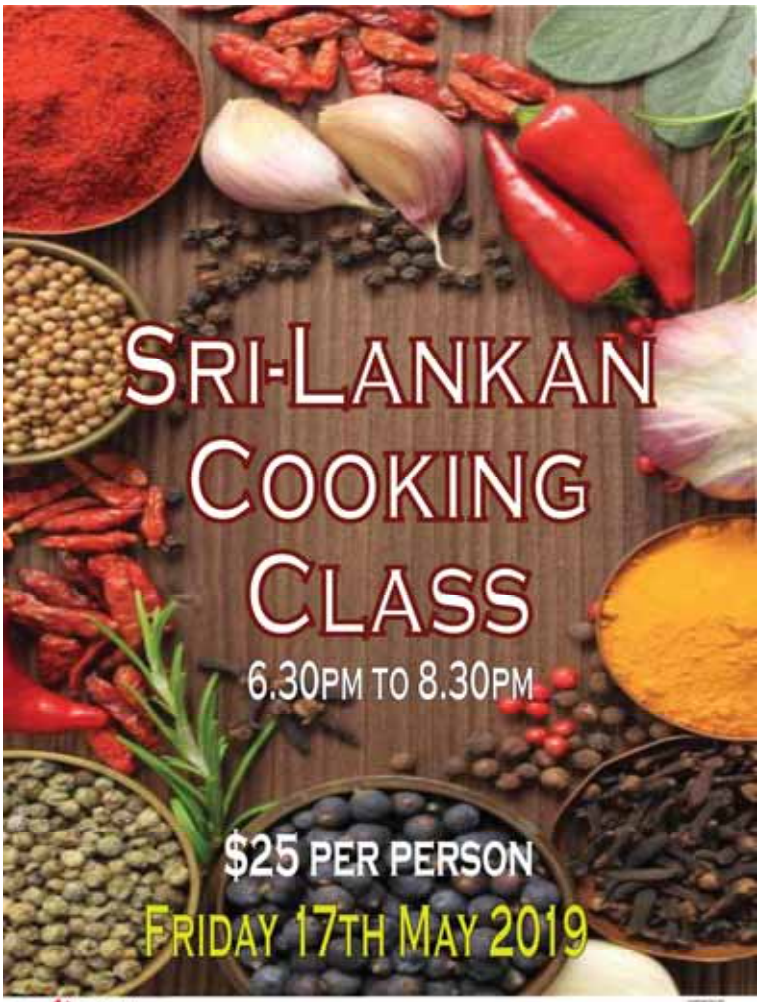
$25 PER PERSON

Friday 10th May 2019

West Moonah Community House

To book your spot or enquire please call 6273 2362
or visit www.westmoonahcommunityhouse.com/available-classes

Tasmanian Government



Sri-Lankan Cooking Class

6.30PM TO 8.30PM

$25 PER PERSON

Friday 17th May 2019

West Moonah Community House

To book your spot or enquire please call 6273 2362
or visit www.westmoonahcommunityhouse.com/available-classes

Tasmanian Government

Board 2018-2019:

Chairman - Simon Fraser
Vice-Chairman - Maureen Carter
Treasurer - Jose Navarro
Secretary - Shannon Thomas
Public Officer - Michael Hangan
Board members:
- Danielle Beer
- Kylie Murphy
- Daniel Geng

Volunteers:

Volunteer Program Coordinator - Barbara
Community Aid - Maureen
Chef - Dhana
Community Shed -
- Jose
- Peter
- Brian
- Russell
- Tom

Other Services at West Moonah Community House

- Photocopying
- FREE Internet
- Room hire
- NILs applications
- FREE counselling
- FREE L1 Training
- Various Courses
- Various exercise classes

Community Pantry

The Food Pantry is available to anyone in the community who may be experiencing hardship. Feel free to call in and speak to our friendly staff about accessing some food.

Our pantry is open from Monday to Friday 9am to 3pm.

Contact Us

Phone: (03) 62732362
130 Springfield Ave West Moonah TAS 7009
Email: info@westmoonahcommunityhouse.com
Web: www.westmoonahcommunityhouse.com
Monday to Thursday 8am to 3.30pm Fridays 8am to 3pm

Find us on: facebook

Staff:

Manager - Mel
Assistant Manager - Kaye
Admin/Finance Officer - Kim
Preschool Director - Jodi
Preschool Assistant - Lucy
Playgroup Coordinator - Lee
Wellness 350 Coordinator - Ally
Counsellor - Mara
Handyman - Michael
Food Co-op Coordinator - Karen
Coffin Club Coordinator - Peter
Party Coordinator - Lee

First Choice Food Co-op · West Moonah Community Shed · West Moonah Community House · West Moonah Community Preschool · West Moonah Community Garden · Supported by Tasmanian Government