

## COMMUNITY HOUSE STAFF

Manager – Mel  
Assistant Manager—Kaye  
Finance/Office Manager – Kim  
Counsellor— Mara  
Wellness Coordinator - Ally  
Preschool Teacher – Jodi  
Preschool Aide – Lucy  
Preschool Aide and Playgroup —Lee  
Handyman—Michael

## COMMUNITY LUNCH

Yes it's back.  
Come in and spend some time over good food and good company for a 2 course lunch  
Cost \$15.

Tuesday 1st Sept  
Tuesday 13th October  
*Bookings essential*



## Services at West Moonah Community House Community Pantry

The Food Pantry is still available during this time for anyone in the community who may be experiencing hardship. Please contact us by phone 62732362, and we will leave food out and we also have frozen cooked meals available.

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 1pm.

## Fresh affordable food with our Food Co-op

Purchase fresh seasonal vegies, eggs, cooked meals from our food coop. **Orders must be in by 5pm Wednesday** for collection or delivery the following Thursday.

Order here [www.firstchoicefoodcoop.com](http://www.firstchoicefoodcoop.com) or phone 6273 2362

- Exercise classes
- FREE Internet
- Various courses
- FREE counselling
- Room hire
- Photocopying
- FREE L1 Training
- NILs applications
- Adventures

## ONLINE BOOKINGS

Due to a software update, we are having a few technical difficulties with our booking system, particularly when it is used on mobile phones.

We suggest you try using a desktop computer, and if that doesn't work please call us on 6273 2362 and we will book you in manually and arrange any payments over the phone.

# September Pocket News



## WEST MOONAH COMMUNITY HOUSE

### DID YOU KNOW WE HAVE A COUNSELLOR?

### THIS IS A FREE SERVICE

Appointments now available for children and adults.



### NO REFERRAL REQUIRED

Bookings are necessary.  
Appointments are at the  
Community House.

130 Springfield Ave West Moonah

Please contact West Moonah Community House  
Phone: 03 6273 2362 Email: [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



## COMING SOON

### Mosaics...Baby Music Class...Zumba...Cooking

## Opening Hours

### Monday to Thursday 8am to 3:30pm

### Friday 8am to 3pm

### Community Pantry—9am to 2pm Monday to Friday

Find us on  
 Facebook

Phone: 03 6273 2362

130 Springfield Avenue

West Moonah TAS 7009

Website: [www.westmoonahcommunityhouse.com](http://www.westmoonahcommunityhouse.com) E-mail: [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



## Your Community Shed is open by appointment only



### WELLNESS BREAKFAST

Thursday 8th October (7am) @ The Yacht Club of Sandy Bay Cost \$65pp or \$585 for a table 10. The West Moonah Community House and Rotary Tasmania are joining forces to bring you our annual Wellness Breakfast - Raising funds for mental health.



**PILATES** - 5 week courses

Starting 12th October @ 7pm

Strengthen and energise your body.

\$55 for 5 weeks Bookings essential



### OP SHOP TOUR -

Tuesday 8th September and 22nd September

@ 9:30am to 2:30pm. A day out cruising the Op Shops for that bargain. Bring your spending money for lunch \$10 Bookings essential



**COFFIN CLUB** - 6 week course.

Fridays @ 12:30pm. Starting on 4th September \$500. includes all materials.

You get to take your coffin home.



**TAI CHI** - 9 week course Fridays starting 16th October from 1:30pm.

Strength and Energy...Suitable for everyone, beginners welcome Please bring along your own drink bottle. Spaces are available in the current class.



THERE'S MORE TO SAY AFTER RUOK?

**Q & A RU OK Start the conversation**

Thursday 10th Sept @ 7pm It's RUOK day. It's important we keep connected and open with people no matter what day it is and remember to ask RUOK; but what comes next? Join our counsellor Mara for a Facebook live chat about how to get that conversation going when someone is not feeling well. How do you reach out? What do you say? Where do you find help?



**PLAYGROUP** - Mondays 2 Sessions 9am and 11am

We have a limited amount of spaces for playgroup so be sure to go to our website or call us to book.

Bookings essential



**ART FROM THE HEART** - 3 X 90 minute sessions on Wednesdays @ 1pm starting 4th November. FREE

A chance to put your heart on canvas. You get to take it home. Bookings essential



**BELLY DANCING** - 8 week course

Tuesdays @ 6:30pm, Starting on 13th October

\$88 for 8 weeks



**TABLE TALK FOR PARENTS** - 4 week course.

Thursdays @ 10am. Starting on 3rd September \$20 for course. The West Moonah Community House and Child Health Association of Tasmania are thrilled to be launching Table Talk, a four-week catch-up with other parents. A chance to sit, have a cuppa, and also hear from different speakers. Children welcome to attend.

All workshop/class bookings and payments can be done on-line at <https://westmoonahcommunityhouse.com/upcoming-activities/>