

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 3rd November
 Tuesday 1st December
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 6273 2362, 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 2pm.

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 or phone 6273 2362

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

Need help getting your L1 driver license?

Next class starts on Monday 2nd November 4pm.
 FREE

November Pocket News



WEST MOONAH COMMUNITY HOUSE

Phone: 03 6273 2362

130 Springfield Avenue West Moonah TAS 7009

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



Opening Hours

Monday to Thursday 8am to 3:30pm

Friday 8am to 3pm

Community Pantry—9am to 2pm Monday to Friday

E-mail: info@westmoonahcommunityhouse.com Website: www.westmoonahcommunityhouse.com

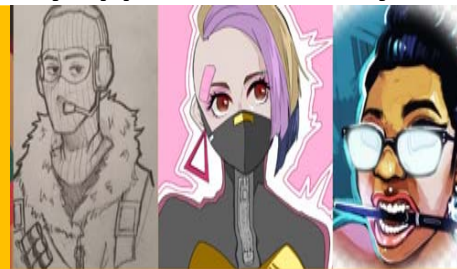


Your Community Shed is open by appointment only



OP SHOP CRAWL Tuesday 17th November

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



CARTOON DRAWING

Saturday 21st November 10am

Come along and learn cartooning with Joel. During this workshop you can learn easy cartoon drawing tips & create your own custom cartoon characters For ages 10-15 yrs old \$10 pp



TABLE TALK FOR PARENTS - 4 week course.

Thursdays @ 10am. Starting on 5th November. 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. \$20 for course



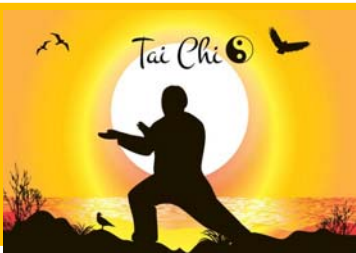
STREET ART WORKSHOP

21st November 12noon

Join Joel from Create Crew in this fantastic Street Art workshop.

Joel will guide the participants in making their own spray painted galaxy & planets.

Cost \$10 pp. For ages 10-15 yrs old.



TAI CHI - 6 week course Fridays starting 30th October @ 1:30pm.

Strength and Energy...Suitable for everyone, beginners welcome Please bring along your own drink bottle. Spaces are available in the current class. \$66 for 6 classes



YOGA

Daytime Fridays @ 9am

starting on 13th November

Cost \$55 for 5 weeks Bookings essential



PLAYGROUP

Mondays 2 Sessions
9am and 11am

We have a limited amount of spaces for playgroup so be sure to book.



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



BUS TRIP to EAGLEHAWK NECK

Thursday 19th November 9.30am to 4.30pm Bookings essential \$15pp plus your lunch money



BABY MUSIC CLASS - 5 weeks starting Fridays (2 times available) starting 13th November 10:15am and 11:30am \$25 for course.

Babies need music! Learn with your baby from experienced music teacher Catherine Cretan through songs, games, chants and lullabies. Bookings essential

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