

## 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 2nd February & Tuesday 2nd March  
*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 from our food coop.

**Orders must be in by 12noon Wednesday for collection or delivery the following Wednesday.**

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

## Need help getting your L1 driver license?

Call to check the next class 6273 2362  
FREE



# 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)



## Opening Hours

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

**Friday 8am to 3pm**

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

Phone: 03 6273 2362

130 Springfield Avenue West Moonah TAS 7009



Find us on  
**Facebook**

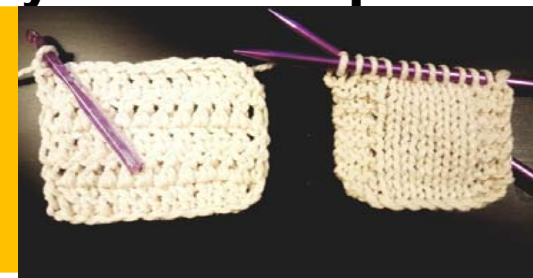
# The Community Shed is now open Monday, Wednesday, Thursday and Fridays 9am to 12.30pm



## GO MOVEMENT

Monday 10:50am and 11:40am.

**FREE KNITTING &  
CROCHET LESSONS**  
Tuesdays 10am to noon



## MOSAICS CLASSES

4 week course Thursdays starting 4th March  
6:30pm (at the shed) Bring a project or make a keep sake from our bits and pieces, it's lots of fun creating.  
\$85 (includes materials)



## GET ACTIVE PROGRAM

(Parent Me Time)

8 week course. Starts 5th February  
Fridays @ 9:30am  
\$40 for 4 weeks



## KIDS IN THE KITCHEN

Tuesdays @ 3:30pm.  
Starting on 2nd March  
ages 6 to 12.  
\$40 for 4 week course



## ZUMBA

Wednesday 10th February 9.20am (9 weeks)  
Thursday 11th February 5.45pm (9 weeks)



## ENGAGING ADOLESCENTS

A model for working it through

Tuesdays @ 6:30pm. Starting on 16th February  
\$60 for the 6 week course

**PLAYGROUP**  
Mondays - From 15th February,  
9.30am



## STRETCH / RELAXATION COURSE

Wednesdays @ 11am. Starting on 10th February  
\$88 for 8 week course.



## STRENGTH / BOOTCAMP - 8 week course.

Tuesdays @ 6pm. Starting on 9 February  
\$88. for the course

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