

DON'T MISS OUT - BOOK NOW

All bookings and payments can be done by phone by calling 6273 2362 or online at our website

<https://westmoonahcommunityhouse.com/upcoming-activities/>



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

 **WEST MOONAH COMMUNITY HOUSE**



Seniors Week Events

11th October to 17th October



WEST MOONAH COMMUNITY HOUSE

COMMUNITY HOUSE STAFF

Manager - Mel
Assistant Manager - Kaye
Finance/Office Manager - Kim
Counsellor - Mara
Wellness Coordinator - Ally
Preschool Teacher - Jodi
Preschool Aide - Lee
Preschool Aide - Teresa
Playgroup - Lee
Community Services Trainee - Oli
Handyman - Michael



Opening Hours

Monday to Friday 8am to 3.30pm
Community Pantry—9am to 2pm Monday to Friday

Phone: 03 6273 2362

130 Springfield Avenue West Moonah TAS 7009

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



MYSTERY BUS TOUR **Friday 15th at 9.30am-3:30pm**

Enjoy a day out with good company on this bus trip to a mystery destination. Bring your camera. Lunch will be at a fine establishment you will discover on your travels. Bring your lunch money. Limited seats available so be sure to book ASAP. **Cost \$10 per person**



A low to moderate intensity exercise class, which may incorporate hand-held weights, resistance bands and balls.

Improves cardiovascular fitness, strength coordination, flexibility and balance. **\$3 per person**



QUIZZICAL LUNCH **Tuesday 12th at 12pm-2pm**

Spend some time with friends and have a laugh at this two course lunch with a quiz all about the way things used to be, you know, from way back when. **Cost \$15 per person (includes 2 course lunch)**

MAKE A CHOPPING BOARD **Tuesday 12th at 9am-12:30pm**

Come and check our Community Shed. Have a cuppa, meet the crew and have a go at making your own cutting board.

Fee includes materials and morning tea. Please let us know any dietary requirements when booking. **Cost \$20 per person (includes materials)**



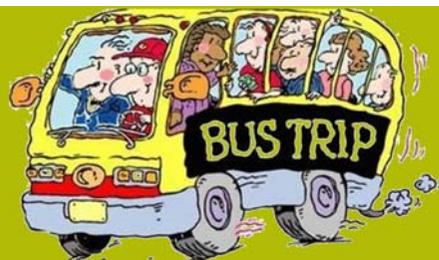
ARTHRITIS & JOINT PAIN



ACHEY, BREAKY JOINTS **Monday 11th at 1pm-2pm**

Join Clinical Nutritionists Benedict and Ally Freudenmann from *Learn To Nourish*, for this informative talk about Arthritis, joint pain and how to keep your bones and joints healthy. During the talk they will cover what actually causes these issues, as well as helpful take home tips on dietary changes and supplements that may improve movement, pain and quality of life. They will also bring along a couple of health boosting treats for you to try.

Cost \$5 per person



OP SHOP CRAWL (Bus Trip) **Thursday 14th at 9.30am-2pm**

One person's trash is another person's treasure! Enjoy a day of exploring Hobart's best Op Shops and adding some preloved items to your collection.

As this will be a shop-till-you-drop event, we will schedule time to stop for a delicious lunch during our travels. This will give you a chance to re-charge your batteries, recount your pennies and prepare for an afternoon of rack sifting. Get your fur coat on and let the crawl commence. **\$10 plus money to purchase items and buy your own lunch.**



HEARING AND BALANCE **Wednesday 13th at 2pm-3pm**

How does wax impact hearing? Is hearing loss temporary or permanent?

What are those ringing noises in my head? What options do I have to improve my hearing?

Join Audiologist Nick Modrovich to discuss these common questions and more at the Seniors Week talk at West Moonah Community House.

Nick is the Director at Ability Hearing and Balance, a local Tasmanian independent hearing clinic and has more than 20 years experience in the hearing industry. **FREE**