

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

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 12th October, 2nd November
Bookings essential



Services at West Moonah Community House

The Food Pantry is available 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 2.30pm.

Mental Health Workshops First Responder

Friday 15th October 10.30am

This presentation contains general information regarding supporting and responding to people living with mental health issues; could be directed at businesses, volunteers or the general community.

Building Better Boundaries Managing Stress & Looking after ourselves at work.

Monday 4th October @ 1pm (2hours)

Fresh affordable food with our Food Co-op

Purchase fresh seasonal veges, eggs from our food coop. Orders must be in by 12noon Wednesday for collection or delivery the following Wednesday. Order here www.firstchoicefoodcoop.com or phone 6273 2362

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

Phone: 03 6273 2362 130 Springfield Avenue, West Moonah TAS 7009

October 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

Opening Hours
Monday to Friday 8am to 3.30pm
Community Pantry - 9am to 2.30pm



We pay respect to the traditional and original owners of this land, the muwina (mou wee nee nar) people, to pay respect to those that have passed before us and to acknowledge today's Tasmanian Aboriginal people who are the custodians of this land.



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



TAI CHI
Fridays
1.30pm

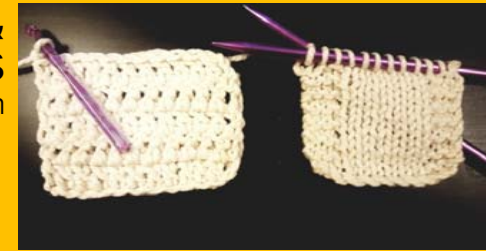


GO MOVEMENT
Monday 10:50am
and 11:40am.



FREE KNITTING & CROCHET LESSONS
Tuesdays 10am to noon

LEARN TO SEW
Tuesdays 10am—noon
(8 week blocks)



ZUMBA

Wednesday mornings 9.30am
Thursday evenings 5.45pm



YOGA

(10 week block)
Wednesdays 5.15pm
and 6.30 pm



PILATES

Mondays 7pm
\$110
(10 week block)



COFFIN CLUB



PHOTO EMBROIDERY

Bring your photos to life!

This class offers you a way to stretch your creativity by adding texture, colour and a story into your images.

Saturday 30th October 10.30am - Midday
Tickets \$25pp



PRINTMAKING WORKSHOP

Join Nina to learn how to carve stamps with your own designs.

Saturday October 30
1.30pm to 3.30pm
\$35 pp all materials supplied



Art For Adults

6 week Art course

Wednesdays
Starting October 20
11am to 12.30pm

\$66 pp
all materials supplied



ART CLASSES FOR KIDS

Thursdays 3.30pm to 5pm \$20
4 week course starting 28th October

Want to come draw or paint? We'll do some fun activities, learning about colour, line and texture, drawing from life or your imagination, or from other cultures.



FURRY FRIENDS PICNIC & SCAVENGER HUNT
BYO your favourite furry friend for a picnic

Monday 25th October 9.30am to 11am

PLAYGROUP

Mondays 9.30am \$5
Messy playgroup 4 Oct



BUS TRIPS

We have bus trip to different locations
Starting from just \$10 per person

Thursday October 14th—Op-Shop tour
Friday October 15th—Eaglehawk Neck



Need help getting your L1 driver license?

Next Course
11th October 4pm **FREE**



Loving Kindness GUIDED MEDITATION

Tuesdays at 6.30pm to 7.30pm
starting 12th October
For 6 weeks Cost \$66

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