



# Colac Neighbourhood House



## COURSES & ACTIVITIES

May 2017

**ENROL NOW!**

23 Miller Street, Colac  
5232 5210 / 5232 5368  
nhouse@cah.vic.gov.au

www.colacneighbourhoodhouse.org.au  
Office hours: 9:30 am - 2:30 pm

### SPECIAL EVENT



#### COLAC CAKE DECORATORS

present

**YOLANDA from SUGANANA**

Join Yolanda to make your very own "Mr Walter". This workshop is suitable those with skills from beginners through to advanced. Bookings are essential. For more information please contact Colac Cake Decorators

**10:00 pm - 4:00 pm**

**Saturday 20 May**

Email [n.everett@y7mail.com](mailto:n.everett@y7mail.com) to  
**register and requirements list or  
direct message CDAV through  
their Facebook page  
\$20 members / \$25  
BYO icing/tools**



### LIVING

#### COMMUNITY GARDEN

Come along and get your hands dirty in the community garden. Every week includes hands on gardening, growing and harvesting.

**10am-12pm Wednesdays  
\$3/gold coin donation**

#### CHOIR OF THE HEART & SOUL

Join our choir! It is for singing, harmonizing & friendship. This instructed choir is for anyone who loves or wants to sing.

**12:00 pm - 2:00 pm Wednesdays  
\$10**

#### ART GROUPS

These three vibrant groups of artists create in a diverse range of media. Bring any project you are working on & be inspired by our creative community!

**1:00 pm - 4:00 pm  
Mondays - Wednesdays  
\$3/gold coin donation**

#### COLOURISTAS

Are you looking for a way to practice mindfulness? Come along to our colouring group and let your stress wash away. We provide sheets and pencils but feel free to bring you own!

**10:00 am - 11:30 am Fridays  
\$3/gold coin donation**

### SPECIAL EVENT



#### BELONGING Neighbourhood House Week 2017

**Wednesday 10 May**

Celebrate Neighbourhood House Week 2017 by coming along to our 'come and try' activities

**Choir of the Heart & Soul  
12 pm - 2 pm**

**Afternoon tea in the  
community garden  
1pm - 2pm**

**Wednesday Art Group  
1 pm - 2 pm**

For more information call 5232 5210

*Do you have **skills** and **ideas** that  
you would like to **share** with your  
**community**?*

**Contact us and get involved!**



BE THE FIRST TO KNOW. CONNECT WITH US ON FACEBOOK

# COURSES & ACTIVITIES

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### MEDITATION

*Suzanne Frydman*

This meditation & relaxation group explores a range of techniques, incl. breathing exercises, creative visualisations, body scanning & sound awareness. Everyone is welcome. No experience necessary.

**6:00 pm - 7:00 pm Thursdays**  
**20 April - 29 June (11 sessions)**  
**\$12/\$10 concession**

### CRAFTERS WITH A CONSCIENCE

This friendly group creates for their family, friends and works to enrich the life's of others in the community.

**10:00 am - 12:00 pm Thursdays**  
**\$3/gold coin donation**



## LEARNING

### COMPUTER CLASSES

*Glenda 5232 5466*

Looking to take your computer skills to the next level?

<b>Excel Intermediate</b>	<b>11 May</b>
<b>Excel Advanced</b>	<b>25 May</b>
<b>Outlook</b>	<b>15 June</b>
<b>9:30 am - 12:30 pm</b>	
<b>\$75</b>	

### WRITER'S WORKSHOP

Are you looking for a space to practice your writing skills and some time to pump out those word counts? Bring a pen and paper or a laptop!

**1:00 pm - 2:30 pm Fridays**  
**\$3/gold coin donation**

### DROP IN: TECH SUPPORT

Overwhelmed with technology frustrations? Can't access your voicemail or that new app? Get some help demystifying your pesky device!  
**1:00 pm - 2:00 pm Mondays**  
**\$3/gold coin donation**

### DROP IN: SOCIAL ADVOCACY

Have an idea that you want to mobilise to make Colac better? Unsure about your rights? Unsure what information to include on a form? Need help writing a letter? Drop in & we'll work with you!  
**2:00 pm - 3:00 pm Tuesdays**  
**\$3/gold coin donation**

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## LINKING

### CANCER SUPPORT GROUP

*Lorraine 5231 5001 Mick 5233 8252*

This friendly, social and supportive group is open to those affected directly or indirectly by cancer. **1:00 pm - 3:00 pm Tuesdays**  
**\$3/gold coin donation**

### WOMEN IN DAIRY

*Ann-Marie 0447 321 599*

Are you a dairy farmer that needs a day out? Well pop in for a chat!  
**Wednesday 3 May**  
**12:30pm - 2:30 pm**

### DAY RESPITE AND SOCIAL SUPPORT GROUP

*Anam Cara House Colac 5233 8203*

Social support group for ladies and men of all ages with a chronic illness. Activities, games & socializing.  
**10:30 am - 3:30 pm daily**

### MUMS & BUBS

*Caz Cole 0417 581 473*

This group is for mothers and pregnant women under 25. Meet other mum's, share experiences and build on your parenting skills.

**10:00 am - 12:00 pm Tuesdays**  
**18 April - 27 June**

### COLAC NEIGHBOURHOOD HOUSE PLAYGROUP & SMALL TALK

*BCYF - Janelle 5231 4740*

These supported playgroups provide a great way to expand you and your child's social connections and is a fun way to spend the morning!

**CHN Playgroup**  
**10am-12pm Thursdays**  
**20 April - 29 June**

**Small Talk**  
**Eligibility requirements**  
**Please call Janelle 5231 4740**

### MUSLIM PRAYER GROUP

Participate in Friday prayer with this local group.

**1:30pm - 2:00 pm Fridays**

## OTHER SERVICES

**The Colac Neighbourhood House offers you the following services:**

- Photocopying, printing & laminating
- Public access computers & free Wi-Fi
- Community garden
- Drop in for a coffee
- Library service
- Children's playground
- Venue and room hire



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