



Colac Neighbourhood House



COURSES & ACTIVITIES

March 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 **CHRIS COTTRELL**

Join Chris to make a fully clothed wired body to take your cakes to the next level. In this workshop you will learn how to wire "action figurines", wire petals and leaves, and how to make "wafer paper" flowers (if time).

10:00 pm - 4:00 pm
Saturday 18 March

Email n.everett@y7mail.com to register and requirements list
\$20 members / \$25

CHOIR OF THE HEART & SOUL

Join our choir! It is for singing, harmonizing & friendship. This choir is for anyone who loves or wants to sing.
12:00 pm - 2:00 pm Wednesdays
\$3/gold coin donation

WAYWARD WALKERS

Start the week off on the right foot with a walk. All paces catered for!
9:45 am - 10:30 am Mondays
\$3/gold coin donation

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 your own!
10:00 am - 11:30 am Fridays
\$3/gold coin donation

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
7:30 pm - 8:30 pm Thursdays
2 February - 30 March (9 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

SPECIAL EVENT

NEW

COMMUNITY LUNCH AUTUMN

Welcome in the new season by joining us for our community lunch on the first Thursday of the season. This is an opportunity for us to showcase the produce from our community garden and an opportunity for you to meet other members of the community, share a meal and share your story.



First Thursday of Autumn
12:00 pm - 2:00 pm, 2 March
Bookings essential
\$3/gold coin donation

Proudly supported by the Colac Otway Shire's Neighbourhood House grant.

LIVING

COMMUNITY GARDEN

Come along and get your hands dirty in the community garden. Every week includes hands on gardening, growing and harvesting. Learn about your garden through discussion with other like-minded gardeners.
10am-12pm Wednesdays
\$3/gold coin donation



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

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LEARNING

FIRST AID—LEVEL 2

Eclipse Education 5222 5858

Are you looking to get a first aid certification? This first aid course (HLTAID003) combines online and classroom delivery to provide you with the skills to assess the situation; provide first aid procedures; communicate the details of the incident & evaluate own performance.

2:30 pm - 5:30 pm

Friday 10 March

\$130

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

CLASSICS BOOK CLUB

Books are so much more exciting when you can share them with someone! Come along and share your passion!

23 March, Dickens' Great Expectations

1:00 pm - 2:30 pm

4th Thursday of the month

\$3/gold coin donation

COMPUTER CLASSES

Glenda 5232 5466

Looking to take your computer skills to the next level?

Word Intermediate

9 March

Work Advanced

23 March

9:30 am - 12:30 pm

\$75

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



LINKING

COMMUNITY CATCH-UP

Are you new to the area and looking to make friends and find out what is going on in Colac? Are you a Colac Ambassador keen to showcase and welcome new residents? Well, now it's time to join our community catch-up!

1:00 pm - 2:30 pm, 9 February

2nd Thursday of the month

\$3/gold coin donation

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 1 March

12:30pm - 2:30 pm

MUSLIM PRAYER GROUP

Participate in Friday prayer with this local group.

1:30pm - 2:00 pm Fridays

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

31 January-28 March

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

23 February-30 March

Small Talk

Eligibility requirements

Please call Janelle 5231 4740

NEXT MONTH

NEW

SCHOOL HOLIDAY ACTIVITIES

Monday 3 - Friday 7 April

Are you looking for some fun and affordable ways to engage the kids in the school holidays? Look out for our flyer with activities scheduled for the first week of the holidays!

For my info contact Louise 5232 5368

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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