

WEEKLY ACTIVITY & EVENTS TIMETABLE

Term 3 Mon 21 July —Thurs 19 Sept (9 weeks)

Opening Hours: Mon—Thurs 9.15 am–5pm
CLOSED FRIDAYS

FRI, SAT, SUN &
After Hours

MONDAY

**MONDAY MUFFINS (NEW)

10am-12 noon Gold Coin

Come along and bake a fresh batch of muffins, then enjoy with others over a cuppa! Starts 4 August

COMMUNITY SOUP LUNCH \$5

11 August 11.30am-1pm
All welcome!

**SCRABBLE GROUP \$2

1-4pm *(Currently off-site)*

**CARDMAKING

1-3pm \$5 session 21/7-15/9
Materials supplied

**PAPERCRAFT (FREE)

1-3pm 21/7-15/9
Cardmaking, Creating Postcards for Charity & fundraising

**CHARITY CRAFTERS (FREE)

1-3pm 21/7-15/9
*Sewing for Charity & fundraising
Join our group of volunteers*

Room Hire

If you are looking for a space for an event, workshop or meeting on Fridays /Weekends or evenings
(NB Public Liability Insurance required)
Please contact the office

TUESDAY

**TUESDAY KNITTING & CROCHET

10-12 noon *Beginners Welcome!*
\$31.50 (9 weeks) Casual \$5 session

**BENTLEIGH EAST NEIGHBOURHOOD STRIDERS HEART FOUNDATION WALKING GROUP (NEW)

10 – 11am Starts 5 August
Book Now! (see over)

**CHATTY CAFÉ (NEW)

10.30am—12noon Starts 5 August

**BE HEALTHY & ACTIVE TALKS (see over) (FREE)

**FALLS PREVENTION

19 August 1.30-2.30PM
16 September 1.30-2.30PM

**FLORISTRY WORKSHOPS

will recommence in Oct

WEDNESDAY

**WED CROCHET (FULL)

10-12 noon
\$31.50 term (9 week term)
Casual \$5 per session

**WALKING GROUP (FREE)

10-11am Starts 23/7
(Newbies welcome!)

**CHATTY CAFÉ

10.30am-12noon \$2 Starts 23/7

**SPINNERS/KNITTERS

1-3pm \$2 Starts 23/7

**EXERCISE CLASSES

\$90 (9 weeks)
Casual \$17 per session
23/7-17/9 *(see below)*

**STRETCH, STRENGTH & BALANCE FOR WOMAN

With Ange
1.15-2.15pm

**MEDITATION & CHAIR YOGA *With Ange*

2.30-3.30pm
Open for all

THURSDAY

**COOKING FOR COMMUNITY

10-12.30pm TBD

**BAKING GROUP (NEW)

10am-12noon 31/7 & 28/8
Join in with others to bake for our events and pantry!

**ART MATTERS

10-12noon
\$135 (9 week term)
\$22 casual rate

**A HIGH TEA TREAT! (NEW)

7/8 and 4/9
10.30am-12noon \$10 *(see over)*

**COMMUNITY SOUP LUNCH

11 August 11.30am-1pm \$5
All welcome! (see over)

**MONEYMATTERS (FREE)

Budgeting advice *(see over)*

**H'ART SPACE

1-3pm
\$135 (9 week term)
\$22 casual rate

**NAVIGATING MY AGED CARE

(see over)
fortnightly 10-1.30pm

Community Support

*Internet Cafe M, T, W & T 10am-3pm-free use WIFI & laptops
*VIC ROCKS—rock-hiding/painting face-book group
*Community Library & Jigsaw Lending Library—books and jigsaws available to loan!

EVENTS— Details overleaf & see our website

-MoneyMatters 24 July
-Community Lunch 11 Aug
-Falls Prevention 19 Aug
-Art & Craft Exhibition-Fri 22 August
-AGM Mon 15 September
-Understanding Dementia 16 Sept
-Cooking for Community - TBD
-45th Birthday Party –11 Oct *(Save the date!)*

Volunteer Opportunities

Receptionist/s general all-rounder includes answering telephone & welcoming people.
Event & Activity Support—assist with hosting and being a helpful connector.
Chatty Café/ Community Lunches/ Baking Group/High Teas
**For more information call Jules & Jude at office or email your interest.
Sewing/Cardmaking/Knitting—assist with sewing for charity, making cards or knitting

**\$15 annual affiliation fee payable by all participants attending Moongala

Classes that require payment will not be refunded for non attendance.

**Bookings required for all our sessions. For more info check out our website, call, or email



92 Bignell Road, Bentleigh East



www.moongala.org.au



admin@moongala.org.au



9570 3468

TERM 3 EVENTS, WORKSHOPS & NEW ACTIVITIES

Be Healthy & Active

Community Information Talks (FREE)

Kindly presented by Bolton Clarke

*You are welcome to stay for a cuppa and a chat afterwards

Falls Prevention

Tuesday 19 August 1.30-2.30

Join us and learn tips on how to prevent falls, information on risk

factors and activities to increase strength, mobility and balance.

Understanding Dementia

Tuesday 16 Sept 1.30-2.30pm

Find out what dementia is, its causes and its signs and symptoms. Learn tips on how to reduce the risks and where to go for support.

Are you interest in joining a walking group?



Bentleigh East Neighbourhood Striders

We are seeking expressions of interest. Contact Jules or Jude at the office, call 9570 3468 or admin@moongala.org.au

Tuesdays 10-11 am—starts 4 August

Our new walking group registered under the Heart Foundation.

Enjoy the benefits of walking and make new friends!

- * Reduce your risk of heart disease and stroke
- * Maintain your bone density, improve balance and coordination, reducing your risk of osteoporosis, fractures and falls
- * Improve your daily mood leading to better mental health
- * Enjoy social interaction and connection

*And you are welcome to join in afterwards at our Chatty Café session
Come back to Moongala for Chatty Café tea and barista coffee*



A 'High Tea' Treat!

Thursday 7 August and

4 September

10.30-12 noon \$10



Join us for some treats and conversations!

Sip a barista coffee or cup of tea made by our wonderful volunteers and enjoy some sweet and savoury treats made in-house! We will transform our space to a relaxed cafe-style setting. Held twice a term, this special event is a chance to enjoy a little indulgence and connect with others!

Moongala Community House 9570 3468 or e: admin@moongala.org.au
Moorleigh Village, 92 Bignell Rd, Bentleigh East

COMMUNITY LUNCH



Moorleigh Village, 92 Bignell Rd, Bentleigh East

Monday 11 Aug 11.30-1pm \$5



Join us for a lovely soup lunch

Open to everyone, come along and meet us!

Please RSVP for catering purposes - until 10am Monday

Moongala Community House 9570 3468 or e: admin@moongala.org.au

'Free!'

Navigating My Aged Care



Thursdays
10am - 1.30pm
31 July, 14, 28
August, 11 Sept

Book your 30 minute support session and receive one-on-one assistance

*Assistance with contacting My Aged Care

*Exploring at-home support options

*Home care package provider support

*Residential care services support

*Connecting to social activities



-Available to all members of the community

www.moongala.org.au

proudly supported by Community Bank Murrumbidgee



Free Session

Money Matters

No cost. No catch. Just support.

These FREE, in-person workshops are for women from multicultural and multi-faith communities who want clear, practical financial support.

We Can Help With

- ✓ How to spot scams
- ✓ Simple ways to manage money
- ✓ Boost your financial wellbeing



Moongala Women's Community House



July 24th, 2025

11.00 AM - 03.00 PM

You deserve to feel safe, smart and financially strong.

Lunch & Afternoon Tea Provided

Please advise any dietary requirements

Register Now
For more information
(03) 9570 3468
www.moongala.org.au
admin@moongala.org.au

RSVP
JULY 21



Baking Group (New) Bake for Community



Love to bake? Join our community baking sessions and make a difference - one tray at a time.

If you enjoy being in the kitchen, our new Baking Group needs your helping hands!

Help us make treats for our upcoming community events!

Thursday 31 July and 28 August 10-12 noon



'Monday Muffins'

A Warm Welcome to Your Week!



Drop in, help us make a batch of muffins or similar and then enjoy over a cuppa and good company!

Come for the baking - stay for the conversations!

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