

WEEKLY ACTIVITY & EVENTS TIMETABLE

Term 2 20 April—25 June 2026

MONDAY

NB: We will be closed Monday 8 June for King's Birthday weekend

'BAKE & BOND' PROGRAM 10.30am -12 noon

Join us on Mondays for our baking programs!
Cook, & Connect - Everyone welcome!

THE MORNING TEA (fortnightly) 20 April, 4, 18 May, 1, 15 June \$2

Come along and bake together—a batch of muffins, scones or savoury treat and enjoy with others over a cuppa! \$2

**4 May—Chocolate Cake & Cookies (Karen) — enjoy afterwards with a cuppa

THE GLOBAL KITCHEN (fortnightly) 27 April, 11, 25 May, 22 June \$2

Learn a variety of cuisines—enjoy with a cuppa and fill our freezer for our events!

Would you like to join in or lead a session?

**27 April: Greek Kitchen—Spinach & Feta Cookies (Lisa)

**11 May—Homemade Pita Bread and Tzatziki Dip (Book now!)

SCRABBLE GROUP \$2 1-4pm (off-site)

CARDMAKING (FULL—Waiting list applies)
1-3pm \$35 term OR Casual \$5 session
20 April—22 June (9 weeks) Materials supplied

CARDMAKING (FULL—Waiting list applies)
1-3pm FREE! 20 April—22 June (9 weeks)
Cardmaking, Creating Postcards for Charity & Fundraising

CHARITY CRAFTERS (FREE)

1-3pm 20 April—22 June (9 weeks)
Sewing for charity and fundraising
Join our group of kind volunteers!

TUESDAY

TUESDAY CROCHET & KNITTING

10-12 noon *Beginners Welcome!*

21 April—23 June

\$35 (10 weeks) Casual \$5 session

WALKING GROUP (NEW)

10 – 11am TBD

Let us know if you are interested!

'CHATTY CAFÉ' CONNECT \$3

(NB these sessions are open to both men and women to attend)

10.30am—12 noon

Join us in a fun morning, making friends & connections, enjoy a cuppa, barista coffee, playing games-card and board games: Five Crowns, Quiddler, Rummikub, Sequence, Scrabble, Trivia, Singing for fun, etc

21, 28 April & 5 May—Five Crowns card game—no experience necessary, we can teach you! Lots of fun!

12, 19 & 26 May—Quiddler— Card game of words! No experience necessary, come along and have some fun!

2 June — Trivia All Welcome!

Stay tuned, more to come!

VOLUNTEER OPPORTUNITIES

Receptionist/s general all-rounder includes answering phone/welcoming people/admin work. Flexible hours M-Th between 9-4pm

Event & Activity Support—we need support to help with cooking for or hosting events
Connect Café facilitator (Tuesdays) social connector and activities—games, quizzes etc

WEDNESDAY

WED CROCHET

22 April—24 June (10 weeks) 10 -12 noon

\$35 per term Casual \$5 per session

Beginners Welcome!

WALKING GROUP (FREE)

10-11am *(Newbies welcome!)*

CHATTY CAFÉ 10.30am-12noon \$2

An opportunity to enjoy morning tea and a chat with others. These sessions are open to both men and women to attend

SPINNERS/KNITTERS 12.30-3pm \$2

Enjoy some wonderful company and work on your own project. Newcomers welcome!

KNIT FOR KINDNESS 12.30-3pm \$2

Make items such as beanies for charity
Yarn & needles supplied + friendly company and afternoon tea!

LEARN HOW TO SPIN! \$2

Would you like to learn how to spin your own wool? We have some keen volunteers happy to share their skills! And we have spinning wheels available.

EXERCISE CLASSES

STRETCH, STRENGTH & BALANCE FOR WOMEN With Ange

1.15—2.15pm 22 April—23 June
\$100 term or \$17 session casually
(NB 22 April 1.30-2.30pm)

CHAIR YOGA & MEDITATION With Ange

2.30-3.30pm 22 April—23 June
\$100 term or \$17 session casually
Open for all
(NB 22 April 2.45-3.45pm)

THURSDAY

COOKING FOR COMMUNITY

10-12.30pm (Date to be decided)

Join us as we cook to make meals to fill our freezer for those in need. Next session date to be decided—let us know if you would like to be involved.

*If you know of anyone who would benefit from receiving a meal, please let us know.

COMMUNITY SOUP LUNCH (FREE)

This year we are participating in 'Australia's Largest Community-Led Lunch' for Neighbourhood House Week!

Theme—'Your Place to Connect'

12.30pm—2pm Thursday 14 May

Let us know if you can join us!

All welcome



ART MATTERS

23 April—25 June 10—12 noon

Self-lead art group who meet to work on their own paintings & sketches in a friendly supportive environment.

\$50 term (10 weeks) Casual \$7 a session

H'ART SPACE (FULL)

23 April—25 June 1-3pm

Self-lead art group who meet to work on their own paintings & sketches in a friendly supportive environment.

\$50 term (10 weeks) Casual \$7 a session

NAVIGATING MY AGED CARE

10-1.30pm (monthly)

Book a 30min appointment to receive assistance registering, home care package provider support and exploring at-home support options

FRIDAY-CLOSED

NEW OPPORTUNITIES!



'FRIDAY NIGHT SUPPER CLUB'

Would you come along to a monthly Friday night gathering for women?

We're thinking of creating a welcome space to unwind at the end of the week—share a bowl of soup or snacks, enjoy a cuppa and connect with others in a relaxed, friendly environment.

Let us know if this sounds like something you (or someone you know) would enjoy!

Coming Soon!

BARISTA WORKSHOP

Would you like to learn how to make barista coffee and help us at our Tues and Wed Chatty Café sessions.

Let us know if you are interested!

COMMUNITY SUPPORT

*Internet Cafe M, T, W & T 10am-3pm-free use WIFI & laptops

*VIC ROCKS—rock-hiding/painting facebook group

*Community Library & Jigsaw Lending Library—books and jigsaws available to loan

ROOM HIRE

If you are looking for a space for an event, workshop or meeting we have spaces available after hours.

(NB Public Liability Insurance required)

Please contact the office

**\$15 annual affiliation fee payable by all participants **Bookings required for all our sessions. For more info check our website, call, or email Classes that require payment will not be refunded for non attendance.

