



WHAT'S ON AT DROMANA COMMUNITY HOUSE IN TERM 1, 2018?

WE'RE VERY GLAD YOU ASKED!

MONDAYS:

All Abilities Stretch & Move (10.30-11.30am): Bright, bubbly and full of fun, Kylie McGowan leads students of all abilities in this fabulous weekly exercise group. This class is currently full but we can take names for a waiting list. Cost: \$56 (seven classes). **Starts: Monday, February 5.**

- Please note that we DO have vacancies in a gentle exercise class on Wednesday afternoons.



“Boomerang Bags is a grassroots, community driven movement tackling plastic pollution at its source. Volunteers from all walks of life get together to make re-useable ‘boomerang bags’ using recycled materials as a means to provide a sustainable alternative to plastic bags. The bags create a platform to start conversations, make friends, up-cycle materials and work towards shifting society’s throw away mentality to a more sustainable revolution of re-use – one community, needle and thread at a time! Together we link hands globally to create a paradigm shift to a more connected and conscious society”.

Boomerang Bags are coming to Dromana Community House in 2018: Take a stand in the war on waste, reduce reliance on single use plastic bags and join a growing army of volunteers gathering in community houses across the Mornington Peninsula to cut out, assemble and sew Boomerang Bags. If you can cut out shapes, hand sew or use a sewing machine, there's a job for you. And if you would like to learn basic sewing skills, make new friends and become part of this worldwide movement please register your interest with us ASAP. **An information session will be held on Monday, February 12, at 2pm,** with regular weekly group sessions to commence the following Monday from 1-3pm.

- **Register your interest to attend the information session on 5987 2631.**

TUESDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a warm and welcoming setting. Take-A-Break enables parents to participate in a range of day-to-day activities including paid work, study, recreation or respite while their children socialise and enjoy a range of fun activities. Term One: \$360 per child (nine sessions). Casual spots (when available) are \$50.

Dromana Community House Walking Group (9.30-11.30am): Join our friendly walking group for some fresh air and exercise followed by a cuppa and chat back at the house. New walkers always welcome, group departs 9.30am. **Cost:** Gold coin donation. **Resumes: Tuesday, January 30.**

Mixed Media Art Class (1-3pm): Tutor Beatrice Manoukian gently guides students at all stages of their art journey through the challenges and techniques of their chosen medium – acrylics, oils, pastels, watercolours or drawing. New and returning students welcome. **Cost:** Term Fee \$120 (8 classes). **Starts: Tuesday, February 6.**

WEDNESDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a warm and welcoming setting. Take-A-Break enables parents to participate in a range of day-to-day activities including paid work, study, recreation or respite while their children socialise and enjoy a range of fun activities. Term One: \$360 per child (nine sessions). Casual spots (when available) are \$50.

Dromana Community House Fresh Food Program (doors open 10.30am): With the wonderful support of Second Bite and community donations, Dromana Community House is now able to offer a seasonal selection of fresh fruit and vegetables free to the community each Wednesday. All welcome. BYO bag.

Fifty-Plus, Fit & Fabulous (1-2pm): If the gym's not your thing join this friendly class perfect for those looking for some extra gentle exercise with plenty of laughs along the way. If 2018 is your year to finally start the journey towards being 'fit and fabulous', take your first steps with us! Cost: \$84 (seven classes). A \$12 trial class is available in week one. **Starts: Wednesday, February 7.**

Tap Into Life (2-3pm): Beginners Tap Dancing for Mature Feet kicks returns in Term 1! You're never too old to try something new, sign up now for this fresh, fun and fabulous introduction to the world of tap dancing with Kylie McGowan from the Peninsula Dance Project. Tap shoes are optional and not required for this beginner level class. **Cost:** Term Fee \$120 (eight classes). **Starts: Wednesday, February 7.**

THURSDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a warm and welcoming setting. Take-A-Break enables parents to participate in a range of day-to-day activities including paid work, study, recreation or respite while their children socialise and enjoy a range of fun activities. Term One: \$360 per child (nine sessions). Casual spots (when available) are \$50.

TWO NEW TASTY LITTLE SNACK-SIZED SHORT COURSES 😊

Drawing for Absolute Beginners (10am-12noon): Join Chris Blazey for a relaxed four-week introduction to drawing. Perfect for beginners or returning students as no previous experience will be assumed and all materials are supplied. Eight spots only so don't miss out! Cost: \$60 (4 classes). **Starts: Thursday, February 8.**

Mindful Living (10-11.30am): Experience firsthand the myriad benefits of mindfulness and meditation with this four-week introductory course lead by certified mindfulness leader Jacqui Winstanley. Clear your thinking and increase creativity, calm your emotions, sleep better and improve your relationship with yourself and others. **Cost:** \$60 (4 classes). **Starts: Thursday, March 8.**

Community Singing with Martie (1.30-3pm): If you can sing Happy Birthday (or even if you can't), come and sing with us! Singing gives you a buzz and helps you forget your cares for a while. We sing pop songs, hits from musicals, old favourites and requests. If you enjoy singing along to the radio or singing in the shower, that's all you need. No auditions and you don't need to read music. Cost: \$5 per session.

Resumes: Thursday, February 8.

FRIDAYS:

Dromana Community House Playgroup (10-11.30am): Make new friends while your children play and socialise. **Cost:** \$5 per week and a piece of fruit to share. Morning tea kindly supplied by Bakers Delight, Dromana. Please note that your \$10 house membership is due at your first visit for the year. **Resumes: Friday, February 2.**

Gentle Yoga for Beginners –

- Ongoing students: **9.30-10.30am**
- New students: **10.45-11.45am**

A gentle and deeply relaxing introduction (or refresher) for students of all ages and life stages with Jacqui Winstanley. No previous yoga experience required. BYO mat and blanket. **Cost:** Term fee \$105 (seven classes). **Starts: Friday, February 9.**

The Studio (1-3pm): Local artists and handcrafters are warmly invited to join us for a self-led social afternoon of fun and friendship. Work on new or unfinished projects in your preferred medium surrounded by fellow creatives. **Cost:** \$5 per week, pay as you go. **Resumes: Friday, February 2.**

JUST SOME HOUSEKEEPING ...

- Dromana Community House Inc. is an incorporated association with an annual membership fee of \$10 that falls due at the start of each year.
- Management reserves the right to cancel classes where minimum enrolment numbers are not achieved. A full refund (excluding House Membership) will be given in the event that a class is cancelled.
- All participants are required to complete an enrolment form and pay their house membership at or before their first class/activity for the year.
- Classes with a Term Fee require payment in full at (or before) the first class, we accept payment via cash, cheque or EFTPOS.

Dromana Community House Inc. acknowledges the support of the Department of Health and Human Service's Neighbourhood House Coordination Program, the National Occasional Care Program and the Mornington Peninsula Shire Council.

Dromana Community House Inc. is at **15 Gibson St, Dromana, 3936**

You can reach us on **5987 2631** during office hours (9am-3.30pm) or simply leave a message and we'll get back to you. We are closed during school holidays but will return all class and childcare inquiries in the first week of Term 1.

Our website and Facebook page are currently being updated but you can reach us via email at info@dromanacommunityhouse.org.au in the meantime!

