



WHAT'S ON AT DROMANA COMMUNITY HOUSE IN TERM 4?

WE'RE SO GLAD YOU ASKED!

MONDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a bright, 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. Limited places available at \$40 per session. Term fees and \$10 House Membership apply.

Stretch & Move (10.30am-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 are now taking names for a second group to commence in 2018. Cost: Term Fee \$80 (10 classes). **Starts: Monday, October 9.**

Community Craft-A-Noon (1pm-3pm): Make new friends, share a skill or learn a new one at this self-led social craft group. BYO knitting, crochet, hand sewing or paper craft project. Cost: Small gold coin donation. **Starts: Monday, October 9.**

- If you are interested in facilitating this group on a voluntary basis please speak with Karen or Kerrie in the office ☺

TUESDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a bright, 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. Limited places available at \$40 per session. Term fees and \$10 House Membership apply.

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:** Small gold coin donation. **Resumes: Tuesday, October 10.**

TUESDAYS (CONTINUED):

Mixed Media Art Class (1pm-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 \$150 (10 classes). **Starts: Tuesday, October 10.**

WEDNESDAYS:

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. **This program WILL operate during the school holidays.**

NEW!! Tap Into Life (2-3pm): Beginners Tap Dancing for Mature Feet kicks off in Term 4! 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. Tap shoes are optional and not required for this beginner level class. **Cost:** Term Fee \$120 (eight classes). **Starts: Wednesday, October 18.**

THURSDAYS:

Take-A-Break Occasional Care (9.30am-1.30pm): Quality, community-based childcare in a bright, 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. Limited places available at \$40 per session. Term fees and \$10 House Membership apply.

NEW! Living Mindfully (10-11am): Experience firsthand the myriad benefits of mindfulness and meditation with this structured eight-week program led 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:** Term fee \$120 (eight classes). **Starts: Thursday, October 26.**

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 awhile. We will sing pop songs, hits from musicals, silly songs and more. 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. **Starts: Thursday, October 12.** **Cost:** \$5 per session.

FRIDAYS:

Dromana Community House Playgroup (10-11.30am): Meet new friends while your children socialise. **Cost:** \$10 House Membership plus a small gold coin donation and a piece of fruit. **Resumes:** **Friday, October 13.**

NEW! Gentle Yoga for Beginners (10-11am): 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 \$120 (eight classes). **Starts:** **Friday, October 27.**

“The Studio” (1-3pm): Local artists plus students past and present are warmly invited back to the house for a self-led social afternoon of fun, friendship and encouragement to work on new or unfinished projects in your preferred medium. **Cost:** \$5 per week, pay as you go. **Resumes:** **Friday, October 13.**

- If you are interested in facilitating this group on a voluntary basis please speak with Karen or Kerrie in the office 😊

“HOUSEKEEPING”

- We ask all house users to make a small annual contribution to the upkeep of Dromana Community House Inc. by way of a \$10 House Membership which is due at your first class in any calendar year. This entitles you to tea and coffee, regular email updates including the term program and the option of voting rights at our Annual General Meeting.
- Dromana Community House Inc. 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.
- 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.

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