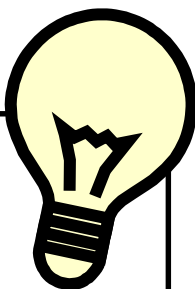




Have you got any ...



BRIGHT IDEAS
For
CLASS SUGGESTIONS ?

If you have any idea's or suggestions for
different classes you would like to participate in
at the
Ulverstone Community House,
please contact Rachael or Jenny on 6425 4186,
or email info@ulverstonecommunityhouse.com
Or drop into the House and see us.



ULVERSTONE COMMUNITY HOUSE

TERM ONE NEWSLETTER 2008

8-10 Lugana Crescent
Ulverstone

Phone/Fax –64254186

Web Page - www.ulverstonecommunityhouse.com
Email-info@ulverstonecommunityhouse.com

OPENING HOURS

Monday—Friday
9am - 5pm
During School Terms

Rachael Morris
Co-ordinator

Jenny Purton
Admin. Assistant

Child Carer

This service is funded by the
Department of Health & Human Services

“Monday Group”

Getting Protected

This is a program aimed at women to develop their skills and knowledge which will assist them in feeling safer

Registration and information session on

18th February 2008

Mondays 10am—12pm

Proposed Sessions covered in term one are:

- Women’s Legal Rights
- Stranger Safety
- Home Maintenance
- Child Support Agency and Centrelink Guest Speakers
- Sex Stuff with Jenny Barker—Women’s Health
- Taekwondo—Self Defence course for women. This course is intended to make you competent in the basic aspects of self defence. (6 week course)
- Stress Less Packs

Cost—\$3.00 per session

Child care available bookings are essential

Tai Chi

Qualified Instructor - Jean Walters

Sessions are held on Monday afternoons between 1 pm - 2 pm. Tai Chi is a gentle form of exercise



Recommencing 25th February 2008

North West Lifestyle Challenge

The project aims to encourage and motivate the community of the North West to look at ways and means of making healthy choices for their own health and well being.

Set goals under the following headings *Get Active* (physical fitness)

Get Eating Healthier (making healthy eating choices)

Get Alive (health, well being, life skills and motivation)

Get Involved (taking a more active part in the local community)

Collect a Lifestyle Newsletter at the Community House.

As of August 2007, 488 people have signed up for the Challenge in the Central Coast community.

Eating with Friends

Eating with friends is a group which aims to bring people together to enjoy a meal, to make new friends, and to delight in new experiences. The group meets the third Friday in the month at 12 midday. If you are new to the area or would just like to get out and meet people, this is the group for you. Please confirm your booking by ringing Rachael 6425 4186 or Margaret 6425 2488 before or on the Tuesday prior to the Friday get-together.

Dates for 2008

- 18th January
- 15th February
- March to be advised
- 18th April
- 16th May

Adult Education

Adult Education accesses our venue for some of their classes.
To register contact: Adult Education Burnie 6434 6282
Devonport 6421 7600

Adult Education Courses on offer this term at the Ulverstone Community House are:

First Aid—Basic Level 1

Saturday 12th April 9am (6 hrs)

First Aid—Workplace Level 2 Refresher

Saturday 17th May 9am (7 hour session)

Henna Body Art

Saturday 19th April 12.30—4.30pm

Caring for Orphaned & Injured Wildlife

Saturday 3rd May 10am (6 hour session)

Get Organised

Saturday 10th May 10am (4 hour session)

Fungi Identification

Saturday 24th May 10am (6 hour session)

For further information or to enroll please contact Adult Education on the numbers listed above.

Serenity (behind Coles carpark) **Lifestyle Challenge Session**



Sessions are held every Friday

10.30 am to 11.15 am

Cost \$ 5.00

Australian Breastfeeding Association

The Australian Breastfeeding Association meets at the Community House on Fridays at 10am on the following dates in 2008:

11 January
8 February
7 March
4 April
2 May
30 May
27 June

For further information please contact Ros on 6437 1066

Group Exercise

Recommencing 5th February 2008
Our fitness class is held every Tuesday morning
At 10.30 am with a qualified instructor.
If you want to GET ACTIVE this is the class for you.



Cost is \$3.00

Qualified Instructor –Lyn Cook



Leslie's Card Making

Recommencing 19th February 2008
Join Leslie every Tuesday afternoon between
12.45pm -2.45 pm

During the class you will make 4 cards
The cost is \$6.50 inclusive. (Materials and kit supplied by the tutor).
Please bring your own glue and scissors.
Beginners and Advanced are welcome to attend.

Bridge

Recommencing 8th January 2008

If you want to play Bridge there are regular organised games of
Duplicate Bridge played at the Community House on Tuesday
evenings at 7.30 pm. Each game is run according to ABF and
TBA rules.

Warrina Unit

Housing Tenancy Officer

Visits the Community House
Wednesday 1 pm - 3 pm
Available with or without an appointment

Advocates for Survivors of Child Abuse (ASCA)

Meets every fortnight on a Monday evening. If you would
like to come to a group for support and understanding on
how to move on - Phone 64253855 or Teena on 64254580

Digital Camera

(4 week course)



Just got a new camera... don't know how to use
it or would like to learn more about it?
Then this is the course for you.

Starts: 28th February

Every Thursday 9.30am - 11am

Cost: \$5 per session

What to bring: Your camera and manual
Bookings essential—phone Rachael on 6425 4186

Mosaics

Meets every Thursday Morning 10am
Bring along your own ideas/creations
Cost: \$2.00

Recommencing February 7th 2008

Amy Unit

Photo Scrapbooking

To be held every Tuesday morning
Commencing 19th February 2008
9.30 am—11.45 am
Child Care available - Bookings Essential

Ulverstone Ladies Probus

Games afternoon - 3rd Monday of the month
1 pm - 4.30 pm
First meeting for 2008 is on 21st January

Textile Arts

2nd Wednesday of the month 10am—3pm
Commencing 13th February 2008
Friendly group learning, sharing and exploring
creative techniques.
Phone Carolyn 6425 6651 for further information.

Art Group

Meets every Thursday & Friday morning 9.30am—12pm
Commencing 17th January 2008

Sunday Scribblers

Meets the 3rd Sunday in the month

Adult Education

Adult Education accesses our venue for some of their classes.
To register contact: Adult Education Burnie 6434 6282
Devonport 6421 7600



For Men

If you would like to become involved with
a men's group we are interested in hearing
your ideas to get something started.
Please phone Rachael on 6425 4186



For Youth

TUG – ‘The Ulvie Group’



This is a newly formed youth committee established to address the
needs and issues of youth in our community.

If you would like to be part of this group or assist in events
organised for youth please contact Rachael on 6425 4186 for further
information.

Garden Club



The Garden Club meets at 1 pm on the first Thursday of the month at the Community House. Please confirm with the Community House as bus trips and outings may be arranged and times may vary.

The Garden Club has a trade table each time they meet. The trade table consists of plants, flowers, jams, relishes, sauces, vegetables, fruit, magazines and any surplus bulbs you wish to dispense with.

The club welcomes all new members.

Recommences on Thursday 7th February 2008 at 1pm.



Community Garden

We meet Tuesday's 10am - 12pm during daylight savings. Then Tuesday afternoons from 1 pm - 3 pm after daylight savings finishes.

(This is generally during school terms.) If you can spare some time and would like to be involved in this community project please phone Rachael at the Community House 64254186.



Belly Dancing

with

Instructor Robyn Flude

Thursdays 11.15am - 12.15pm

Cost: \$3.00

Belly Dancing is back.

Come along to the first session on **Thursday 21st February**.
Class size limited to 12 participants.
Bookings essential.

Classes will be held over 10 weeks commencing on the 21st February and finishing on the 24th April.

Child Care will be available

Scrabble

Recommencing 6th February 2008

Social and competitive scrabble is conducted every
Wednesday from 10.15 am until 2.30 pm
Tuition is available

NILS Scheme

The NILS Network provides interest-free loans of up to \$1000 for essential household items. Applications are processed by appointment. To apply ring 1300 301 650 for your information package.

Playgroup

Recommencing 20th February 2008

Parent Involved Playgroup is held every Wednesday morning during school term from 10 am until 11 30 am.

The cost is 50 cents per family.

Please bring along morning tea and a hat for your child/children.
Our Child Carer will be in attendance.

Enjoy the various activities available. Meet new friends in a welcoming and safe environment.

The Community Garden is situated at;

9a Moore St Ulverstone
(behind Stepping Stones Car Park)

