

COMING SOON!!

CLOTHES SWAP EVENT

Saturday 4 June 10.00am – 1.00pm

Swap instead of shop for a greener world and get a great wardrobe!

Swap up to 10 good quality children, teens and adult clothes.

Cost: \$3



COOKING FROM THE KITCHEN GARDEN

Tuesdays 10 May – 7 June 2011 2.00pm – 5.00pm

Plan and cook meals together with a focus on using local produce. Share ideas about sourcing local food, cooking nutritious and economical meals and taking a step towards sustainable living.

The group will meet weekly for 4 weeks with an extra optional session to cook a meal for the '100 mile' monthly shared dinner.

Cost: \$10 per cooking session

A one hour planning session for interested persons will be held at 2pm on Tuesday 3 May 2010 in the MDHSS dining room.

Bookings are essential.

SUPPORT GROUPS

PLAYGROUP

Tuesdays 10.00am – 12 noon

Playgroup is for babies, toddlers and preschoolers and their parents or caregivers.

Cost: \$2 per child

CAMERA CLUB

1st Monday of the month 2.00pm – 4.00pm

The Camera Club is an enjoyable and informal group who meet to display and discuss their photos based on a monthly theme.

Cost: \$2

SCRAPBOOKERS GROUP

1st and 3rd Monday of the month 5.00pm – 9.00pm

Scrapbooking is a fun and creative way to preserve your photos, memorabilia and stories.

Cost: \$2

NEIGHBOURHOOD HOUSE SERVICES

OCCASIONAL CHILD CARE

**Monday and Friday during school term
9.00am to 12 noon**

A safe and caring environment for children aged 0-6 years while you 'Take-A-Break'.

For bookings telephone MDHSS on 5158 0243

TELECENTRE

The Telecentre provides public internet access, printing and scanning facilities.

Volunteers are available to provide individual assistance Monday and Friday 9am - 1pm.

Cost: \$2 per half hour

CENTRELINK AGENCY

Open Monday to Friday 9.00am to 1.00pm

MDHSS Centrelink staff are able to assist in completing and lodging forms and providing brochures and booklets. The Centrelink Agency provides phone, fax and computer/internet access to assist customers with their Centrelink business. Staff cannot make payments or make decisions about entitlements.

HEALTHY LIVING SHOW

3MGB 101.7 Mallacoota / 96.9 Genoa

Every Tuesday morning at 9.00am tune into Community Radio 3MGB for news and information from MDHSS.

OPENING HOURS*

Monday, Tuesday and Wednesday – 9am to 5pm

Thursday and Friday - 9am to 1pm

* Subject to change

The MDHSS Neighbourhood House is supported through the Neighbourhood House Coordination Program, Department of Human Services and ACFE, Adult Education in the Community.



**Mallacoota District Health
and Support Service Inc**

Neighbourhood House Activities

**Term 2
29 April – 1 July 2011**

**Cnr Genoa Road and Mattsson Street
Mallacoota Victoria 3892
Tel: 5158 0243**

CLASSES & WORKSHOPS

INTRODUCTION TO COMPUTERS*

Are you looking to re-enter the workforce or upgrade your skills? If so, this intensive 5 session course is for you! Covering basic computer skills for employment or small business, course will include setting up email, searching the web, file and folder management and introduction to MS Word.

Monday and Wednesday 1.00pm – 4.00pm
2, 4, 9, 11 and 23 May 2011
Tutor: Ms Patsy Lisle
Cost: \$65

INTERNET FOR OVER 55's – LEVEL 1

No previous computer experience required! This hands-on course covers the basics of operating a computer and an introduction to the internet including email. Questions welcomed.

Thursday 10.00am - 12.00pm
5 May to 26 May 2011
Tutor: Mr Chris Mills
Cost: \$45

INTERNET FOR OVER 55's – LEVEL 2

This course builds on and consolidates the skills gained in Level 1. The focus will be on using the internet safely, sending emails and attachments, using *Skype* and using your digital camera to download photos. Questions welcomed.

Thursday 10.00am – 12.00pm
2 June to 24 June 2011
Tutor: Mr Chris Mills
Cost: \$45



CLASSES & WORKSHOPS

ADVANCED ADOBE PHOTOSHOP CS5*

This workshop covers the advance application of Adobe Photoshop CS5 to professional standards, includes 'Bridge', 'Raw' and 'Design' elements.

Minimum Requirement:
Basic knowledge of Adobe Photoshop.

Thursdays 4.30pm – 7.30pm
5 May to 2 June 2011
Tutor: Mr Michael Rayner
Cost: \$100

INTRODUCTION ADOBE PHOTOSHOP CS5*

Learn to manage, enhance and manipulate digital photographs in this introduction to Adobe Photoshop.

Minimum Requirement:
Own digital camera, basic computer skills, ability to download and file images.

Fridays 1.00 pm – 4.00 pm
3 June to 1 July 2011
Tutor: Mr Michael Rayner
Cost: \$100

* *ACFE funded classes*

AFTER SCHOOL ART CLASS (6 - 14 YEARS)

This popular 6 week program introduces students to basic visual arts skills and techniques, in an atmosphere that is relaxed and enjoyable.

Monday 4.00pm – 5.30pm
9 May to 20 June 2011
Tutor: Ms Melinda Beacham
Cost: \$120

Enrolments

- Enrolment is required for classes and workshops
- Enrolment and payment is required to secure a place
- Classes will run as listed, subject to adequate numbers

HEALTH & WELL-BEING

BRAINDANCE

Stimulate your brain with a series of gentle exercises to develop better balance, memory and motor skills. Suitable for all ages and fitness levels.

Thursday 5.30 pm – 7.00 pm
5 May to 30 June 2011
Tutor: Ms Susannah Keebler
Cost: \$13 per class

DANCE FIT

A full body workout that uses dance techniques to shape and tone your entire body and improve cardio vascular fitness. This class requires NO previous dance experience.

Please wear comfortable, non-restrictive clothes and be prepared to sweat and enjoy!

Wednesdays 4.00pm – 5.15pm
4 May to 30 June 2011
Tutor: Ms Susannah Keebler
Cost: \$13 per class

HATHA YOGA

Tutor: Ms Tracy Litherland
Cost: \$13 per class

Enjoy, feel the benefits and be inspired by your efforts with yoga postures, breathing and relaxation techniques. Feel physically stronger, mentally alert and uplifted.

Progressive Beginners
Wednesday 9.30am – 11.00am
4 May to 29 June 2011

Intermediate
Tuesday 5.15pm-6.45pm
3 May – 28 June 2011

DANCE & YOGA CLASSES HELD IN MDHSS HALL

