



Neighbourhood Natter

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Welcome to Term One 2010

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With the hustle and bustle of the festive season now behind us and the children back at school, perhaps it is time to consider a little "me time". This term there is a fabulous variety of stimulating activities for the mind and body.



Above: Karen—our yoga instructor

For instance, our yoga classes are gentle and nurturing...a wonderful way to increase body flexibility, body strength and ease stress. Our line dancing classes for beginners and intermediates are a sensational way to exercise the brain and body while having fun to music. No partner is needed and any age is welcome. Qigong for Health and Healing combines Tao Yin, Qigong and Meditation is suitable for all ages. These simple exercises are well known for their success with arthritis, insomnia and personal growth.

Perhaps something along the lines of Philosophy is more your style, where you can really get into exploring everyday issues for everyday situations.

Arts and Crafts courses play a big part and include Mosaics,

Painting with Acrylics, Pergamano cards, Patchwork, Knitting and Crochet, and Watercolour. Or try classes in French Polishing, Computers and Camera courses.

There is something for everyone, including our extensive range of Children's Programs, exercise for the over 50's, and our ever popular Midway women's group for the over 60's.

There is sure to be an activity to suit everyone and we aim to make our classes as affordable as possible.

So come along and check out that special class you have been thinking about...you deserve to spoil yourself!

- John Meyer (President)

Kids in need of some toy variety?

Centre Contact:

Phone: 87684400

Fax: 87684432

Do your children get sick of their toys quickly? Are you sick of storing toys that your children are no longer interested in? We have the solution for you!

Come and join our ever-popular Toy Library, where your children can borrow toys for a

two-week period. There is a wide variety of toys and puzzles to choose from to keep your children amused, and all at a low membership fee of \$20 per year for one child, or \$28 per year for two or more children.

Mondays: 11.30am-12.30pm

Wednesdays: 7pm—8pm



The Toy Library room

"There are no strangers here only friends you haven't met before."

New courses for Term 1, 2010

Your new term program will have been delivered already—if you haven't received yours you can collect one from the office.

- **Cartooning for 9-13 year olds.** Great for those who love to draw and wish to further their artistic skills. Begins **Feb 15th** for 5 weeks.
- **Cartooning for 13-16 year olds.** This class is specifically for older students to study more advanced illustration techniques. Begins **Feb 15th** for 5 weeks.
- **Epipen Workshop—** Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. Learn to look for the signs and symptoms and use the epipen, when and where. **Wed 17th March.**

- **Mosaics with Janine—** Make decorative mosaic pieces for your home in our popular mosaics class. Experience is not essential. Enjoy having fun in a friendly group environment and learn from an experienced teacher. You will see terrific results. Starts **Wed 3rd Feb.**



Above: A sample from the mosaics class

- **Floral Workshop with Jenny—**Enjoy learning how to make a fresh flower arrangement for your Easter table. Our skilled tutor will teach you how to incorporate chocolate, fresh flowers and some craft ideas for a

table arrangement you can take home. You will need to bring your own scissors. **Fri 19th March.**

TAKE CONTROL....

The **Peninsula Community Legal Centre** will be providing an informative workshop that you should not miss.

You will be provided with a kit full of information and forms useful for making powers of attorney and guardianship. You will also find out about:

- Various enduring powers of attorney
- power of guardianship
- choosing the best person to appoint
- protecting your best interests

Wed 10th March 11am—12.30pm Cost: \$2

3 year old sessions

Our three year old program is a fun and educational session, run by a qualified kindergarten teacher, specifically catering for the 3-4 age group.

Children will enjoy interesting creative themes and participate in a wide range of learning experiences across all areas of development.

Children must turn three before the end of April to be eligible to attend. Please call the office for vacancies.

Choose from **Monday, Tuesday & Thursday sessions 1pm-3pm.**

Cost: \$125 per term.



Above: Children's room outdoor area

Volunteering

If you are interested in volunteering some of your time, but not sure what to do, we would like you to consider some time in either our children's room in Playgroup sessions or in a Toy Library session.

Volunteer hours can be converted into credits towards a course or centre activities.

No experience necessary, just see Mim in the office and she will be happy to discuss any queries you may have.