

COMMUNITY HOUSE STAFF

Manager - Mel
Assistant Manager - Kaye
Finance/Office Manager - Kim
Counsellor - Mara
Wellness Coordinator - Ally
Preschool Director - Jodi
Preschool Aide - Lee
Preschool Aide - Teresa
Playgroup - Lee
Community Services Trainee - Oli
Handyman - Michael

COMMUNITY LUNCH

Come in and spend some time over good food and good company for a 2 course lunch Cost \$15.

Tuesday 2nd November, 7 December (Christmas Lunch)
Bookings essential



Services at West Moonah Community House

The Food Pantry is available for anyone in the community who may be experiencing hardship. Please contact us by phone 6273 2362, and we will leave food out and we also have frozen cooked meals available. Feel free to call in and speak to our friendly staff about accessing some food. Our pantry is open from Monday to Friday 9am to 2.30pm.

Sunday 14th November 10am - 2pm

* *christmas* *
* *market* *

POP UP Market

Sunday 14th November
10am - 2pm

Food stalls and Kids activities
at the Community House
and in Coinda Park

Fresh affordable food with our Food Co-op

Purchase fresh seasonal veggies and eggs from our food coop. Orders must be in by 12noon Wednesday for collection or delivery the following Wednesday. Order here www.firstchoicefoodcoop.com or phone 6273 2362

- Exercise classes
- FREE counselling
- FREE L1 Training
- FREE Internet
- NILs applications
- Various courses
- Photocopying
- Adventures

Phone: 03 6273 2362 130 Springfield Avenue, West Moonah TAS 7009

November Pocket News



WEST
MOONAH
COMMUNITY
HOUSE

**DID YOU KNOW WE
HAVE A COUNSELLOR?** **THIS IS A FREE SERVICE**

Appointments now available for children and adults.

NO REFERRAL REQUIRED
Bookings are necessary.
Appointments are at the
Community House.
130 Springfield Ave West Moonah

Please contact West Moonah Community House
Phone: 03 6273 2362 Email: info@westmoonahcommunityhouse.com

Opening Hours
Monday to Friday 8am to 3.30pm
Community Pantry - 9am to 2.30pm



We pay respect to the traditional and original owners of this land, the *muwina* (mou wee nee nar) people, to pay respect to those that have passed before us and to acknowledge today's Tasmanian Aboriginal people who are the custodians of this land.



The Community Shed is now open Monday, Wednesday, Thursday and Fridays 9am to 12.30pm

GO MOVEMENT

Monday 10:50am
and 11:40am.

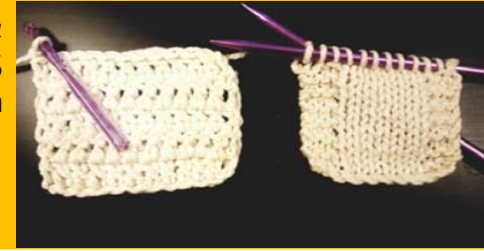


LEARN TO SEW

Tuesdays 10am—noon
(8 week blocks)

FREE KNITTING & CROCHET LESSONS

Tuesdays 10am to noon



ZUMBA

Wednesday mornings 9.30am
Thursday evenings 5.45pm



PILATES

Mondays 7pm
\$110
(10 week block)

YOGA

(10 week block)
Wednesdays 5.15pm
and 6.30 pm



Join Mamma Rosa for
COOKING WITH A CHRISTMAS CRACKER



Thursday December 9 @ 7pm

A cooking class AND a comedy Show, all in one!
Can it get any more exciting than that?
Make traditional Italian Almond Biscuits as Christmas gifts with the irrepressible Mamma Rosa.
Learn, laugh, be entertained, and take home the recipe so you can share the festive fun. \$35pp

Perfecting Your Pasta ~ 3 week course



PERFECTING YOUR PASTA

Thursdays 6.30pm to 8.30pm
3 weeks - Nov 11, 18 & 25

\$105pp
Sorry - this class is not suitable for anyone who is gluten free

CHRISTMAS MOSAICS

Thursdays 3.30pm to 5pm \$20 3 X 3 hour classes over 3 weeks
Saturdays 10am (in the shed) 27th Nov, 4th Dec & 11th Dec \$85pp
Over the 3 weeks you can choose to make your own Christmas decorations or a larger item to give as a Christmas gift.



PLAYGROUP

Mondays 9.30am \$5
Furry Friends picnic & Scavenger Hunt
25 Oct



BUS TRIPS

Starting from just \$10 per person
Friday November 19 (Christmas Lunch)
Friday December 3 Swansea



REBUILD REVIVE SURVIVE

Put control back in your life ...Connect with others
FREE
Fridays by appointment
Facilitated by a counsellor



PLAYGROUP CHRISTMAS PARTY

Monday 6th December
9.30am \$5



All workshop/class bookings and payments can be done on-line at <https://westmoonahcommunityhouse.com/upcoming-activities/>