




## March/April 2019

Devonport Community House 10 Morris Ave, P: 6424 7060, E: devhouse@internode.on.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Playhouse 9.30-12.30</b> (Closed school hols 15 - 26Apr) <b>Behaviour Zen W/shops</b> <b>25/3 &amp; 26/3 9am-3pm</b> ★ Behavioural skills sessions. Call for details/bookings.  <b>Monday Mosaics</b> <b>10am – 2pm</b> Group helping each other \$2  <b>Community FoodShed</b> <b>2pm – 3pm</b> Fresh fruit and veg everyday plus free day-old bread.  <b>Dinner for locals</b> <b>6pm last Mon in month</b> <b>25Mar/29April</b> Morris Ave / Chichester Drive <b>LOCALS ONLY</b>  ★ ★ ★ ★ ★ <b>Neighbour Day all Week!</b> <b>Mon25 – Fri29 March</b> Bring your neighbour for a coffee on us! Check out or join in an activity at the House, Café open Tuesday & Thursday	<b>The Playhouse 9.30-12.30</b> (Closed school hols 15 - 26Apr) <b>Mersey Weight Control</b> <b>Club 8.30 – 10am</b> <b>Recommencing 8 Jan</b>  <b>Hug a Mug Café</b> <b>Snack Club 10am–12pm</b>  <b>Card Making with Dale</b> <b>10am – 12pm \$2</b> For everyone, kits available.  <b>No Interest Loans (NiLS)</b> Contact Nils on 1300 301 650 to register then give us a call.  <b>Community FoodShed</b> <b>2pm – 3pm</b>  <b>Belly Dancing 5 – 7pm</b> ★ Open to all ages with Ann- Marie 6424 3139 By donation  ★ ★ ★ ★ ★ <b>WEDNESDAY 17 April</b> <b>Easter in the Park</b> Join us at 3pm at Morris Ave Park for fun games, Easter Bunny, Egg Hunt and BBQ. <b>FREE ACTIVITY FOR LOCALS</b>	<b>The Playhouse 9.30-12.30</b> (Closed school hols 15 - 26Apr) <b>Carers Australia Tas</b> <b>10.30am – 3.30pm</b> <b>13/27Mar, 10/24Apr</b> Call in for info & chat.  <b>Eating with Friends Lunch</b> <b>12.15pm 13Mar, 10Apr</b> Two course luncheon for \$5. Bookings essential.  <b>Aged Care Info Session</b> <b>Carers Australia Tas</b> ★ <b>27 Mar 1 – 4pm</b> Reps from ACAT, residential, Advocacy & self support. RSVP 1800 242 636 E: intake@carerstasmania.org  <b>Community FoodShed</b> <b>2pm – 3pm</b>  <b>GiFs for girls 12-16 years</b> <b>3 – 4.30pm</b> Girls group. Call to book in.  <b>Weight Control Group</b> <b>5 – 5.45pm \$3 week</b>  <b>Kadampa Meditation</b> <b>7 – 8.30pm. Drop in \$12</b> <b>P: 0487 762 992</b>	<b>The Playhouse 9.30-12.30</b> (Closed school hols 15 - 26Apr) <b>Patchwork&amp;Embroidery</b> <b>9.30am - 11.30am \$2</b> Self-help experienced group  <b>Potter in the Garden</b> <b>9.30am – 12noon</b> Join our fabulous gardeners. Morning tea provided!  <b>Hug a Mug Café</b> <b>Snack Club 10am–12pm</b> Try our fabulous Leaping Goat coffee! And scones with jam & cream, YUM! Coffee \$2  <b>Community Food Shed</b> <b>2pm – 3pm</b> Fresh fruit and veg everyday plus free day-old bread.  ★ ★ ★ ★ ★ <b>SUNDAYS 1pm-5.30pm</b> <b>Samudra Kadampa Buddhist</b> <b>Centre Foundation Program</b> Meditation and relaxation. See info below for dates ★ ★ ★ ★ ★	<b>The Playhouse 9.30- 12.30</b> (Closed school hols 15 - 26Apr) <b>Understanding Autism</b> ★ <b>9.30am – 12pm 8Mar</b> Book on 1800 242 636  <b>No Interest Loans (NiLS)</b> Contact Nils on 1300 301 650 to register then give us a call.  <b>Repair Café 10am-12pm</b> <b>Food Shed 2pm – 3pm</b>  <b>SATURDAY 13 April</b> <b>Scrap &amp; Yak 10am–2pm</b> Relax, have a cuppa & scrap! \$3 BYO Lunch, kits available  ★ ★ ★ ★ ★ <b>SATURDAY 16 Mar</b>    Join Team House Hunnys at <b>RELAY FOR LIFE</b> for the best walking experience!  <b>SATURDAY 23 Mar</b> <b>GrowDynamix Workshop</b> Practical Food Growing Skills Book in limited availability 9.30am – 3.30pm \$25

**Sumadra Kadampa**

*Buddhist Centre*

*Foundation Program*

**SUNDAYS**

**1 – 5.30pm**

Meditation and Relaxation

Call Sarah 0487 762 992 for more info & dates.

Mar 10,17,24,31: April 7

## BEHAVIOUR ZEN WORKSHOPS

**MON 25/TUES 26 March 9am – 3pm**

TO MAKE A BOOKING or FIND OUT MORE

25<sup>th</sup> Developing Emotional Regulation Skills

<https://www.trybooking.com/book/event?eid=449895&>

26<sup>th</sup> Challenging Behaviour

<https://www.trybooking.com/book/event?eid=449904&>

## Eating with Friends

**Second Wednesday in month**  
**12.15 – 1.30pm**

Laugh, chat and eat your way through a two-course luncheon for only \$5.

Bookings essential.

## Hug a Mug Cafe

**Tues & Thur - Snack Club**

**Fri – Repair Café**

**10am – 12pm**



Enjoy some barista-made coffee & yummy scones.

Drop in for a chat or read the paper. All made by locals!

**\$2 Coffees 50c snacks**

**\$1 coffee for locals**

## GROW DYNAMIX

**Saturday 23 March 9.30am-3.30pm**

**Practical Food Growing Skills**

Bookings essential, places limited \$25

Learn about all things garden, propagating, soil improvement, composting, fertilisers. Make your own products and set up your garden.

Q & A with Mick and Sonia

Limited bookings available, call the office

## CARD MAKING

TUESDAYS 10am-12pm

Join Dale and our class of dedicated card-makers and impress yourself & others!!! \$2 (+\$3 card kit)



## The PlayHouse is OPEN for fun!

**MON – FRI 9.30am – 12.30pm School days only**

**Easter Egg Hunt all week Mon8 – Fri12 April!!**

The Playhouse is located cnr Forbes & Charles Sts, 6424 7060 for weekend Party hire. Closed school holidays.

## Carers Australia TAS

**WEDNESDAYS 10.30am – 3.30pm**

Check calendar for dates

For help with NDIS, My Aged Care and Centrelink, drop in and chat with Tamn at Community Hous



## GIF's – Girls Integrating Friendships

**WEDNESDAYS 3 – 4.30pm school terms**

**RESPECT, FRIENDSHIP, FUN**

Group for girls 12 – 16 years from local schools

Sessions on respectful friendships, personality types, self-care, art & craft and cooking.

Phone Danielle at the House for details

## Other Activities

- **Quakers meet** – Sundays 10.30am
- **Nils Loans** – we help with your paperwork
- **Meals on Wheels** – chat to Jo about your needs

Supported by the Crown AND Devonport City Council