

MONDAY

The Playhouse 9.30-12.30

Monday Mosaics

10am – 2pm

Learning mosaics together \$2

Swimming for over 65's

11.30am-12.30pm FREE

Give us a call to book in.

Community FoodShed

2pm – 3pm

Fresh fruit and veg everyday plus free day-old bread.

Dinner for locals only

5.30pm last Mon in month

Join locals from Morris Ave / Chichester Drv. Help out from 3pm for free meal.



Join us in 2020 on March 28

RELAY FOR LIFE



Have you always wanted to do something with others, for others? Join us and walk for an hour or two on Sat March 28. Register now!

TUESDAY

The Playhouse 9.30-12.30

Mersey Weight Control Club

8.30 – 10am

Tuesday Mosaics

10am – 1pm

Learning mosaics together \$2

Vision-Impaired Meet

10am – 12pm fortnightly

Support group. Free activity

Card Making with Dale

10am – 12pm \$2

Restarting 11 Feb.

Hug a Mug Café

Trouble on Tuesdays

10am-12pm

Enjoy Leaping Goat Coffee and home-made treats and be ready to play the best board game ever!!

Community FoodShed

2pm – 3pm



Open during school terms

WEDNESDAY

ThePlayhouse 9.30-12.30

Cook n Taste 12 & 26 Feb, 11 & 25 Mar

Wellways to Health

10am – 12noon 5&12 Feb

Phone to book in.

Swimming for over 65's

11am-12pm FREE

Enjoy some exercise for free.

Eating with Friends Lunch

12.15pm 12 Feb

Bookings essential.

Int Women's Day Luncheon

Food especially for Gals!

11 Mar 12.15pm \$5

Bookings essential

No Interest Loans (NiLS)

1.30 – 3.30pm Book in

Contact Nils on 1300 301 650 to register then give us a call.

Community FoodShed

2pm – 3pm

Weight Control Group

5 – 5.45pm \$3 week

Returning 8 Jan

Kadampa Meditation

7 – 8.30pm. Drop in \$12

Call Sarah 0487 762 992

THURSDAY

ThePlayhouse9.30-12.30

Behaviour Help W/shop

6/3 9am-3pm

Behavioural skills sessions.

Call for details/bookings.

Potter in the Garden

9.30am – 12noon

Join our gardening gurus.

Morning tea provided!

DOTS with Amy Scott!

Mar 26 9.30am-2.30pm

It's all about communication red, yellow, blue and purple Contact us to register

Patchwork&Embroidery

9.30am - 11.30am \$2

Restarting fortnightly 13Feb

Join a self-help group for all your patchwork/embroidery

Hug a Mug Café

10am-11am

Barmy Bingo!

11am – 12pm

Meet others, have some FREE fun with numbers & win some treats!

Community Food Shed

2pm –3pm

FRIDAY

The Playhouse 9.30- 12.30

Behaviour Help W/shop

6/3 9am-3pm

Behavioural skills sessions.

Call for details/bookings.

Swimming for over 65's

11am-12pm FREE

Enjoy some exercise for free.

No Interest Loans (Nils)

1.30 – 2.30pm Book in

Food Shed 2pm – 3pm

SATURDAYS

Ann-Marie's Belly Dancing

10.30-11.30 Beginners

11.30-12.30 Advanced

Call Ann-Marie 0401 513 664



SUNDAY 2 Feb 4-7pm

Music in the Garden

Enjoy Dom's 50's – 90's music Hot spuds & soft drinks. BYO chair. Donations to Relay



PHYSICAL ACTIVITY
FOR OVER 65'S
SWIMMING!

Mondays 11.30am–12.30pm

Wednesdays 11am-12pm

Fridays 11am-12pm

ARCHERY!

Register your interest now for
March/April sessions.

*Many Thanks to MSK Aust &
Active Neighbourhoods for Older
Australians*

wellways to Health

10am – 12noon Wednesdays

5, 12 February 2020

Join Wellways at the House for this great program to
help manage stress, anxiety and depression. Book at

wellways.org | 1300 111 400

Eating with Friends

Second Wednesday in month
12.15 – 1.30pm

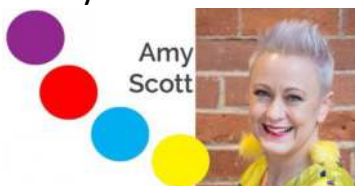
Laugh, chat and eat your way through
a two-course luncheon for only \$5.
Bookings essential.

DOTS with Amy Scott

Thursday 26 Mar

9.30am – 2.30pm

Join us at the paranaple centre
for a wonderful opportunity to
learn about communication
styles for yourself & others!



Book in now!

Belly Dancing with Ann-Marie

Saturdays 10.30-11.30 Beginners

Saturdays 11.30 – 12.30 Advanced

Open to all ages and abilities. Have some
fun and do some exercise! By donation.
Call Ann-Marie on 0401 513 664 for info.



CARD MAKING

TUESDAYS 10am-12pm

Restarting February

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



BEHAVIOUR HELP WORKSHOP

THURS 5/FRI 6 March 9am – 3pm

FIND OUT MORE call Dolly 0423 293 254 or
email dolly@behaviourhelp.com

Thursday 5th Supporting Individuals with Autism
Spectrum Disorder

Friday 6th Developing Emotional Regulation
Skills in Individuals with Anxious, Oppositional
and Aggressive Behaviours



Trouble on Tuesdays!

From 10am-11am

Be ready to play a game
or two in Hug a Mug Café

FREE ACTIVITY

Coffee & snacks \$2.50

The PlayHouse is OPEN for fun!

MON – FRI 9.30am – 12.30pm School days only

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

Other Activities

- Korea Church meet – Sundays 5.30pm
- Meals on Wheels – chat to Jo at the House about your needs
- Get ready for the Jazz Festival in July - Jazz dancing in May/June for over 65's – Interested? Contact us to register.

Supported by the Crown AND Devonport City Council