

MEAC Program Guide January - June 2017

Supporting Life Long Learning

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Health & Wellbeing

Begin your journey to better health-all classes taken by Donna Rodda Health and Wellbeing Instructor. We provide a variety of programs catering for all levels of ability within our community.

Strength Training

Term Dates: January 23rd - June 26th
Mondays
Session 1: 9.15am - 10.15am
Session 2: 10.30am - 11.30am
Session 3: 1.30pm - 2.30pm
Term Dates: February 2nd - June 29th
Thursdays 1.30pm - 2.30pm
Cost: \$7.50 per session

Strength & Mobility

Term Dates: January 27th - June 30th
Fridays 10.45am - 11.45am
Cost: \$7.50 per session

Disabilities

January 23rd - June 26th
Cost: \$6.50

No Falls

Mondays 12.30 - 1.30pm

Dance

Tuesdays 1.00pm - 2.00pm

Lifeball

Wednesdays 10.30pm - 11.30pm

Exercise

Wednesdays 1.00pm - 2.00pm

FREE Activities in the Park

Qigong

Mooroopna Lake Foreshore

Wednesday 1st, 8th, 15th, 22nd February,
1st, 8th March
Time: 7.30am - 8.15am

Qigong

Tatura Community House

Friday 3rd, 10th, 17th, 24th March
Time: 1.30pm - 2.15pm

Stretch n Flex

Ferrari Park Mooroopna

Saturday 4th, 11th, 18th, 25th March
Time: 8.30am - 9.30am
Please bring own yoga mat.

NEW Small Steps

Walking Group

Use a walking frame or other aid to help you to get around? Interested in increasing lung health and overall health? Join a casual walking group and start with small walks and build up as you can.
Tuesdays & Fridays 10am
Cost: Free

FREE Men's Health Week

Come along for an afternoon of information and fun at the Hub. Content details to be confirmed 5825 1774.
June 14th
Wednesday 1pm

Strength Training

Term Dates: February 2nd - June 29th
Thursdays 11.45am - 12.45pm
Cost: \$7.50

Circuit

Term Dates: January 27th - June 30th
Fridays 9.15am - 10.15am
Cost: \$7.50 per session

Recommencing 23rd January for any queries on programs.

COMING SOON

Reiki Therapy Sessions with Donna Rodda.

Courses & Skills

Follow Workplace Hygiene Procedures (Food Handlers)

SITXOHS002A HLTFC207B
Term 1: Monday February 20th
Term 2: Monday May 8th
Time: 9am - 1pm
Cost: \$120



Implement Food Safety Procedures (Food Supervisors)

SITXSSAO01A, HLTFS309B, HLTFS310B
Term 1: Tuesday February 21st
Term 2: Tuesday May 9th
Time: 9am - 4pm
Cost: \$340
Follow Workplace Hygiene Procedures is a pre-requisite for this course. Contact Dina Carroll at GV Food Safety Services on 5821 7474 to book.

Computers for Beginners

2.5 hours x 4 weeks (10 hours)
When: Tuesdays
Term 1: February 21st - March 14th
Time: 9.30am - 12 noon
Term 2: May 2nd - May 23rd
Time: 6.30pm - 9.00pm
Cost: \$100

Introduction to Microsoft

2.5 hours x 4 weeks (10 hours)
When: Tuesdays
Term 1: March 7th - March 28th
Time: 6.30pm - 9.00pm
Term 2: June 6th - June 27th
Time: 9.30am - 12 noon
Cost: \$100

Creative Writing with John

Published author/retired school teacher will show you the steps of character creation/plot building/correct use of grammar/developing settings/effective conflict and dialogue. Great for hobby writing or to further develop writing skills.
Term 1: February 16th - April 6th
Term 2: May 4th - June 22nd
Thursdays 5.30pm - 6.30pm
Cost \$80

Helping Hand - Assisting Over 55s with iPad

Date: Feb 6th - Feb 13th
Monday 10am - 12 noon
Cost: Free
Register by phoning 5824 1315 or online at helpinghand.tatcom.com.au



iPad for Beginners

Come and complete this basic course to get you started with your iPad. Cover emails, apps and more.
2 Hours x 2 Weeks (4 hours)
Term 1: March 21st - March 28th
Term 2: June 20th - June 27th
Tuesdays 1pm - 3pm
Cost: \$40
Must bring own iPad

RACV

Information Session
Years Ahead - Road Safety for Seniors
March 2017 - date and time TBC
Cost: Free

The Good, the Bad, the Ugly

Discussion group on food issues. What is in our food and what we are eating today?
Last Friday of each month 12.30pm
Cost: \$2

NEW Art Classes

Hand making in clay with Kaye Poulton. Make an animal, human head or abstract piece from clay using pinch, coil or slab construction. Pieces will be glazed in the class and fired in Kaye's gas kiln. All materials supplied
Date: March 2nd - 30th Thursdays 7pm - 9pm (Excludes March 23rd)
Cost: \$120
Make bowls, a platter or cups by pinching, rolling and coiling clay. Pieces will be glazed in the class and fired in Kaye's gas kiln. All materials supplied
Date: May 4th - 1st June Thursdays 7pm - 9pm (Excludes May 25th)
Cost: \$120



SCHOOL HOLIDAYS Clay Creatures for Kids with Kaye Poulton

Make a fun animal in clay, paint it with coloured slip and have it fired in Kaye's kiln. All material supplied
When: Tuesday
Date: 4th April
Time: 5-7 years, 1pm - 2pm
Time: 8-11 years, 2.30pm - 3.30pm
Cost: \$10



Certificate III in Early Childhood Education & Care

CHC30113
The recognised entry level qualification for people who wish to be qualified as an early childhood educator.
Info session: Monday 13th February 10am
Start Date: Monday 27th February 9am - 3.15pm
Delivery details: One day per week and includes an additional 120 hours placement.
Fees: Refer to Student fees and Charges Training Organisation: Partners in Training Australia RTO Code 21837
To find out more contact: Libby O'Dwyer
To register: Contact Partners in Training Australia or submit an 'Expression of Interest Form' provided.
Phone: 1300 664 601
Email: info@optaust.com.au

Treacy Street



Many groups meet at the Treacy Street Community Room. The room is also available for private hire at very reasonable rates. Please call 5825 1774 to enquire further.

Group Meals

The Group Meals program for Senior Citizens is run entirely by volunteers and is a partnership between Mooroopna Education and Activity Centre and Greater Shepparton City Council, providing cooked meals and company for seniors on Mondays and Thursdays.
Times: 12 - 1pm
Cost: \$10 (3 Course Meal)
Bookings phone: 5825 1774
Transport is available for those who meet specific criteria.

Tenants Community Lunch

Our volunteers provides a home cooked meal once a month for tenants of the Treacy Street units.
When: 2nd Friday of the month
Time: 12 noon - 1pm
Cost: Gold coin donation

Strawberry Patches

Quilter's Group
When: Every Tuesday
Time: 10 - 1pm
Cost: \$3

Tuesday Card Craft

Make a variety of cards.
When: 1st Tuesday of each month, cost \$5
When: 3rd Tuesday of each month, cost \$2
Time: 1 - 4pm

Even Stitches

Craft Group
Bring your own hand projects to work on such as knitting, crocheting, hand sewing.
When: 2nd and 4th Tuesday of each month
Cost: \$24 - 6 months paid in advance.
Time: 1pm - 4pm
Children friendly

Wednesday Craft

Ladies come share your love of craft and have a chat.
Times: 9 - 12 noon
Cost: \$2 per week
Morning tea supplied

The Women's Gathering Group

Where: Treacy Street Community Centre
When: Every second Wednesday
Time: 12.30pm - 4pm
Cost: No Charge

Community Connections



MEAC Artists

Anyone can attend. An informal and fun art class. Come along to paint, draw, potter or engage in other artistic, creative processes. Qualified artists will help, lead and guide you with your project. Please bring your own materials.
Tuesdays 10.00am - 12.00 noon
Cost: \$5

Community Art Gallery

MEAC boasts an intimate art gallery which exhibits works from local artists and artist groups. The works are changed over regularly for the enjoyment of the community. Speak to Curator, Kaye Poulton for all exhibiting enquiries on 0437 254 112. Come along and view the artworks for free between 9.00am and 4.00pm Monday to Friday

U3A Artists

January 29th - 18th April
This talented group of artists meet at U3A regularly to share their love of painting and support each other. They will present a broad range of beautiful works in realist style with some examples of Shepparton architecture and landscape.

Seen and Heard Through Art

Opening night on Thursday 20th April at 5.30pm, all welcome. Continues until 19th May.
Curated by Bronwyn Huggard from RIAC (Your Rights, Your Voice), this exhibition will highlight the wonderful talents of people in our community with various forms of disability.

Justice of the Peace

We have volunteer Justices of the Peace to assist you. Phone 5825 1774 for an appointment.

Support Groups

AA
Mondays 6pm at Treacy Street Complex
Tuesdays 6pm at Hub Complex
Wednesdays 6pm Treacy Street Complex
Wednesdays Womens 6pm at Hub Complex
Thursdays 6pm at Hub Complex
Saturdays 10.30am at Hub Complex

Men's Shed

Making a Difference-With a Difference
The Mooroopna Men's Shed (MMS) is open on Thursday afternoons and Saturday mornings. If you are interested in men's health and wellbeing then the MMS could be for you. You are invited to visit the shed and find out more.
Opening hours: Thursday 10am - 4pm, Saturday 9am - 1pm
Please phone 0498 713 769 for further information.

Morrell Street Occasional Childcare

Our unique occasional care service support families by providing flexible child care in a safe, caring, nurturing environment. Call in and meet our childcare staff, Bev and Vileena, and discuss your childcare requirements. Hours of opening during school terms Monday to Friday from 9 - 12 noon
Cost \$18 for the 3 hour session
Bookings essential phone 5825 4128

V/Line Tickets

We are an agent for V/Line ticket sales. Tickets may be purchased for travel on all V/Line regional metropolitan services.
Ticket sales Mon - Fri 9am - 4pm
Please note that the centre is closed on public holidays.

Mooroopna Community Plan

The group is made up of residents who work alongside council, and the local community to implement the Mooroopna Community Plan. The group also works with the Gemmill's Wetland area project.
If you are interested in joining please contact Kim Banfield on 0437 252 186.



Tuesday Community Lunch

MEAC in partnership with Shepparton Access offers an affordable community lunch one day a week. Hospitality trained volunteers will provide you with a delicious two course meal. All welcome to attend on Tuesdays at 12.00pm.
Cost is \$6
Bookings are essential as numbers are limited to 25, please call 5825 1774.

Mooroopna Hub

The Mooroopna Hub contains: Mooroopna Education and Activity Centre, Maternal & Child Health Services, Mooroopna Library, Alexandra St Kindergarten, and Morrell St Occasional Care.

Mooroopna Education & Activity Centre

MEAC is an information and referral service for the community. Other services include: V/Line agency/fax/photocopying/laminating and internet use. We operate a five day a week Occasional Child Care and much more.

Room Hire

Our facilities include rooms for hire by community groups, personal bookings, or commercial use. We have tables and chairs, tea, coffee and kitchen facilities. We also have a full commercial kitchen for hire in conjunction with other room hire. Our costs are very competitive and we welcome new and repeat users of MEAC to utilise our space. Phone us with any enquiries on 5825 1774.



Mooroopna Library

Phone: 5825 4636 - Monday Closed
Tuesday to Friday 9.30am - 5pm
Saturday 9am - 12 noon

Maternal & Child Health

Contact - 5832 9312 for an appointment

Alexandra Street Kindergarten

Phone - 5825 2887

NEW Mooroopna Social Group

Mature age fun and games. Are you lonely? Want to meet with others on the weekend? Want some company and some fun? Play board games, card games, chess and more. Join in for company, cuppas and a chat. Just turn up and bring friends.
Phone in February for a start date.
Sundays 2.30pm onwards
Cost: \$2

Policy

Enrolment Information

Classes will not proceed if there are insufficient enrolments one week prior to commencement of course. Enrol early to avoid disappointment. Participants will not be enrolled until full payment has been made. Payment in person - Call into MEAC between 9am to 4pm Monday to Friday. Payments will be accepted by Cash, Cheque or EFTPOS. Payment of courses may also be paid by credit card over the phone.

Refund Policy

Participant fees will be refunded in full if a course is cancelled by MEAC. If the Student cancels one week prior to the commencement date of course the fee will be refunded less \$10 administration charge. No refund is given once the course has commenced. All refunds are subject to written authority by the manager.