

Program Guide

Term 1
22nd January - 30th March 2018
Supporting Life Long Learning



Courses and Skills

Computers for Beginners

2.5 hours x 4 weeks (10 hours)
1st February - 22nd February
Thursdays 1.00pm - 3.30pm
\$100

Introduction to Microsoft

2.5 hours x 4 weeks (10 hours)
1st March - 22nd March
Thursdays 1.00pm - 3.30pm
\$100

One-on-one Technology/ Computer Assistance

Anything from an iPad, iPhone, Android, computer or general technology - our tech guru Tom can help you find your way. \$45 per hour

Phone and Tablet for Beginners

Complete this basic course to learn how to use your devices, covering emails, apps and so much more.
2 hours x 2 weeks
9th and 16th March
Fridays 1.30pm - 3.30pm
\$40

Line Dancing

A fantastic exercise for the body and the brain with instructor Kay Blakeley.
Tuesdays - beginning 6th February
Beginners 10.15am - 11.15am
\$60 for six weeks
Bookings essential

Community Connections

MEAC Artists

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.
Tuesdays 10.00am - 12.00noon
\$5.00

Community Art Gallery

Our exhibitions are constantly changing, make some time and come in to see what exciting creations are on show. All exhibitions are by local artists, organised by Kaye Poulton, our arts curator, for your enjoyment. Help us support our artists.

Art Exhibition

Terry Butler

Cellular Colour

30th January until 6th April
Using specific mediums and acrylic paint Terry has created stunning abstract works that could have a connection to landscape or nature. By using carefully selected colours she has created compositions that result in an explosion of colour cells.

Regular Community Activities

Mooroopna Community Plan

The group is made up of local community members working alongside council, implementing the Mooroopna Community Plan. If you are interested in what is happening in your community or what can be achieved, then join this group to have your say. Contact Kim Banfield for all enquiries on 0437 252 186

The Women's Gathering Group

Hub Complex
1st and 3rd Wednesday of the month
12.30pm - 4.00pm
No Charge

AA-Variou

Multiple sessions run each week
Phone 5825 1774 for more information regarding times and programs.

Mooroopna Education & Activity Centre

Provides courses, programs and activities to the local community at affordable costs.

Tuesday Community Lunch

MEAC in partnership with Shepparton Access offers an affordable community lunch one day a week. Hospitality trained staff and volunteers will provide you with a delicious two course meal. All welcome. Tuesdays at 12.00noon \$6.00
Bookings essential, phone 5825 1774

Morrell Street Occasional Childcare

Our occasional care service provides flexible care in a safe, caring, nurturing environment for families needing childcare. Supportive childcare educators Bev and Vileena are more than happy to discuss your childcare requirements with you, simply phone or pop in.
Hours of opening during school terms
Tuesday and Friday 9.00am - 12.00noon
Wednesday and Thursday 9.00am - 1.30pm
Bookings essential, phone 5825 4128

Group Meals - Monday

The Group Meals program for Seniors Citizens is run entirely by volunteers and is a partnership between Mooroopna Education & Activity Centre and the Greater Shepparton City Council, we provide cooked meals and company for seniors. Monday 12.00noon - 1.00pm \$10 (3 course meal)
Bookings phone 5825 1774
Transport is available for those who meet specific criteria.

Mooroopna Men's Shed

Making a Difference - With a Difference
The Mooroopna Men's Shed is open on Thursday afternoons and Saturday mornings. If you are interested in men's health & wellbeing or gaining a sense of belonging and purpose, then the MMS is for you. Visit the shed and discuss what you can be part of, and what you may have to offer. Please phone 0498 713 769 for further information.

Grief and Trauma Counselling

In partnership with Rumbalara, grief, bereavement and trauma counsellor Lance James is providing his services to the local community. Counselling appointments are available at MEAC on Wednesdays by appointment. No charge
Please phone 5825 1774

Our Exercise Program

Begin your journey to better health. All levels of fitness are encouraged to attend. Our exercise program is in partnership with Primary Care Connect.

Week beginning 22nd January 2018

Mondays

Muscle Men \$7.50 per session

11.00am - 12.00noon
Taken by Rod

Strength Training \$7.50 per session

1.30pm - 2.30pm
Taken by Rod

Tuesdays

Strength Training \$7.50 per session

9.00am - 10.00am
Taken by Rod

Modified Strength \$7.50 per session

10.00am - 11.00am
Taken by Lyn

Core & Balance \$7.50 per session

11.30am - 12.30pm
Taken by Lyn

Modified Circuit \$7.50 per session

1.00pm - 2.00pm
Taken by Lyn

Wednesdays

Healthy Hearts \$7.50

11.30am - 12.30pm
Taken by Rod

Strength Training Extra \$7.50

1.00pm - 2.00pm
Taken by Rod

Thursdays

Modified Strength \$7.50 per session

10.00am - 11.00am
Taken by Lyn

Core & Balance \$7.50 per session

11.30am - 12.30pm
Taken by Lyn

Modified Circuit \$7.50 per session

1.00pm - 2.00pm
Taken by Lyn

Fridays

Modified Strength \$7.50 per session

10.30am - 11.30am
Taken by Rod

Active/Healthy Hearts \$7.50 per session

12.00noon - 1.00pm
Taken by Rod

Other exercise programs

Tai Chi - Fan \$7.50 per session

Wednesdays 2.30pm - 3.30pm
Taken by Christine

Disabilities \$6.50

Dance

Tuesday 1.00pm - 2.00pm

Lifeball

Wednesday 9.30am - 10.30am

Mooroopna Education and Activity Centre provides affordable courses, programs and activities to the local community and encourages social engagement and inclusion. We can also assist with information and referrals.

Other services

Fax/photocopying/laminating, internet use and facility hire.
Justice of the Peace is available by appointment

Room Hire

Personal/groups/organisations

We have tables, chairs, projector screens, whiteboards, conference spaces and so much more, including a full commercial kitchen. Kitchen can be hired in conjunction with other rooms or hired independently. Our costs are competitive and

we welcome new and repeat users.

Long-term bookings are available should your business, group or organisation need a space to operate from while enjoying full support by our organisation.

Rooms may be used in and out of our opening hours.

Phone us with any enquiries on 5825 1774.

Are you looking at starting a group? We can help you advertise and get up and running.

Policies

For all information on our policies and procedures please look at our website.