



# MOOROOPNA



## EDUCATION & ACTIVITY CENTRE

### MEAC Program Guide July—Dec 2024

#### Community

##### Community Art Gallery

Exhibition of work from various local artists throughout the year. With the display changing every 6-8 weeks, come in and view the talent of our local artists.

##### MEAC Play Group

A fun, all inclusive, supervised playgroup. Parents with young children welcome.  
Thursdays 9.30am to 11.30am.

##### Tuesday Community Lunch

Please book by visiting us or phoning 5825 1774.  
\$10 (2 courses) 12pm to 1.30pm. All welcome

##### SoCoMo

(Social Connections Mooroopna)  
A fun and interactive social activity for all. NDIS participants welcome. SoCoMo is a small group with centre based activities developed to meet the needs of the participants.

##### Movie Afternoon

In partnership with Mooroopna Library  
Tuesdays at 1pm. Please book

##### Cultural cooking

Learn how to cook authentic cuisine while learning about the culture.  
Dates to be determined.

**Community assistance and resource.**  
If you are in need of some general advise we will do our best to help you

We also have many classes and courses run by external groups after hours:- rock and roll dance classes on Tuesday and Wednesday nights, classes to learn Auslan on Tuesday nights, etc.

We are also looking to start up social crafts, textiles, crocheting, board and/or card playing groups. If interested, please come in to the Community Centre or call us on 5825 1774.

MEAC is also a Resource Centre for local community referral information.

#### Health & Wellbeing

##### Monday Movement Class TBA

Monday 9.30-10.30am  
\$7.50 per session.

##### Tuesday Exercise Class

Tuesday 9.30am –10.30am  
\$7.50 per session

##### Walking Group

Wednesday 9.30am –10.30am  
No charge

##### Ukelele

Wednesday 5pm—7pm  
Gold coin donation

##### All ability movement class TBA

This class is a fun active low impact exercise class NDIS participants welcome.  
Thursday 9.30am—10.30am \$7.50

##### Fab Fit Friday

Friday 9.30am-10.30am  
\$5 per session.

##### Men's Group Social Exercise with Chris

Wednesday 9.30—10.30am  
\$7.50 per session.

##### Table Tennis

\$5 per session TBA.

##### Mental Health First Aid

Dates and cost TBA  
First Aid (including CPR)  
TBA.

##### T'ai Chi

TBA.

##### Line Dancing

TBA.

##### Lets talk about it!

Dr Peter Eastaugh is providing mentoring for parents and professional on all things relating to Children

##### Volunteers

We love and value our volunteers.  
MEAC encourages anyone who would like to give back to their community to come in and become a

#### Courses & Skills

##### MEAC Art

A fun and inclusive class where you can enjoy painting, drawing, pottery or work on your own project with the help of our volunteer artists.  
Tuesday 9.30am-12pm.  
\$5 per class

##### Craftnoon and Sewing Guild

An afternoon of craft, sewing and fun.  
Monday 10.30am-3.30pm. \$5 per session

##### Carol's Creative Art Class

Varied artistic activities for all levels.  
Thursday 9.30am-11.30am  
\$7.50 per class.

##### Be Connected

Computer skills program for everyone FREE  
Wednesday 10am-12noon.

##### SoCoMo

A variety of fun and inclusive activities. All welcome including NDIS.  
Wednesday 12noon-3pm

##### Conversational French

A French class anyone could love.  
Wednesdays 1pm-2 pm

##### Food Handlers Certificate

Dates and cost TBA.

##### Food Safety Supervisor Certificate

Dates and cost TBA

##### Computers for Beginners

Chris and a team of volunteers can help you with your computer and device needs Wednesdays 10-12

##### One-on-One Computer Lessons

\$55 per hour. Please call 5825 1774 to book.



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#### Community Connections

##### AA Group Meetings

Call the community centre on 5825 1774 for more information.

##### Mooroopna Men's Shed

Making a Difference - with a difference in men's health and wellbeing. Men's Shed provides a place for participants to have a chat, learn new skills, give back to the community, and have a sense of belonging and purpose.

Thursday 9am to 4pm and Saturdays 9am to 12pm. Phone 0408 166 123.

##### Community Resource Centre

Providing information about what supports and resources are available.

##### Grow

Safe and confidential peer support for those involved with mental health.

##### Grief and Trauma Counselling

In partnership with Rumbalara and Uncle Lance. Phone 5825 1774 for appointments.

##### Mooroopna Community Plan Steering Group

1st Wednesday of the month. 6pm to 7pm. mooropnacommunityplan@gmail.com

##### Women's Gathering Group

Social support group for women. Phone 5825 1774.

##### Rights Information & Advocacy Centre (RIAC)

Free service which advocates for people with a disability. Helping to uphold the rights of those with a disability, support decision making, and helping to build self-advocacy skills.

##### Provisional Psychologist

Service Mondays and Tuesdays .NDIS participants welcome

Contact MEAC 58251774 for more information

Narcotic Anon

And so much more

Probus

Philatelic Society

GV Railway Club

Rug Cutters Dance group

One off work shops

Narcotic Anon

Please join us on Facebook and Instagram for further information and updates.

#### Expressions of Interest

##### Mobile Phone Photography

Learn how to get the most out of your camera.

##### Start-Up Singing Group

Singing for beginners. A fun social singing group.

##### Literacy

Learn or improve your literacy/ numeracy..

##### Upcycling and Repair café

Lets get creative whilst helping the environment. Do you have a skill to help us.

##### Box Fit

Cardio-vascular boxing workout.

##### Cooking Classes

Cooking classes for beginners.

##### Community Garden

Help create a space where we can actively grow herbs and vegetables for our community

##### GOT AN IDEA!!!

Give us a call if you would like to help start a community activity or be part of one.