BOARD OF MANAGEMENT

CHAIRMAN – Sharyn Hill
VICE CHAIRMAN – Liz Stacey
TREASURER – Pam Bridgen
SECRETARY– Maureen Carter
PUBLIC OFFICER - Lorraine Bailey

BOARD MEMBERS
Angela Morrison & Andrew Perry

WMCH Board of Management meeting

Are you passionate about your local community?
Why not consider becoming a member and/or a volunteer or board member and help to make a difference.
Meetings held on the third Thursday of each month at 6pm.
Enquiries welcome.

West Moonah Community House

VOLUNTEERS

Volunteer Program Coordinator – Barbara
Community Aid—Maureen
Community Shed—Richard, Simon, Krys, Elliott & John
Chef—Dhana

SUPPORTED BY
Tasmanian Government

Phone: 03 6273 2362 130 Springfield Avenue West Moonah TAS 7009

July Newsletter

COMMUNITY HOUSE STAFF

Manager – Mel
Assistant Manager—Kaye
Office Manager – Kim
Family Support Worker/Counsellor— Wajan
Preschool Teacher – Jodi
Preschool Aide – Lucy
Preschool Back-up Assistants—Lee
Volunteer Coordinator—Sigrid
Community Garden Coordinator – Stuart

Find us on Facebook

Opening Hours

Monday to Friday 8am to 3pm

Community Pantry—9am to 2pm Monday to Friday

E-mail: info@westmoonahcommunityhouse.com **Website:** www.westmoonahcommunityhouse.com

A Note from the Manager

I hope you have all been keeping warm in this chilly weather.

We are thrilled to be offering some heavily discounted massage appointments—be sure to call if you would like to book in.

We also have some yummy cooking classes coming up, check out our newsletter for further information.

Cheers Mel

WEST MOONAH COMMUNITY HOUSE

West Moonah Community Volunteer Program

- Want to have some fun?
- Want to make new friends?
- Do you enjoy meeting and helping others?
- Can you spare a couple of hours per week?

If this sounds like you The West Moonah Community House has a Group of volunteers doing general garden maintenance for a number of aged and frail participants in the West Moonah / Springfield area requiring lawn moving, weeding etc.We are always looking for enthusiastic people who can lend a helping hand and help make a difference in their community. If you can help in any way we would love to hear from you.

For more information please contact Barbara
Email: info@westmoonahcommunityhouse.com
West Moonah Community House - 130 Springfield Ave West Moonah
Phone: 03 6273 2362

A partnership between West Moonah Community House and Goodwood Community Centre

First Choice Food Coop

Twilight Fair

STALLS
ENTERTAINMENT
FOOD
KIDS ACTIVITIES

Friday 3rd November

4pm to 7pm
West Moonah Community House

SUPPORTED BY Tasmanian Government

facebook

WEST MOONAH COMMUNITY HOUSE

@ Goodwood Community Centre
Acton Cres Goodwood
Phone (03) 6272 2560

Tuesday 31st October

Halloween Disco

$3 per child

Food and drinks available for purchase

Kinder to Grade 2
4pm to 5pm

Grade 3 to Grade 6
5pm to 6pm

Supported by Tasmanian Government

Find us on:

West Moonah Community House

Supported by Tasmanian Government

West Moonah Community House

COOKING CLASSES

QUICK & EASY MEALS

Mondays 11.30am to 1.30pm
commencing
7th August for 4 weeks
Cost: $40 (for 4 weeks)
FREE Childcare available

Learn how to make some quick and easy meals.
Lunch included.

Bookings essential - 6273 2362
info@westmoonahcommunityhouse.com

West Moonah Community House
130 Springfield Ave West Moonah

What's on in July

School Holidays from July 10 to July 21 inclusive.

Mondays

9:15am—10:30am	**Heart Foundation Walking Group** Gathers at the Community House each week before setting off.	
12.3pm - 2.30pm	**Sewing Group** self run	$3
11.15am—12.15pm	**Go Movement** Light exercise class.	$3 donation
3pm - 6pm	**Tutoring**	

Tuesdays

9am - 11am	**Volunteer Program Coordinator available** The volunteer program provides a service to the frail, aged and disabled. If you would like to access this service or join our team of volunteers, please phone us on 6273 2362
9am – 2.30pm	**West Moonah Community Preschool**
9am - 12noon	**Robotics and Coding**
12.30pm - 2.30pm	**Lunch**(18th July "Christmas in July")
From 2pm	**Food Coop orders and pick-up**
3.15pm - 4.45pm	**Kids Space—after school activities** (see poster in newsletter)
6.30pm	**Community Meeting** (first Tuesday of the month, all welcome)

Wednesdays

9am - 2:30pm	**West Moonah Community Preschool**
11am - 1pm	**Headway**
9am - 2.30pm	**Cert II Community Services** (see poster in newsletter)
10am - 11.30am	**School Holiday Activities** (see poster in newsletter)

SUPPORTED BY Tasmanian Government

WEST MOONAH COMMUNITY HOUSE

GREEK MEZE

(STARTERS)

COOKING CLASSES

Tuesday 5th September or
Tuesday 12th September
from 6.30pm to 8.30pm
Cost: $15.00 per person

Learn how to cook some delicious Greek starters.

Bookings essential - 6273 2362
info@westmoonahcommunityhouse.com
(childcare not available)

West Moonah Community House
130 Springfield Ave West Moonah

SUPPORTED BY Tasmanian Government

WEST MOONAH COMMUNITY HOUSE

Olea MASSAGE

Relaxation Massages

West Moonah Community House has recently collaborated with Olea Massage to help your overall health & well-being by introducing "Relaxation Massages" at our centre.
If you suffer from aches and pains and stress life can throw your way, Marija Stevens from Olea Massage offers a calm, supporting and relaxing environment to ensure you receive the best outcome for your needs.

First session only $20.00 for an hour massage
$40.00 every session thereafter

Commencing Mondays 24th July and Fridays 28th July

Bookings essential - please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

What's on in July

School Holidays from July 10 to July 21 inclusive.

Wednesday cont....

3:30pm - 5:00pm	**Yoga Class closed until 26th July** Teaching gentle postures, breathing and relaxation. Cost: $10 per class. For more information contact Angela Tamayo (Satyananda yoga accredited teacher) on 0427 231 776
7pm - 9pm	**Crafty classes** (self run class all welcome)

Thursdays

9am - 2.30pm	**West Moonah Community Preschool**
9am - 12noon	**Robotics and Coding**
10am - 11.30am	**School Holiday Activities** (see poster in newsletter)
3pm - 6pm	**Tutoring**
7.15pm - 8.30pm	**Yoga** (see poster in newsletter)

Fridays

10.30am - 12noon	**Playgroup** (see poster in newsletter)
10am - 2pm	**OAK**

West Moonah Community Garden

We have bags of compost for sale. $5.00 per bag

Plots available for community members for a small fee of $30 per year.

If you're interested in joining our garden community, please give us a call on 62732362 or email info@westmoonahcommunityhouse.com

The West Moonah Community Shed is open Monday to Friday from 9am to 12.30pm

We have some plots available in the community garden. Come see us if you are interested in growing some vegies.

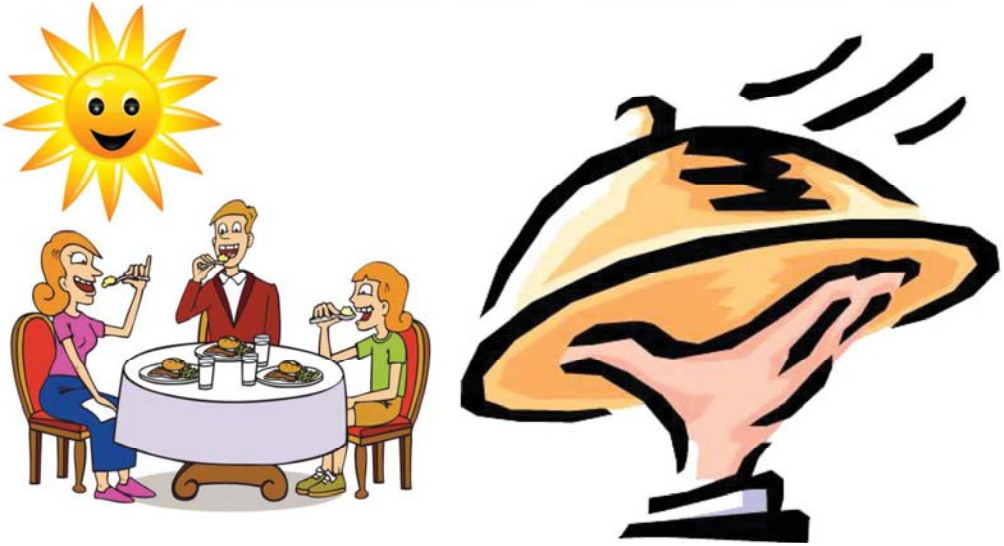
Let's do Lunch

Eating With Friends

Supported by Tasmanian Government

West Moonah Community House

2017 Community Lunch Series



Tuesday	18th July
Tuesday	15th August
Tuesday	19th September
Tuesday	17th October "Seniors Week" (Seniors Quiz)
Tuesday	14th November
Tuesday	12th December "Christmas Dinner"

Cost - $12 (includes 2 course meal)
BRING SOME SMALL CHANGE FOR THE RAFFLE

Bookings essential - tell a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

Supported by Tasmanian Government

West Moonah Community House

YOGA CLASSES

Commencing Thursday 27th July

(until 28th September)

7.15pm to 8.30pm **Cost $100 for 10 weeks**

Instructor - Gemma O'Rourke

Awakening Coach and Spiritual Catalyst

www.healing.gemma.wix.com

Bookings essential - please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

West Moonah Community House

Supported by Tasmanian Government

ME TIME

Me time

Are you a mum?

Then some **ME TIME** is definitely for you.

FREE activities JUST FOR YOU

Monday 7th August till 11th September (6 weeks)

9.00am till 11.00am

FREE childcare available

For more information on activities and to book your spot please call 6273 2362 or email info@westmoonahcommunityhouse.com

West Moonah Community House

West Moonah Community House

Supported by Tasmanian Government

DO YOU NEED HELP?

DID YOU KNOW WE HAVE A COUNSELLOR?

Appointments now available for children and adults.

THIS IS A FREE SERVICE

Appointments are available on Thursdays at the Community House; no referral is neccessary.

Please contact West Moonah Community House

Phone: 03 6273 2362 Email: info@westmoonahcommunityhouse.com

We're fundraising with entertainment™

Still just **$65** giving you over **$20,000** of value!

Discover thousands of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

Ask us about the Entertainment Book

It has great deals and is a fabulous way to bring people together.

West Moonah Community House

To order your Entertainment™ Membership Visit:

www.entbook.com.au/2404y55

Or contact Mel Knuckey on 0362732362 or at info@westmoonahcommunityhouse.com

West Moonah Community House

West Moonah Community House

Supported by Tasmanian Government

Mini Artists

Tuesdays 1, 8, 15 and 22 August
3.30pm to 5pm

Learn 4 different techniques including

drawing/cartooning
painting on canvas
collages using everyday items
paint your own T-shirt.

ages 5 to 12

$20per child for 4 weeks

Bookings essential - please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

FIRST CHOICE ORDER FORM

Providing access to low cost quality fresh seasonal produce in the Glenorchy area

NAME: .....

ADRESS: .....

.....

Phone: (H).....(M).....

Email: .....

You can order at either at Goodwood Community Centre by contacting them on 62722560 or West Moonah Community House by contacting them on 62732362. You can pay by either in cash or Bank transfer

West Moonah Community Action Group Inc

BSB 067101 Acc Number 28032614 Reference (ie Garry Smith)

Orders can be collected after 12pm on Tuesdays from either community house

I would like to order

Weekly ☐ Fortnightly ☐ Monthly ☐

I would like to collect from

West Moonah 130 Springfield Avenue West Moonah ☐

Goodwood 20 Acton Crescent Goodwood ☐

Delivery $5 fee ☐

FIRST CHOICE MEMBERSHIP

***First Choice Food Co-op* aims to provide access to low cost quality fresh seasonal produce in the Glenorchy area**

Goodwood Community Centre and West Moonah Community House are running a veggie pack program .

Packs will include a variety of fresh seasonal Fruit and Vegetables

$5 for delivery if you cannot collect is available for local area only (Moonah Glenorchy Lutana Goodwood and West Moonah Derwent park)

Any Questions or to discuss Group Memberships call Leanne on 62722362

Why do you need to become a member and pay a one off donation to access the program?

A 'Co-op' is a member-owned, member-governed project that operates for the benefit of the members.

*As a non-for profit Co-op, **First Choice** will be able to bring members a range of freebies and add-ons throughout the year.*

FIRST CHOICE

FOOD COOP

Return form and $$ to
First Choice
130 Springfield Ave
West Moonah TAS 7009
or
drop it in at
Goodwood Community Centre or West Moonah Community House

foodcoop@westmoonahcommunityhouse.com

Membership Form

I would like to begin a membership. Included is my donation of
☐ **$20** ☐ **$10 Concession**

Name _____
Address _____
City _____ State _____ Postcode _____
Phone _____ E-mail _____
Date _____

☐ Cash ☐ Bank Transfer

West Moonah Community Action Group Inc *BSB: 067-101 Acc number: 28032614*
*Reference: **FCMSurname** (ie FCMSmith)*

Office Use only Receipt No. ..... Book/..... Payment Recon. ☐
Member Name (Surname, First Initial) FC..... Member number ..... Month ...../.....

SUPPORTED BY Tasmanian Government

Starts Friday 4th August 2017

WEST MOONAH COMMUNITY HOUSE

KIDS & PARENTS

YOGA

Yoga enhances physical flexibility

Yoga refines balance and coordination

For kids aged 3 to 5 years

Yoga developes focus and concentration

Cost $30 for 6 weeks

Yoga boosts self-esteem and confidence

(Runs for 6 weeks)

9:00am to 9:30am

Yoga strenghtens the mind-body connection

Run by Ange from Healthy Fit and Beautiful

Bookings essential - please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

TasTAFE

SKILLS.OPPORTUNITIES.FUTURES.

2017

Interested in working in the Community?
CHC22015 Certificate II in Community Services

TasTAFE is running this course at the West Moonah Community House

- Dates- 26th July to 1st December 2017
- Days- Wednesday and Thursday
- Time- 9 am -2.30pm each day
- Location- West Moonah Community House, 130 Springfield Avenue

This course is for anyone who is thinking about entering or re-entering the workforce and has an interest in working in the Community sector, Aged Care or Disability industry.

You will learn about:

- Workplace, Health & Safety
- Working with Diverse People within the Community
- Cleaning
- Basic Food Safety
- Study skills

It may also be used as a pathway qualification into Certificate III Individual Support - Aged Care, Home and Community Care or Disability specialist streams

An Information session will be held on Thursday the 6th of July , 10am at West Moonah Community House, 130 Springfield Avenue

If interested please contact TasTAFE on 61656539 or 1300 655 307

Or email: admin.healthageddisabilitysouth@tastafe.tas.edu.au

www.tastafe.tas.edu.au

RTO Number : 60142

Tasmanian Government

WEST MOONAH COMMUNITY HOUSE

FRIDAYS

Everyone welcome

When: Fridays commencing 2nd June

Time: 10.30am to 12noon

Where: 130 Springfield Ave, West Moonah

Cost: $3.00 per child

What to bring: Morning tea, drink and hat.

For further information please contact: West Moonah Community House

Phone: 62732362 Email: info@westmoonahcommunityhouse.com

Address: West Moonah Community House 130 Springfield Avenue, West Moonah

Preschool Newsletter

School Holidays: 10th July to 21st July inclusive

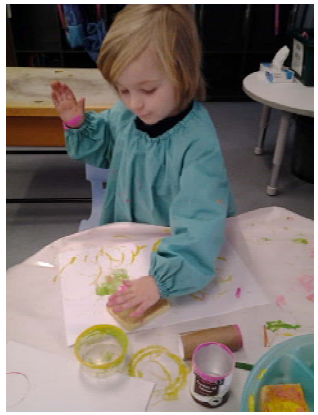
We have been testing out a few painting mediums; printing with objects of different shapes, sticks, sponges and we did some mural painting outside with large long brushes.

We have made flying spiders, butterfly's and kite birds.

We have been developing our gross motor skills navigating obstacle courses outside and practicing balancing.

I have been incorporating yoga into our daily routine and can already notice an improvement in the children's attention, listening and ability to get into poses. Yoga also help with body awareness and self regulation.

We have had a Birthday 'Happy Birthday Paige' and a birth. Congratulations to Roma & Mahdi on the birth of Nasriin. Sister for Masoud.



Helping children be happy, confident and resourceful starts with early childhood education and love.

West Moonah Community Preschool

Vacancies for next term
Enquire now

We have it all
Pop in for a visit
130 Springfield Ave
West Moonah

Tuesdays
Wednesdays
Thursdays
9am to 2.30pm
3 to 5 year olds

Book in before end of term one and receive one free session

Phone: (03) 6273 2362
Email: preschool@westmoonahcommunityhouse.com
Website: www.westmoonahcommunitypreschool.com

Become a member of the

West Moonah Community House

Membership is open to any organisation or person who:

- Is over the age of 18 years.
- Is residing in Tasmania
- Is in agreement with the aims and ideals of the Association.
- Is not an employee of the Community House.
- Is aware of the needs of the community.

Becoming a member of the West Moonah Community House entitles you to:

- Receiving 5% discount on classes
- One off $10 discount on venue hire (subject to availability)
- Receive our monthly newsletter via email

We believe it is important for all users of the West Moonah Community House to be a member and take pride in what we offer.

Speak to a staff member for more information.

Membership is only $5.00 for the year.

West Moonah Community House

Application for Renewal or New Membership

Name: _____

Address:_____

._____

Telephone:._____

E-mail:_____

Signature:._____

Date:_____

Financial Member nominating the above

_____

Seconded by:_____

Return application form to:

West Moonah Community House

130 Springfield Avenue

West Moonah TAS 7009

Other services at WMCH

Fax and Photocopying

Available for use at a minimal cost, Monday to Friday.

Internet

Computer and internet available for use, FREE of charge!
Available Monday to Friday.

Community Pantry

The Food Pantry is available to anyone in the community who may be experiencing hardship. Feel free to call in and speak to our friendly staff about accessing some food.

Our pantry is open from Monday to Friday 9am to 2pm.

Room Hire

Our main room is available for hire 7 days per week subject to availability. We provide an affordable hourly rate. Contact our office or check the web-site for further information.

Nils (No Interest Loan Scheme)

Provide families and individuals on low incomes with the opportunity to apply for a loan to purchase essential items, without the burden of interest charges or fees. For further information call 1300 301 650 or phone 62732362 to make an appointment.

NILS Network of Tasmania Inc

West Moonah Community Shed

Open for Business and is welcoming new members
Open Monday to Friday
9am—12.30pm

Come along and enjoy sharing and learning skills in a safe, social and supportive environment.

West Moonah Community House