

# Health and Wellbeing

## Hatha Flow Yoga

Tuesdays and Thursdays | 5:30 - 6:30pm | \$130 term  
Thursdays 6:30 - 7:30pm | \$130 term  
Fortnightly Saturday Morning 9:30am - 10:30am | \$70 term  
Hatha Flow Yoga that focuses on posture and breathing. Classes are suitable for all levels, from beginners to advanced.

## Chair Yoga

Tuesdays 4:00 - 5:00pm | \$130 term  
Great for beginners, seniors, those returning to physical activity.

## Circuit Training

Mondays 10:00 - 10:45am | \$70 term  
A group class designed to suit all fitness levels and abilities that challenges you without pushing you to your limits.

## Strength and Conditioning

Mondays 9:00 - 9:45am - Fully Booked  
Fridays 9:00 - 9:45am and 10:00 - 10:45am | \$70 term  
A class designed to maintain and build muscle through basic movements completed under tension.

## THT - Tummy Hips Thighs

Fridays 11:00 - 11:45am | \$70 term  
THT is a fun workout with focus on toning and firming your lower body and strengthening your core and pelvic floor muscles.



## Heart Health Information Session

Monday 18th May | 1:00pm - 3:00pm  
Learn about heart and overall health and wellbeing, gain a better understanding of your personal heart risk factors, and discover practical ways to keep your heart healthy — featuring a guest speaker.



## Health Coaching GV Health - By appointment only

Are you living with a chronic condition? Health coaching can help you take control by building healthier habits, managing symptoms, and feeling more confident. Contact Tatura Community House and we'll arrange your first appointment.

## Women's Health Clinic

Tuesdays 7th Apr, 5th May, 2nd Jun | 10:00am - 2:00pm  
A confidential health service for women & LGBTIQ+ people of all ages. The clinic will provide information, support, clinical services and appropriate specialist referral services in an informal and relaxed environment. Bookings 5824 1315.

A free health service for  & 



## Heart Health Peer Support Group

Third Monday of the month | 1:30pm - 3:00pm | FREE  
If you're recovering from a heart event, living with heart disease, caring for someone with heart issues, or wanting to stay healthy, this group is for you. Enjoy heart health activities, walks, social connection, and helpful resource.



## Heart Health Walking Group Heartbeat Vic

Mondays | 10:00am | Community House front entrance | FREE  
Join us for gentle weekly walks, meet new people, and support your heart health in a fun, friendly setting. 1km or 3km walks to choose from. All fitness levels welcome.



## Supporting Our Community

### Food Pantry

If you or someone you know needs some food, we are here to help! We have essentials such as dry and canned food, personal hygiene and pantry essentials. Free service, subject to availability.

### Justice of the Peace

Mondays 10:00am - 12:00pm | FREE  
We have a Justice of the Peace on-site every Monday morning.

### Transition Tatura

Every 4th Wednesday of the month | 7:30pm - 9:30pm  
Transition Tatura is a not-for-profit group of local people working together to respond to climate change and promote a more resilient, connected community.



### Boomerang Bags

Thursdays 9:15am - 12:00pm | FREE  
Join this friendly group and help us reuse and repurpose fabric. There is a job for everyone - no skills necessary!

### Chop & Chat

Tuesday 5th & 19th May, 2nd & 16th June  
10:00am - 1:00pm | FREE  
Help us process fruit and vegetables to make yummy jams, sauces & chutneys and cook frozen meals for the community.

### Housing for the Aged Action Group

Tuesday 21st Apr, 5th & 19th May, 2nd & 16th June  
10:30am - 12:00pm | FREE  
Free and confidential advice for Victorians aged 50 years and over.

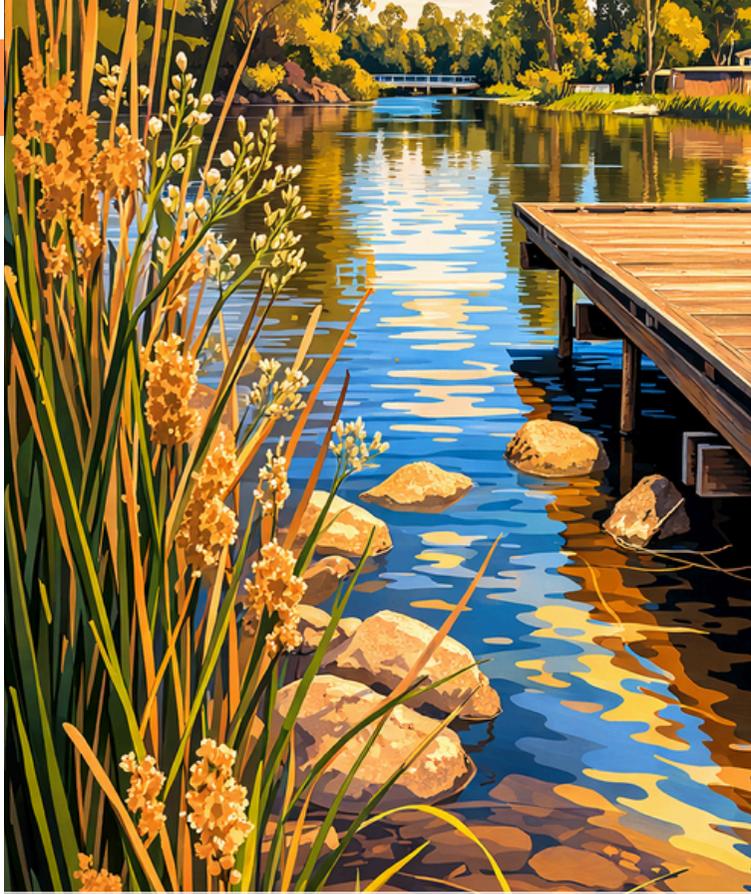
### Greater Shepparton City Council - Customer Service Outreach

Every 2nd and 4th Wednesday of the month | 10:00am - 3:00pm  
Council's Customer Service Team are partnering with Tatura Community House to visit Tatura on a fortnightly basis. Pay bills (non-cash), ask questions and find out what's happening.



# TERM 2 PROGRAM

## 20 APRIL - 26 JUNE



**Tatura Community House**  
12-16 Casey St, Tatura, Victoria, 3616  
Open Monday to Friday, 9:00am - 3:00pm  
Phone (03) 5824 1315  
www.tatcom.vic.edu.au  
manager@tatcom.com.au



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# Skills and Training

**Learn English**  
 Mondays 6:00 - 8:30pm | Full Fee \$10 | Concession \$8 session  
 Is English your second language? Improve your spoken and written English with our wonderful tutor Amanda.

**Expression of Interest**  
**Introduction to Smartphones and Tablets**  
 This 30-hour class is great to learn new things to get better at navigating the digital world. Let us equip you with the right tools and skills!

**Family History Group**  
 Thursdays 1:00 - 3:00pm | \$5 session  
 Track your ancestry and discover your heritage.

**Homework Club - FREE TUTORING**  
 Tuesdays @ the Library  
 Primary Students 3:45 - 4:30pm | FREE!  
 Come along for an interactive fun time in Maths and English.  
 Secondary Students 4:30 - 5:30pm | FREE!  
 Come along and finish your homework in a group environment. Qualified teachers are on-site to support you.

# Get Creative



**Craft Group**  
 Tuesdays 9:00am - 1:00pm | \$3 session  
 Come along and learn how to crochet, knit or sew. Looking for new members.

**Spinning, Weaving and Fibre Arts**  
 Tuesdays 1:00 - 3:00pm | \$2 session  
 A space for spinning, weaving, and other fibre related crafts.

**Scribbles Writing Group**  
 Wednesday 6th May, 3rd Jun | 1:00 - 3:00pm | FREE  
 Have a story you're yearning to tell? Let us encourage you to put it in print. Get creative and come along, all welcome.

# Social Groups

**Mah Jong**  
 Wednesdays 10:00am - 12:00pm | Advanced | \$2 session  
 Would you like to learn the ancient game of Mah Jong? Join our group and enjoy learning and connecting with other people..

**54 Reasons Playgroup**  
 Wednesdays 10:00am - 12:00pm | FREE  
 Qualified Early Childhood Specialists will support your child to learn, socialise, establish routines and become school ready. Meets at Mayola Lodge every third Wednesday of the month.

**Coffee Hub Club**  
 Tuesdays 10:00 - 11:30am | \$4.00 coffee  
 Come along, meet and chat with other local friendly faces.

**Italian Ladies Social Group**  
 Wednesdays 1:00 - 3:30pm | FREE  
 Play tombolo and enjoy Italian conversation.

**Tat Gathering - Morning Tea**  
 Wednesdays 6th May, 3rd Jun, 1st Jul | 10:00 - 11:30am  
 Ross Street Cafe | Food and drinks at own cost.  
 Meet new people and make new friends in Tatura. Come along and share morning tea on the first Wednesday of the month.

**Thursday Bridge**  
 Thursdays 1:00 - 3:00pm | FREE  
 Beginners welcome. Come along and have a go, it's lots of fun!

**Come as you are @ TCH**  
 Join us for a welcoming, inclusive community group with a new activity or experience each week!  
 We can't wait to meet you

**Who's Invited? Every...**  
 Gender Identity Age  
 Neurodivergent-typical  
 Disabled-Abled  
**SIMPLY EVERYBODY!**

**When: Tuesdays**  
**Time: 6:00 - 7:30pm**  
**Cost: \$2 per session**

**Distress Support Service – Yurri Mulana**  
 Free support for people 18+ in the Shepparton region experiencing distress.  
**April: Tuesdays | 1:00 - 3:00pm**  
**May: Wednesdays | 1:00 - 3:00pm**  
**June: Fridays | 10:00am - 12:00pm**  
 Connect via TCH staff or call (03) 4836 1100.

**TATURA COMMUNITY CUBBY HOUSE**  
 CHILDCARE CENTRE  
 OPEN 8:30AM TO 4:00PM  
 TUESDAY TO FRIDAY

Quality over quantity!  
 Small in size, big on care:  
 personal and individual boutique childcare for 15 little stars.

**WE'RE ALWAYS ON THE LOOKOUT FOR A VERY CASUAL CUBBY RELIEVER TO JOIN OUR TEAM**  
 Must hold a Diploma or Cert III in Early Childhood Education  
 We pay above award rates!  
 If you're flexible, reliable, and love working with children, we'd love to hear from you!

**LOOKING TO VOLUNTEER?**  
 TATURA COMMUNITY HOUSE NEEDS YOU  
**HELP SUPPORT OUR COMMUNITY AND THE PEOPLE THAT MAKE IT SO SPECIAL**  
 CURRENTLY SEEKING ASSISTANCE WITH RECEPTION AND GARDENING

**WALKWAY GALLERY**

**NEXT EXHIBITION OPENING 20<sup>TH</sup> APRIL**  
 WALKWAY GALLERY IS SEEKING ARTISTS WHO WOULD LIKE TO HAVE AN EXHIBITION EITHER GROUP OR SOLO.  
 CONTACT THE COMMUNITY HOUSE FOR MORE INFORMATION