



TERM 4 PROGRAM

5 OCTOBER - 18 DECEMBER 2026



Health and Wellbeing

Hatha Flow Yoga | Finishing 1st and 3rd December

Tuesdays and Thursdays | 5:45 - 6:45pm | \$110 term

Thursdays 5:45- 6:45pm | \$110 term

Hatha Flow Yoga that focuses on posture and breathing.

Classes are suitable for all levels, from beginners to advanced.

Chair Yoga | Finishing 1st December

Tuesdays 4:30 - 5:30pm | \$110 term

Great for beginners, seniors, those returning to physical activity.

Circuit Training

Mondays 10:00 - 10:45am | \$70 term | Starting 12th Oct

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 | \$70 term | Starting 12th Oct

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.

Pilates

Mondays 4:30 - 5:30pm | Fridays 4:30 - 5:30pm | \$200 term

Mondays 5:30 - 6:30pm | Fridays 5:30 - 6:30pm | \$200 term

Strengthen your core, improve flexibility and move with confidence. A fun, low-impact class suitable for all fitness levels.

Stroke awareness info session

Monday 19th Oct | 11:30am | FREE

Join Heartbeat Victoria, GV Health and Ambulance Victoria for an informative session about recognising the signs of stroke and responding quickly.



Health Coaching GV Health - By appointment

Living with a chronic condition? Health coaching can help you build healthy habits, manage symptoms, and feel more confident. Contact TCH to book your first appointment.



Women's Health Clinic

Tuesdays 6th Oct, 10th Nov, 1st Dec | 10:00am - 2:00pm

A free, confidential health service for women and LGBTIQ+ people of all ages. Information, support, clinical care and referrals in a welcoming environment. Bookings: 5824 1315



Distress Support Service – Yurri Mulana

Fortnightly at TCH - call for specific dates

Free support for people 18+ in the Shepparton region experiencing distress.



Heart Health Peer Support Group

Third Monday of the month | 1:30pm - 3:00pm | FREE

Heart disease, recovery, caring for someone, or staying heart healthy? Join us for walks, activities, support, and social connection.



Heart Health Walking Group Heartbeat Vic

Mondays | 10:00am | Community House front entrance | FREE

Enjoy gentle walks, social connection, and heart health support.



Choose from 1km or 3km walks. All fitness levels welcome.

Supporting Our Community

Power Savvy

Thursday | 12:00pm - 1:00pm | FREE

Understand your bills. Compare your options. Save on energy.

NEW!

Food Pantry

Need a little extra food support? We're here to help. Free pantry items and essentials available, 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 local volunteer group working together more sustainable, resilient, and 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 6th & 20th Oct, 10th & 17th Nov, 1st Dec

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 6th & 20th Oct, 17th Nov, 1st Dec | 10:30 - 12:00pm

Free and confidential advice for Victorians aged 50 years and over.

Gardening Group

Monday 10:00am - 12:00pm | FREE

Help grow fresh produce and care for our community garden. No gardening experience needed. Tools provided.

NEW!

Greater Shepparton City Council - Customer Service Outreach

Every 2nd and 4th Wednesday of the month | 10:00am - 3:00pm

Council's Customer Service Team visits TCH fortnightly. Pay bills (non-cash), ask questions and receive Council updates.



Phone (03) 5824 1315
www.tatcom.vic.edu.au

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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

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

Monday 5th Oct, 2nd Nov & 7th Dec | 12:30 - 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.

MINI FIELD OF WOMEN

Join us to honour and support those affected by breast cancer. Everyone is welcome.

Tuesday 13 October 2026 | 11:30am-1:00pm

Breast Cancer Network Australia



FREE



GVHealth



Social Groups

Mah Jong

Wednesdays 10:00am - 12:00pm | Advanced | \$2 session

Wednesdays 1:00 - 3:30pm | Beginners | \$2 session

Would you like to learn the ancient game of Mah Jong? Join our groups 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 tombola and enjoy Italian conversation.

Tat Gathering - Morning Tea

Wednesdays 7th Oct, 4th Nov, 2nd Dec | 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

Tuesday 6:00 - 7:30pm | \$2 session

Join us for a welcoming, inclusive community group with a new activity or experience each week!

FREE

Mental Health Awareness SAUSAGE SIZZLE

Enjoy a sausage and a friendly chat while learning about local mental health support services.

Friday 23 Oct | 11:30am - 1:30pm

mental health & wellbeing local
Free support in your community

Celebrate the holiday season with us!

Tatura Community House 2026 Christmas Party

Join us for festive fun, a BBQ and entertainment. BYO drinks and optional food to share.

Thursday 26th November 6:00pm

**Provide First Aid HLTAID011
Childcare/OSHC HLTAID012
CPR HLTAID009**

Wednesday 11th November 4:00 - 7:00pm

Thursday 12th November 4:00 - 7:00pm

CPR - \$75 | Provide First Aid - \$175

Provide First Aid Childcare/OSHC - \$200



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 individualised 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 VOLUNTEERS FOR
RECEPTION AND GARDENING**

Tatura Community House are proud members of



Tatura Community House is supported by



**WALKWAY
GALLERY**



Phone (03) 5824 1315
www.tatcom.vic.edu.au

LIGHTING A SPARK
**WORKS BY MARY MANNING, JUDY MCLEAN
AND WENDY NOLAN - A SOCIAL JOURNEY**

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