



TERM 1 PROGRAM

27 JANUARY - 2 APRIL



Health and Wellbeing

Hatha Flow Yoga

Tuesdays and Thursdays | 5:30 - 6:30pm | \$130 term

Thursdays 6:30 - 7:30pm | \$130 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

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.



Free Hearing Test

Thursday 26th February | 10:00am - 2:00pm

Come and have your hearing checked.

Book your free hearing test by calling 5824 1315.

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 3rd Feb, 3rd Mar | 10:00am - 2:00pm

A confidential health service for women & LGBTIQA+ 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 &



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

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 simply looking to stay healthy, this group is for you. Enjoy heart health activities, educational sessions, walking groups, social connection, and access to helpful community resources and updates.



Heart Health Walking Group Heartbeat Vic

Mondays | 9:00am | Community House front entrance

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 - FREE!

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. Subject to availability.

Justice of the Peace - FREE!

Mondays 10:00am - 12:00pm

We have a Justice of the Peace on-site every Monday morning.

L2P Volunteer as a Learner Driver Mentor

Mentors are urgently needed in your area to support young people with driving experience. Scan for more info.



Boomerang Bags - FREE!

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 - FREE!

Tuesday 27th Jan, 10th & 24th Feb, 10th & 24th Mar

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 27th Jan, 10th & 24th Feb, 10th & 24th Mar

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 or find out what's happening.



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.

First Aid Course

Monday 23rd Feb 9:00am - 3:00pm

CPR HLTAID009 - \$75 | Provide First Aid HLTAID011 - \$175

Provide First Aid Childcare/OSHC HLTAID012 - \$200

Bookings essentials, call 5824 1315.



Get Creative

Knitting, Sewing & Crochet

Tuesdays 9:00am - 1:00pm | \$3 session

Come along and learn how to crochet, knit or sew.

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 4th Feb, 4th Mar, 1st Apr | 1:00 - 3:00pm | FREE

Have a story you're busting 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

Wednesdays 1:00 - 3:00pm | Beginners | \$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.

Coffee Hub Club

Tuesdays 10:00 - 11:30am | \$3.00 coffee

Come along, meet and chat with other local friendly faces.

Italian Ladies Social Group

Wednesdays 1:00 - 3:30pm | Gold coin donation

Play tombolo and enjoy Italian conversation.

Tat Gathering - Morning Tea

Wednesdays 4th Feb, 4th Mar, 1st Apr | 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!



Tatura Women's Breakfast

Celebrate International Women's Day with us!

Enjoy listening to these amazing women's stories:

Jenny Hardy & Loretta Lilford

Friday 6th March | 9:30 to 11:30am | \$30
Hilltop Golf & Country Club 71 Gowrie Street
Tickets available at www.tatcom.vic.edu.au or



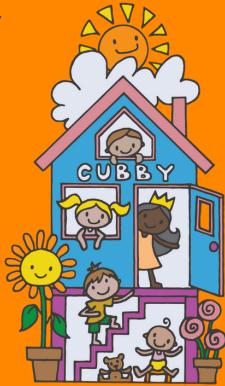
TATURA COMMUNITY CUBBY HOUSE

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

Tatura Community House are proud members of



Tatura Community House is supported by

