

Health and Wellbeing

Hatha Flow Yoga

Wednesdays | 6:00 - 7:00pm | \$132 term | 11 weeks

Suitable for all levels.



Individual Program Training

Mondays | 9:30 - 10:15am | \$5 session

Suitable for any age and fitness level with programs specifically tailored to the individual. Increase fitness and strength and improve coordination and movement.

Circuit Training

Mondays | 10:30 - 11:15am | \$5 session

Suitable for any age. Improve strength, general fitness, movement & mobility.

Boxing

Mondays | 11:30am - 12:15pm | \$5 session

A great cardiovascular workout, using body weight to go through a range of exercises. Can be low or high intensity depending on what you're looking for. Build a strong cardiovascular system and increase upper body strength.

Resistance Training

Fridays | 10:00 - 10:45am or 11:00 - 11:45am | \$5 session

Focus on whole-body strength, bone density and improving movement and mobility.

Yogalates

Fridays | 12:00 - 12:45pm | \$5 session

Yogalates is a combination of Yoga and Pilates designed to build strength and tone your muscles while improving flexibility, mind and body balance.

Skills and Training

Learn English

Mondays 3:00 - 5:00pm and

Wednesdays 9:30 - 11:30am

Full Fee \$10 | Concession \$7

Is English your second language? Improve your spoken and written English with John.

Genealogy Group

Wednesdays | 1:00 - 3:00pm | \$5 session

Lois and Garry will be on hand to support you with your research and provide great hints to help unravel the past.

Introduction to Family History

Wednesday 5th October from 1:00 to 3:00pm | FREE

Discover Trove - Historical Search

Wednesday 2nd November from 1:00 to 3:00pm | FREE

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 give you assistance.



Get Creative

Origami

Thursdays @ the Library | 4:00 - 5:00pm | Gold Coin

A great way to unwind and practise mindfulness in this ancient paper-folding art. Dean will show you how.

Knitting, Sewing & Crochet

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

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

Supporting Our Community

Justice of the Peace

Mondays | 10:00am - 12:00pm

Need a document witnessed? We have a Justice of the Peace on-site every Monday morning. Give us a call to book.

Social Groups

Coffee Hub Club

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

Come along and meet and chat to other local friendly faces.

Italian Ladies Social Group

Wednesdays | 1:00 - 3:30pm | Gold Coin

Tat Gathering - Morning Tea

5th October, 2nd November, 7th December |

10:00am | Ross St 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.

Thursdays Bridge

Thursdays | 1:00 - 3:00pm | FREE

Beginners welcome. Come along and have a go, we will teach you how to play. It's lots of fun!

Youth Games Club

Mondays | 4:00 - 5:30pm | FREE

Take a break from video games and meet some new people.

Kids and teens aged between 8 to 18 are welcome.



Supporting Our Community

Food Pantry Fridays

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

If you or someone you know needs some food to help get through, we are here to help! This includes people who may be just out of the hospital, those doing it a bit tough, newly arrived to the area and people who don't have the capacity to cook for themselves at the moment.

Boomerang Bags

Thursdays | 9:15am - 12:00pm | FREE

Join the friendly group and help us reuse and repurpose fabric. A job for everyone - no skills necessary!

Chop & Chat

Tuesdays 11th & 25th Oct, 8th & 22nd Nov, 6th Dec

10:00am - 1:00pm | FREE

Come and help us process fruit and vegetables to make yummy jams, sauces, chutneys & pickles for the community.

TATURA COMMUNITY HOUSE INC 2022 ANNUAL GENERAL MEETING

You are invited to the 2022 Tatura Community House Annual General Meeting. Get involved or come along to hear how your community house is going. Supper provided.

When: Tuesday 4th October | 7:00pm

Where: Tatura Community House

RSVP: Monday 3rd October on 5824 1315

Provide First Aid HLTAID011
Childcare/OSHC HLTAID012
CPR HLTAID009

Thursday 6th October
9:00am - 3:00pm

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

Provide First Aid Childcare/OSHC - \$200

Spots are limited so book now by calling 5824 1315.



Tatura Community House 40TH YEAR REUNION

Come along and celebrate 40 years of the Tatura Community while also catching up with old friends and revisiting the past

When: Thursday 17th November | 6:00pm

Where: Tatura Community House

RSVP: Friday 11th November on 5824 1315

CELEBRATE THE HOLIDAY SEASON WITH US!

Tatura Community House 2022 Christmas Party

Come along and join us in celebrating the festive season. BBQ and entertainment provided, byo drinks and any food you wish to contribute.

When: Thursday 8th December | 6:00pm

Where: Tatura Community House

RSVP: Tuesday 6th December on 5824 1315

The Cubby

ADDITIONAL DAY THURSDAY!



Occasional Child Care

Tuesday, Wednesday,

Thursday, Friday 9:00am - 2:00pm



Let us know if you are interested in ukulele, pottery or any other activity :)

Tatura Community House are proud members of



Tatura Community House is supported by



Tatura Community House is located on the lands of the Yorta Yorta people and we acknowledge them as Traditional Owners.

We also pay our respects to their Elders, past and present, and Aboriginal Elders of other communities.

