



# TERM 3 PROGRAM

## 13 JULY - 18 SEPTEMBER



### 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 | \$70 term

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, 4-week sessions starting 27th July

Mondays 4:30 - 5:30pm | Fridays 4:30 - 5:30pm | 4 weeks | \$75

Mondays 5:30 - 6:30pm | Fridays 5:30 - 6:30pm | 4 weeks | \$75

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

#### Cancer Info Session @ TCH

Tuesday 14th July | 1:00pm | FREE



Join GV Health Cancer Support Services for an information session on bowel, prostate and lung cancer. Guest speakers: Nicole Lewis (Prostate Cancer Nurse) and Lynda Morrison (Bowel Cancer Support Nurse). All welcome. Afternoon tea provided. RSVP essential.

#### 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 7th Jul, 4th Aug, 1st Sep | 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.



#### 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

#### 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 for a 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 28th Jul, 11th & 25th Aug, 8th Sep

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 14th & 28th Jul, 11th & 25th Aug, 8th Sep

10:30am - 12:00pm | FREE

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 gardens. No gardening experience needed. Tools provided.



#### 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.



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

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 3rd Aug & 7th Sep | 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.

**TATURA COMMUNITY HOUSE INC**  
**2026 ANNUAL GENERAL MEETING**  
**WEDNESDAY 16<sup>TH</sup> SEPTEMBER 6:00PM**



# 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 5th Aug, 2nd Sep | 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!



# POEMS BY TATURA PRIMARY SCHOOL JULY TO SEPTEMBER

**WALKWAY GALLERY IS SEEKING ARTISTS WHO WOULD LIKE TO HAVE AN EXHIBITION EITHER GROUP OR SOLO. CONTACT THE COMMUNITY HOUSE FOR MORE INFORMATION.**

**Distress Support Service – Yurri Mulana**  
 Free support for people 18+ in the Shepparton region experiencing distress.  
**Tuesday | 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**

Tatura Community House are proud members of



Tatura Community House is supported by

