



TERM 3 PROGRAM

21 JULY - 19 SEPTEMBER



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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

Health and Wellbeing

Hatha Flow & Vinyasa Yoga

Tuesdays, Wednesdays, Thursdays | 5:30 - 6:30pm | \$130 term
Saturdays 9:30- 10:30am | \$130 term

Hatha Flow Yoga that focuses on posture and breathing.

Tue and Thu 5:30pm and Sat 9:30am all levels.

Vinyasa yoga is a dynamic practice linking breath with movement. Wed 5:30pm Advanced levels.

Chair Yoga

Wednesdays 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.



Health Coaching GV Health

Now coming to Tatura Community House by appointment

Are you living with a chronic condition? Health coaching can help you take control of your health with practical support to build healthier habits, manage symptoms, help you understand your disease, and feel more confident day to day. Contact Tatura Community House and we'll arrange your first appointment.

Women's Health Clinic

Tuesdays 5th Aug, 2nd Sep | 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, starting 21st July
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 | 10:00am | 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.



Social Groups

Mah Jong

Wednesdays 10:30am - 12:00pm | Advanced | \$2 session

Wednesdays 1:30 - 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.

Playgroup & A Cuppa

Tuesdays 9:30 - 10:30am | FREE

Come and connect, interact and engage with your little ones and follow it up with a cuppa and a chat (latte/hot chocolate \$3).

54 Reasons Playgroup

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

Qualified Early Childhood Specialists will support your child to learn, socialise, establish routine and become school ready.

Coffee Hub Club

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

Come along and meet & 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 6th Aug, 3rd Sep, 1st Oct | 10:00 - 11:30am

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.

Thursday Bridge

Thursdays 1:00 - 3:00pm | FREE

Beginners welcome. Come along and have a go, it's lots of fun!



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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

Employable Me - Get Ready for Work

Introduction to Smartphones and Tablets

These 30-hour classes are great to learn new things to get better at finding work or 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 give you assistance.



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.

LEGO Club

Mondays 3:45 - 4:45pm | Gold Coin Donation

The LEGO Club is a creative hub for builders of all ages.

Art for Wellbeing - Practice Mindfulness through Art

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

10:30am - 12:30pm | \$5 session

Unleash your creativity with artist Fiona. Self-led or guided, materials provided. Bookings essential

Learn to Screen-print

Thursdays 4th & 11th Sep 12:30 - 3:30pm | \$75

Join our small-group screen printing workshop and turn your design into a finished product! Bookings essential.



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Supporting Our Community

Justice of the Peace - FREE!

Mondays 10:00am - 12:00pm

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

Food Pantry - FREE!

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

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!

Tuesdays 29th Jul, 12th & 26th Aug, 9th 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 29th July, 12th & 26th Aug, 9th Sep

10:30am - 12:00pm | FREE

Free and confidential advice, support and advocacy for older people who are homeless, at risk of homelessness or wanting to plan their housing future. For Victorians aged 50 years+

Soup Day

Tuesday 26th August | 11:30am to 2:00pm

Join us for a cozy community lunch! Enjoy a warm bowl of soup and a fresh roll for just \$3.

Proudly supported by Mental Health and Wellbeing Local – promoting connection, support, and good food.

Everyone welcome.

Greater Shepparton City Council - Customer Service Outreach

Wednesday fortnightly starting 2nd Jul | 10am to 3pm

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.



n fasd
australia
NATIONAL ORGANISATION
for Fetal Alcohol
Spectrum Disorders

SEPTEMBER 2025

The Red Shoes Rock FASD Awareness Walking Challenge is a key part of the 2025 campaign to raise awareness about Fetal Alcohol Spectrum Disorders (FASD) during September's FASD Awareness Month and is open to all Victorians.

Registrations open 1st August, visit www.tatcom.vic.edu.au/redshoesrock for more information.

High Tea

Enjoy a morning out and let yourself indulge in various scrumptious delicacies, from savoury sandwiches to chocolate brownies. Tickets sell fast, so book now 5824 1315.

When: Tuesday 5th August - 10:30am
Where: Olive & Vine, 115 Hogan Street
Cost: \$20

TATURA COMMUNITY CUBBY HOUSE

CHILDCARE CENTRE

**OPEN 8:30AM TO 4PM
TUESDAY TO FRIDAY**

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



VOLUNTEER AS A LEARNER DRIVER MENTOR

Mentors are urgently needed in your area to support young people with driving experience.

Register your interest with our L2P program today.



< Scan for more info

Call 03 5822 8100 or

Email L2PHume@berrystreet.org.au



Tatura Community House are proud members of

