

Newsletter October 2016

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Launch of the Tailem Trails



Remember free bike hire by TBCC

Programs are Supported By

- Commonwealth Home Support Programme (CHSP)
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Communities and Social Inclusion (DCSI)
- Department of Planning Transport and Infrastructure (DPTI)
- The Coorong District Council (CDC)
- Obesity Prevention and Lifestyle program (OPAL),



Introducing the 2016-17 Board of Management at TBCC



**TBCC - Finalist COTA SA
Positive Ageing Award**

I am excited and proud to announce that the Tailem Bend Community Centre is a finalist in the COTA SA 2016 Positive Ageing Awards – Southern Cross Community Care Program Award. The Award honours the dedication of organisations who work to improve the lives of our older communities.

This is an amazing achievement, thanks to all Centre staff, volunteers, board members and participants. The winner will be announced at a Gala Cocktail Party on Friday 28th October.

Meryl McDougall



8572 3513
www.tbcc.org.au info@tbcc.org.au
141 Railway Terrace, Tailem Bend SA 5260



Communities for Children Chatter

School Holiday Fun 4 Kids —Register your spot now! Bookings essential. Phone 8572 3513.

 Follow us on Facebook



what's on!

Coorong District School Holiday Program October 2016

Monday 3rd October	Tuesday 4th October	Wednesday 5th October	Thursday 6th October	Friday 7th October	Saturday 8th October	Sunday 9th October
<p>Enjoy the October Long Weekend Public Holiday</p>	<p>Fancy Dress Disc Golf at Lake Indawarra <i>Tintinara</i></p>  <p>10-11am Come dressed as your favourite character</p>	<p>Make a Bag at Meningie Meningie Area School Limited spaces —be sure to book. Ages 9-12yrs 10am-12pm</p> 	<p>Kids on the Move with Neil at the Hoopinator <i>Coonalpyn</i> 12pm-1pm Ages 8-12yrs</p> 	<p>Winnie the Pooh's Scavenger Hunt at Taillem Bend's 'One Hundred Acre Wood' 10am-12pm All ages welcome—Good for the little ones Contact for more details</p> 		<p>Why not be a Nature Detective in your local area or own backyard... what can you find?</p> 
Monday 10th October	Tuesday 11th October	Wednesday 12th October	Thursday 13th October	Friday 14th October	Saturday 15th October	Sunday 16th October
<p>Learn to Kayak with Lyall on Lake Indawarra, <i>Tintinara</i> 10am-12pm Ages 5-12yrs Limited spaces—be sure to book. Bring a hat and old shoes to get wet</p> 	<p>Create a Giant Kite at Meningie for the Meningie Kite Festival 9am-12:30pm Ages 5-12 years Uniting Church Hall Wear paint clothes</p> 	<p>C4C Murraylands Family Fun Day <i>Sturt Reserve, Murray Bridge</i> National Children's Week event for parents & children 10am-2pm More details to come...</p> 	<p>Coonalpyn Show Coonalpyn Showgrounds 9am-4pm Activities for all ages</p> 			

All activities are FREE for children from the Coorong district. Participants MUST book

For all bookings or questions, contact-



Taillem Bend Community Centre: 141 Railway Terrace (PO Box 203), Taillem Bend 5260 SA
P 08 8572 3513 F 08 8572 4813 E info@fbcc.org.au www.fbcc.org.au

Communities for Children Murraylands is facilitated by ac.care, funded by the Australian Government department of Social Services and delivered by our Community Partner — Taillem Bend Community Centre

ac.care
Supporting the life - for real people



Kids on the Move

A free activity for children from the Coorong District to be active with Neil from PumpFit

Wednesdays 3:30pm-4:30pm
@ Taillem Bend Primary School Oval
26th October—23rd November

Suitable for children aged 8–12 years
Limited spaces available
Book your place by 19th October



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 ac.care: 1800 55 444 444
 Community for Children is funded by the Australian Government Department of Social Services

Friday 14th October

FAMILY FUN DAY

@ Sturt Reserve

10am-2pm

Free Bus throughout the Coorong—call to book your seats

Lots of fun activities:
Face painting, jumping castle, bubble soccer, rock climbing, DJ Vance, art & craft with Splodge, and more!



learn Archery

A free activity for children for the Coorong District to learn the art of archery with Len over 5 weeks.

Fridays 3:30pm-5pm
@ Taillem Bend Oval
28th October—23rd November

Suitable for children aged 7–12 years (please wear a fitted t-shirt)
Limited spaces available
RSVP by 30th September to-



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2016 Term 4 Timetable 17 October - 16 December

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4.30pm Telephone: 8572 3513 Email: info@tbcc.org.au</p>	<p>Exercise Class Low impact, perfect for all ages exercise class Fun, friendly, fabulous</p> <p>9.00am—10.00am Cost: \$5.50 per class</p>	<p>Folk Art Class 1pm—4pm Cost: \$5.50 per class</p> <p>Computer Tuition Need assistance with any computing program including windows 8, 10 and more</p> <p>10am—12 noon Cost: \$5.50 per class</p>	<p>Our Time This group is perfect for carers to get together for coffee, Bubs & toddlers to interact with other children.</p> <p>9.30am—11.30am Cost: Free *C4C</p>	<p>Woodturning Tailored tutoring in the art of wood turning</p> <p>Fridays men's group 9am—3pm Cost: \$5.50</p>
<p>Neighborhood Watch Meets on the second Monday of each month at TBCC Information sessions, raffles, social support Contact 0417 840 473</p> <p>7.30pm start</p>	<p>Call to register your interest in:</p> <ul style="list-style-type: none"> * iPad classes * Creative Writing class * Walking groups * Book club 	<p>Sewing Class This class is for those that are working on or would like to start their individual sewing project while having a chat or seeking advice.</p> <p>9am—12noon Cost: \$5.50 per class</p>	<p>Classes or group suggestions are welcome let us know if you have an idea for us</p>	<p>WANTED people to join</p> <p>Walking group Are you interested in joining a walking group call TBCC to register Day & Time to be confirmed</p>
<p>Heart Moves Help strengthen your muscles, whether you are an advanced or beginning participant!</p> <p>Mondays 10.30 am—11.30am Town Hall Function Room Cost: \$5.50</p>	<p>Social Craft Circle Join this friendly group work on your own craft share ideas</p> <p>1pm—3pm Cost: \$1.10 per class</p>	<p>Cooking Group Enjoy laughter and conversation with this relaxed social group, while learning new recipes and sharing ideas and stories.</p> <p>10am-12noon Cost: Ingredient costs divided among participants</p>	<p>Ceramics With Doris Connolly, enjoy this wonderful craft in a friendly relaxed environment Call (08) 8572 3241</p> <p>12.30—2.30pm Cost: \$5.50</p>	<p>Golden Oldies Luncheons Melbourne Cup November 1st Volunteer Christmas December 2nd</p> <p>12noon Cost: \$10.00</p>
<p>Taillem Bend Progress Association Meeting 7pm on the second Wednesday of each month at TBCC</p> <p>Parade Committee Meeting 7pm third Wednesday of each month at TBCC</p>	<p>Woodturning Tailored tutoring in the art of wood turning</p> <p>Fridays men's group 9am—3pm Cost: \$5.50</p>	<p>Computer Tuition Need assistance with any computing program including windows 8, 10 and more</p> <p>10am—12 noon Cost: \$5.50 per class</p>	<p>Leadlight/ Mosaic Class Make a project of your choice in a creative environment, with an experienced tutor</p> <p>1pm—4pm Cost: \$5.50 per class</p>	<p>Creative Writing Learn the tricks and techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.</p> <p>1.30pm to 3.30pm Cost: Free</p>
<p>Free Legal Advice The Legal Services Commission have free legal advice available (08) 8111 5320.</p>	<p>Archery Club Learn the skill of Archery for all ages Bookings essential Taillem Bend Primary School Oval</p> <p>Sunday 1pm—4pm Cost: Free</p>	<p>Garden club 2nd Wednesday every month at the community garden. Bring your questions, your tips and your green thumbs.</p> <p>10am—12noon Cost: Free</p>	<p>Broadband for Seniors Free one hour Broadband for seniors one on one computer tuition available by appointment. Please book in advance</p> <p>Cost: Free</p>	<p>Archery for Kids A 5 week Archery Program for kids 7-12yrs to learn the skill of Archery with Len</p> <p>Taillem Bend Town Oval 3:30-5:00pm Oct 28—Nov 25</p> <p>Cost Free *C4C</p>
<p>Evening Yoga Improve your flexibility and tranquility with instructor Monica Martin Please bring a blanket, water, and your own mat if you have one.</p> <p>6.30pm-8pm Cost: \$80 for 5 weeks</p>	<p>Meningie Tai Chi With Sandy at the Meningie RSL Hall on Tuesdays</p> <p>3.30 - 4.30pm Cost \$5.50 Per class</p>	<p>Photography Group Tuition with Glenn Power First Wednesday of each month 7pm at TBCC</p> <p>Photo-taking field trips to local venues- Second Sunday each month 10am</p> <p>Cost: Free</p>	<p>WANTED people to join</p> <p>Book club Are you interested in joining a book club call TBCC to register Day & time to be confirmed</p>	<p>Rehoboth Christian Community Outreach Bible Centred Teaching By Gary & Joanna Paynter for more information call 0428815560 or email rehobothccm@gmail.com</p> <p>10.30am Sundays at TBCC</p>

* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government

Road Rail River – WRITE!

Hi! I'm Meryl. I am passionate about writing and story-telling. I am keen to champion and nurture the art of Creative Writing in the community, especially recording personal and local experiences. Sitting at home at the desk can be lonely. Getting it right can be challenging. Saying out loud "I'm a writer" can be daunting. But coming together with others breathes life and energy into your writing.

Do you like writing? Memoir? History? Anecdote? Fiction? Whatever your writing interest, you can keep motivated and learn new skills by meeting with other local writers. Give your words zing by sharing and supporting each other to polish the prose. Enjoy some writing exercises or work on your own projects. What you write is up to you, while having fun in a creative learning environment.

The TBCC Creative Writing Group meets on Fridays 1.30pm to 3.30pm.

If the day or time doesn't suit you, register your expression of interest and we can discuss options. I'm happy to talk with you about any ideas to inspire writing, reading and literacy.

Meryl McDougall, Creative Writing Facilitator



Coming up next at Tailem Bend Community Centre

Register your interest today for the following classes, by calling the Tailem Bend Community Centre on 8572 3513

Tailem Bend

- iPad Class
- Creative Writing Class
- Walking Group
- Book Club

Meningie

- iPad Class
- Tai Chi
- Fitness



Staff:

Coordinator:	Tammy Shepherd	Tuesday—Friday
CHSP Officer:	Eva Haydon	Wednesday—Friday
C4C Officer:	Claire Oliver	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2016/17 Board of Management:

Chairperson:	Jack Hunt
Vice Chairperson:	Lorraine Crisp
Treasurer:	Trevor Gordon
Secretary:	Rhonda Shillabeer,
Committee:	Bev Moyes, Rosemary Symonds, Margo Wood, Linda McDougall, Donna Middleton



Commonwealth
Home Support
Packages (CHSP)



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion