

Newsletter September 2016

Find inside-

- October C4C holiday program
- Term 4 Timetable

Cheese Please

classes have been so popular we have booked another session on Monday 31 October please call TBCC to book cost \$100 bookings essential



Introducing C4C Claire & Christine

Claire Oliver C4C Project Officer

Claire started with TBCC in July 2016, coming from a health promotion background focusing on healthy eating and physical activity. Claire is a qualified Dietitian and previously worked for the Rural City of Murray Bridge OPAL Program. Please call in to introduce yourself to Claire and hear about all the amazing things she has in mind for C4C in 2016-17. We welcome requests for programs—let us know what you or your family would like to do. Contact Claire via email:

c4c@tbcc.org.au

Christine Rhue also started in July 2016 as the C4C Our Time facilitator. Christine has over a decade of experience working at El Shaddai camp at Wellington. Our Time is a supported playgroup for families and bubs based on the Parent Child Mother Goose model.

To find out more join Claire and Christine Thursday mornings 9:30-11:30am during school terms. Cost is free and it's super fun.



EXPRESSIONS OF INTEREST WE NEED YOU



**ARE YOU INTERESTING IN
JOINING A WALKING,
CREATIVE WRITING, BOOK
CLUB, OR MEN'S WOOD
TURNING GROUP—PLEASE CALL
US TODAY. WE HAVE PEOPLE
WAITING TO JOIN YOU**



Keep up with what's happening by subscribing to our e-newsletter-
<http://www.tbcc.org.au/pages/newsletter.php>

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www.tbcc.org.au info@tbcc.org.au

141 Railway Terrace, Taillem Bend SA 5260



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),



Communities for Children Murraylands

what's on!

Coorong District

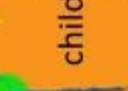
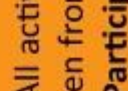
School Holiday Program

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 Tintinara 10-11am Come dressed as your favourite character</p> 	<p>Make a Bag at Meningie Limited spaces — be sure to book. Ages 9-12yrs 10am-12pm Venue TBC</p> 	<p>Kids on the Move with Neil at the Hoopinator Coonalpyn 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>Coonalpyn Show Coonalpyn Showgrounds 9am-4pm Activities for all ages</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, Tintinara 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 Sturt Reserve, Murray Bridge 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> 	<p>Sunday 16th October</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@tbcc.org.au www.tbcc.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 life... for real people

Telecross farewell

Back row: L-R Bert Wellman, Annette Hattam, Isobelle Koop, Patricia Wehl-Connolly, Bob Connolly, Gordon Legallez.

Front row: Nelson Sanz-Cadena, Dayle Taylor



A brunch was held to farewell the Telecross from Tailem Bend. Volunteers say it has been a pleasure to be part of a great community service. This service has been delivered throughout the Murray Mallee, Riverland and Adelaide Hills regions.

TBCC CHSP would like to continue to offer this service in the future we are in discussion with a couple volunteers if you are interested



\$18 — 18kg
\$16 — 13kg
\$14 — 11kg
Conditions apply

Drop and run service open
Tuesdays
11am—3pm or call
TBCC to arrange a booking

EASYWASH DROP AND RUN SERVICE SEPTEMBER *Special*

Let us wash, dry and fold your clothing.

SA Tourism Award

TOURING AUSTRALIA

THE PRYERS

- * Cabaret Show
- * Music from the 40's-60's
- * Impersonations of famous icons
- * Glitzy Costumes

NEXT SHOW

FRIDAY 23 SEPTEMBER 2016
2PM AT TAILEM BEND TOWN HALL
COST \$15 AFTERNOON TEA INCLUDED
TO BOOK CALL 08 8572 3513
TAILEM BEND COMMUNITY CENTRE
PH: 0403 358 508
www.thepryers.com.au

Free Community Expo
Engaging in Ageing
Thriving in the Murraylands

Town Hall
10am - 2pm

Tailem Bend
16th September 2016

2016 Term 3 Timetable 25 July- 30 September

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4.30pm Telephone: 8572 3513 Email: info@tbcc.org.au</p>	<p>Exercise Class</p> <p>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>Our Time</p> <p>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</p> <p>Tailored tutoring in the art of wood turning</p> <p>Fridays men's group</p> <p>9am—3pm Cost: \$5.50</p>
<p>Neighborhood Watch</p> <p>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>Coorong Connections Network (CCN)</p> <p>For young people aged 13-25 years</p>	<p>Sewing Class</p> <p>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>WANTED people to join</p> <p>Walking group</p> <p>Are you interested in joining a walking group call TBCC to register</p> <p>Day & Time to be confirmed</p>
<p>Heart Moves</p> <p>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</p> <p>Join this friendly group work on your own craft share ideas</p> <p>1pm—3pm Cost: \$1.10 per class</p>	<p>Cooking Group</p> <p>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</p> <p>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</p> <p>Melbourne Cup November 1st</p> <p>Volunteer Christmas December 2nd</p> <p>12noon Cost- \$10.00</p>
<p>Taillem Bend Progress Association</p> <p>Meeting 7pm on the second Wednesday of each month at TBCC</p> <p>Parade Committee</p> <p>Meeting 7pm third Wednesday of each month at TBCC</p>	<p>Woodturning</p> <p>Tailored tutoring in the art of wood turning</p> <p>Fridays men's group</p> <p>9am—3pm Cost: \$5.50</p>	<p>Computer Tuition</p> <p>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</p> <p>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</p> <p>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</p> <p>The Legal Services Commission have free legal advice available (08) 8111 5320</p>	<p>Archery Club</p> <p>TBCC is taking expressions of interest to join an Archery Club. Call 8572 3513 to register.</p> <p>Open Day coming soon! Day and time TBA</p>	<p>Garden club</p> <p>2nd Wednesday every month at the community garden.</p> <p>Bring your questions, your tips and your green thumbs.</p> <p>10am—12noon Cost: Free</p>	<p>Broadband for Seniors</p> <p>Free one hour Broadband for seniors one on one computer tuition available by appointment.</p> <p>Please book in advance</p> <p>Cost: Free</p>	
<p>Evening Yoga</p> <p>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</p> <p>With Sandy at the Meningie RSL Hall on Tuesdays</p> <p>3.30 - 4.30pm Cost \$5.50 Per class</p>	<p>Photography Group</p> <p>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</p> <p>Are you interested in joining a book club call TBCC to register</p> <p>Day & time to be confirmed</p>	<p>Rehoboth Christian Community Outreach</p> <p>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