

# Newsletter

## July

## 2017

### Inside this edition

C4C activities, food, fun and drums.

Term 3 Timetable



**FREE  
BIKE  
HIRE  
AVAILABLE**

### 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)



## Tailem Bend Community Centre Annual General Members Meeting 1pm Monday 4 September 2017

You are invited to attend the Annual General Members Meeting of the Tailem Bend Community Centre at 141 Railway Terrace, Tailem Bend.



If you have ever wondered what happens at TBCC, come along and sit in on the meeting – general public most welcome.

Memberships now due \$5.50 must be financial by August 26th to be eligible to vote. Memberships run from 1st July to 30 June annually.

Six positions are available and nominations to the Board of Management close August 19th 2017 – Nominees will be posted on TBCC Community Notice Board and on our web site – please consider becoming a part of this dynamic team.

Nomination forms and Absentee voting slips are available from the TBCC front office.



Returning committee members are Linda McDougall, Donna Middleton and Jack Hunt

Stay on for a delicious afternoon tea served after the meeting, prepared by our amazing Volunteers



Phone: 8572 3513  
[www.tbcc.org.au](http://www.tbcc.org.au) [info@tbcc.org.au](mailto:info@tbcc.org.au)  
141 Railway Terrace, Tailem Bend SA 5260



# 2017 Term 3 Timetable

24 July -  
29 September

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Tuesday—Friday</b> <b>9am—4:30pm</b> <b>Tel: 8572 3513</b>	<b>Broadband for Seniors</b>	<b>Sewing Class</b>	<b>Our Time</b>	<b>Woodturning</b>
	One on one support for seniors using the internet  <b>Appointment required</b> <b>Cost: FREE</b>	Join this group to work on individual sewing projects  <b>9am to 12 noon</b> <b>Cost: \$5.50</b>	Interaction with children under 5 years * Parent, Child, Mother Goose <b>9.30am to 11.30am</b> <b>Cost: FREE</b>	Tailored tutoring in the art of woodturning  <b>Fridays men's group</b>  <b>9am to 3pm</b> <b>Cost: \$5.50</b>
<b>Neighbourhood Watch</b>	<b>Woodturning</b>	<b>Computer Class</b>	<b>Woodwork</b>	<b>Tai Chi</b>
Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support.  <b>Contact 0417 840 473</b>	Woodturning Choose your own project create with support  <b>9am — 3pm</b> <b>Cost: \$5.50</b>	Need assistance with all things Computing? Bring your own lap top or use a Centre PC  <b>10am — 12noon</b> <b>Cost: \$5.50</b>	Join Ted to create a wood project of your choice  <b>9am — 12noon</b> <b>Cost: \$5.50</b>	Tai Chi, Chi Kung and Lohan commencing 1st September  <b>9.30am to 10.30am</b> <b>Cost: \$1.10</b>
<b>Golden Go Getters</b>	<b>Social Craft Circle</b>	<b>CHEFS Cooking</b>	<b>Ceramics</b>	<b>Our Goldies Lunch</b>
Help strengthen your muscles in a safe/supported Environment Town Hall Function Room Mondays <b>9:30am — 10:30am</b> Wednesday's <b>10.30am—11.30am</b> <b>\$5.50/class</b>	Join this friendly group. Work on your own craft and share ideas.  <b>1pm — 3pm</b> <b>\$1:10/class</b>	Social cooking group  <b>Cost: ingredients split between participants</b> <b>\$2 - \$5</b> <b>10am—12 noon</b>	With Doris Connolly. Enjoy this wonderful craft in a friendly relaxed environment. Call 8572 3241  <b>12:30pm — 2:30pm</b>	Friday's monthly 12 noon Cost \$10 July 21 August 25 September 22
<b>Tailem Bend Progress Association</b>	<b>Training</b>	<b>Golden Gamers</b>	<b>Glass n Art</b>	<b>Garden Club</b>
7pm Wednesday every 3rd month Call Beryl 85723507 <b>PARADE COMMITTEE</b> 7pm third Tuesday of each month Call Jules 0447 093 684	TBCC offers lots of training opportunities Please call us for details 8572 3513	Join us for games and company Wednesday Afternoons  <b>1pm — 4pm</b> <b>Cost: \$1.10</b>	Make a mosaic, glass or leadlight project of your choice in a creative environment with like-minded people  <b>1pm — 4pm</b> <b>Cost: \$1.10</b>	Garden Club meet on the second Friday of each month  <b>10am - 11am</b> <b>Cost: FREE</b>
<b>Probus</b>	<b>Book Club</b>	<b>Folk Art</b>	<b>C4C Activities</b>	<b>Creative Writing</b>
Meet on the 3rd Monday of each Month  <b>10am — 12noon</b> <b>Cost: gold coin</b>	Are you interested in joining a book club? Call TBCC to register.  <b>Day and time to be confirmed.</b>	Folk Art is a social group sharing skills and knowledge of folk art and more  <b>1pm — 4pm</b> <b>Cost: \$1.10</b>	*For details about C4C activities offered for Children 0-12 years please call Denise 8572 3513	Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.  <b>1:30pm — 3:30pm</b> <b>Cost: FREE</b>
<b>Evening Yoga</b>	<b>Got a class in mind</b>	<b>Walking Group</b>	<b>Photography Group</b>	<b>Archery</b>
Improve your flexibility and tranquility with instructor Monica Martin. Please bring a blanket, water and your own mat if you have one. Call Monica 0488 133 625  <b>6:30pm — 8pm</b>	Give us a call and we will register an expression of interest once 5 people register we can arrange the class EASY!!	Are you interested in joining a walking group? Call TBCC to register. Day & time to be confirmed	Tuition with Glenn Power on the first Wednesday of each month. 7pm at TBCC Photo taking field trips to local venues on second Sunday each month at 10am. <b>Cost: \$1.10</b>	Archery for all ages. Bookings essential. Tailem Bend Primary School Oval  <b>Sundays:</b> <b>9.30am —12.30</b> <b>Cost: FREE</b>

\* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government  
 Commonwealth Home Support Program (CHSP) is funded by the Australian Government Department of Health



# Seasons for Growth

When a child is grieving it is natural to want to support them, yet we often feel uncertain about how best to do so. Perhaps you feel uncomfortable about discussing loss and grief, worried as to whether your child's behaviour is normal or unsure on what you can do to help.

The Seasons for Growth program offers some guidance to help support a child who is grieving and nurture them to grow through the experience.

The program will be offered to children at the Tailem Bend Primary School in Term 3, 2017. For more information contact Denise McLoughlin on 8572 3513 or email [c4c@tbcc.org.au](mailto:c4c@tbcc.org.au)

## Joining the dots....

Getting ready for kindy

for all 3½ - 5 years olds in the Coorong District Region

Fridays 9.45am– 11.30am

Tailem Bend Community Centre

4 & 8 August

1,8,15, 29 September

3 & 10 November

*Come along to enjoy play activities and ideas to prepare your child for kindy in 2018/19*

*Free for all residents of the Coorong welcome, bookings preferred  
If your child is outside the age range and you wish to attend please call*

**Cathy or Melanie 0418 851 626 or email  
[aspirecdw@internode.on.net](mailto:aspirecdw@internode.on.net)**



Tailem Bend Community Centre  
141 Railway Terrace Tailem Bend P 08 8572 3513  
E [c4c@tbcc.org.au](mailto:c4c@tbcc.org.au) [www.tbcc.org.au](http://www.tbcc.org.au)





# Communities for Children Murraylands

## Parent Child Mother Goose

Thursday mornings 9.30am—10.30am at the Tailem Bend  
Community Centre cost is free

Parents and carers of pre-school age children and their little ones are invited to come along  
for an opportunity to cuddle and connect through Songs Rhymes and Stories

## Our Time

 Thursday mornings 10.30am—11.30am

27 July	Birthday 30 years of TBCC
3 August	Pizza Day
10 August	Art Day
17 August	The big colour- in
24 August	Playdough
31 August	Biscuit decorating
7 Sept	Dad's day cards
14 Sept	Paper mosaic
21 Sept	Craft
28 Sept	Children's choice



## Fun Food

Wednesday's 4.00-5.00pm

FREE activity at TBCC for  
Children aged 4-12 years bookings  
and parental supervision required  
call 8572 3513



23 August	Monster Milkshakes
30 August	Crazy cupcakes
6 September	Kool Kebabs
13 September	Busy Biscuits
20 September	TBCC Pizza



# GOLDEN OLDIES

Join us for a scenic steam train trip from Mt. Barker to Strathalbyn, with lunch at the Victoria Hotel, feed the ducks at the lake or take a stroll through the historic streets. Then back on to the steam train for the trip back to Mt. Barker. This would be an ideal gift for Dad for fathers day.



**Sunday**

**10th September**

**8:45am - 4:30pm**

**\$40 CHSP clients**

**(Over 65 years or disability)**

**\$60 non CHSP clients**

The price includes: Bus trip from Tailem Bend to Mt. Barker, train trip to Strathalbyn. Lunch at the Historic Victoria Hotel, return train and bus.

Menu Choice of:

- ♦ Beer battered fish & chips
- ♦ Roast of the day
- ♦ Chicken or Beef Schnitzel

**Bookings and payment by  
Friday 25 Aug 2017.**

**Please contact the Centre  
on 8572 3513.**



TAILEM BEND COMMUNITY CENTRE

141 Railway Terrace Tailem Bend SA 5260

P 08 8572 3513 E [info@tbcc.org.au](mailto:info@tbcc.org.au) W [www.tbcc.org.au](http://www.tbcc.org.au)



# Coming up next at Tailem Bend Community Centre

## EASY TRAVEL AND CRUISE

### Easy Travel and Cruise

Travel agent from Murray Bridge will be onsite at TBCC for appointments every Wednesday 9am—1pm starting on the 2 August.

For more information please call Lisa Chesso on telephone number 8532 1766 or email [lisa@easytravelandcruise.com.au](mailto:lisa@easytravelandcruise.com.au)



### TAX TIME!!

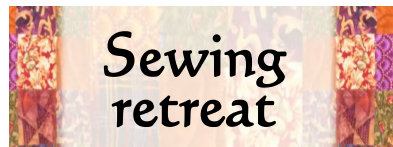
#### Richard Dean and Associates

Provide a tax return service at TBCC every Saturday morning from July to October each year. If you need your tax done please call TBCC 8572 3513 to book a time please have your tax file number handy when booking if you are a new client of Richards. Richard is highly recommended by past clients and reasonably priced.



### Game Obsession EXPO

9.30am—4.30pm  
Sunday 6 August 2017  
Mannum Showgrounds  
Cost Adult \$8 Child \$2  
Family \$20  
[www.gamesobsession.com.au](http://www.gamesobsession.com.au)



### BRIDGE PATCHES & QUILTERS

Retreat at Tailem Bend  
25th 26th 27th August 2017  
Starting at 1pm Friday and concludes at 4pm SUNDAY.  
TAILEM BEND TOWN HALL  
We encourage community to head to the hall to have a look at this amazing group its free to go in meet with the participants and admire their amazing work this

event is supported by TBCC and the Coorong District Council.  
Contact - Judith Obst  
Email: [judithobst4@bigpond.com](mailto:judithobst4@bigpond.com)  
Phone: 0428419231

### HERBS & SPICES

FOR A HEALTHY LIFESTYLE  
**FREE INFORMATION SESSION**  
with Naturopath Kate Behlau  
**2-3pm at TBCC**

**SUNDAY 20 August 2017**  
discussing immune health & lymph detoxing that assist with weight loss . Includes cooking demo. Bookings essential call 0419 819 066

### Membership for TBCC

TBCC annual membership is now due costs \$5.50. You must be a financial member by Wednesday 26 August to vote at the September AGM.



**TBCC Annual General Meeting**  
**1pm Monday 4 September.**  
Please R.S.V.P. for free afternoon tea catering.



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

### Staff

<b>Coordinator:</b>	Tammy Shepherd	Monday - Friday
<b>CHSP Officer:</b>	Deb Taylor	Tues, Wed, Friday
<b>C4C Officer:</b>	Denise McLoughlin	Tuesday - Friday
<b>Finance Officer:</b>	Chris Hartmann	Thursday

### 2016/17 Board of Management:

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