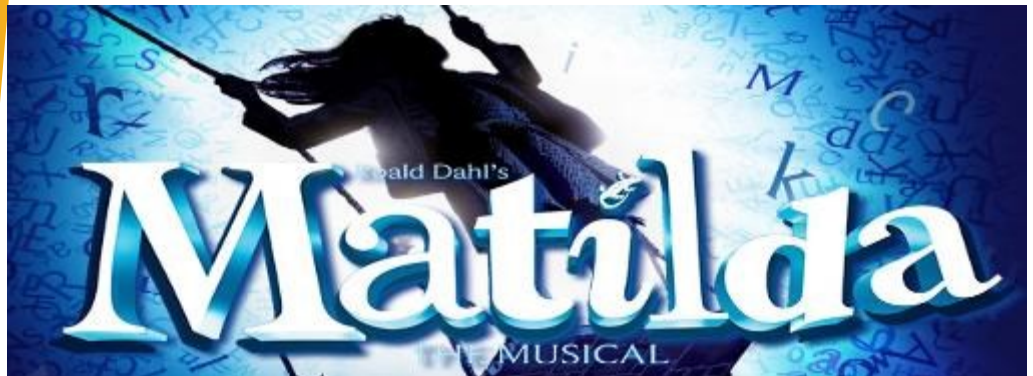


Newsletter January 2017

**Don't miss the school
holiday program
inside this edition
Hire our FREE bikes
this holiday**



Bus, Lunch, Musical \$100pp

Limited seats. Bookings essential.

Wednesday 12 July 2017

Join us for a bus trip to Adelaide for Roald Dahl's *Matilda the Musical*, with lunch at the Arkaba Hotel. Matilda will appeal all ages, including the child in every adult.

Normal ticket price is \$140 so get in quick.

Price includes: return bus fare from Tailem Bend to Adelaide, lunch and admission to Matilda.



Choice of lunch menu:

- ◆ Beer battered fish
- ◆ Roast of the day
- ◆ Chicken or beef schnitzel



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),

The Tailem Bend Community Centre wishes to advise the office will be closed from 16th December 2016 until 16th January 2017

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



2017 Term 1 Timetable

30 January -
13 April

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4:30pm Tel: 8572 3513</p>	<p>Exercise Class</p> <p>Perfect for all ages exercise class. Fun, friendly, fabulous.</p> <p>9am to 10am Cost: \$5.50</p>	<p>Sewing Class</p> <p>This class is working on or like to start their own individual sewing project while having a chat or seeking advice.</p> <p>9am to 12 noon Cost: \$5.50</p>	<p>Our Time</p> <p>Interaction with children under 5 years * Parent, Child, Mother Goose</p> <p>9.30am to 11.30am Cost: FREE</p>	<p>Woodturning</p> <p>Tailored tutoring in the art of woodturning</p> <p>Fridays men's group</p> <p>9am to 3pm Cost: \$5.50</p>
<p>Neighbourhood Watch</p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support</p> <p>Contact 0417 840 473</p>	<p>Woodturning</p> <p>Woodturning Chose your own project create with support</p> <p>9am — 3pm Cost: \$5.50</p>	<p>Computer Tuition</p> <p>Need assistance with Computing?</p> <p>10am — 12noon Cost: \$5.50</p>	<p>Woodwork</p> <p>Join Ted to create a wood project of your choice</p> <p>9am — 12noon Cost: \$5.50</p>	<p>Walking Group</p> <p>Are you interested in joining a walking group? Call TBCC to register. Day & time to be confirmed</p>
<p>Heart Moves</p> <p>Help strengthen your muscles advanced or beginning participant!</p> <p>Town Hall Function Room on Mondays</p> <p>10:30am — 11:30am \$5.50/class</p>	<p>Social Craft Circle</p> <p>Join this friendly group. Work on your own craft and share ideas.</p> <p>1pm — 3pm \$1:10/class</p>	<p>CHEFS Cooking</p> <p>Social cooking group</p> <p>Cost: ingredient split between participants</p> <p>10am—12 noon</p>	<p>Ceramics</p> <p>With Doris Connolly. Enjoy this wonderful craft in a friendly relaxed environment. Call 8572 3241</p> <p>12:30pm — 2:30pm</p>	<p>Golden Oldies Lunch</p> <p>24 Feb Strathalbyn 24 March TBCC 28 April Palmer Hotel 6 May Mt Pleasant</p>
<p>Taillem Bend Progress Association</p> <p>7pm Wednesday every 3rd month Call Beryl 85723507 PARADE COMMITTEE 7pm third Tuesday of each month Call Jules 0447 093 684</p>	<p>CLA</p> <p>* CLA parenting program for children with a Disability—fortnightly Call Emily 0419 531 376</p> <p>2.30pm - 5.30pm Cost: FREE</p>	<p>Golden Gamers</p> <p>Join us for games and company Wednesday Afternoons</p> <p>1pm — 4pm Cost: \$1.10</p>	<p>Leadlight/Mosaic</p> <p>Make a project of your choice in a creative environment with an experienced tutor.</p> <p>1pm — 4pm Cost: \$1.10</p>	<p>Broadband for Seniors</p> <p>FREE 1 hour tuition for seniors. One on one. Available by app only. Bookings essential.</p> <p>Cost: FREE</p>
<p>Probus</p> <p>Meet on the 3rd Monday of each Month Call Geraldine</p> <p>10am — 12noon Cost: gold coin</p>	<p>Meningie iPad</p> <p>With Andrew at the Council Office on Wednesday's 1—29 March</p> <p>1.30 — 2.30pm Cost: \$5.50</p>	<p>Garden Club</p> <p>2nd Wednesday every month at the community garden. Bring your questions, your tips and your green thumbs.</p> <p>10am — 12 noon Cost: FREE</p>	<p>C4C Activities</p> <p>*For details about C4C activities offered for Children 0-12 years please call Denise 8572 3513</p>	<p>Creative Writing</p> <p>Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.</p> <p>1:30pm — 3:30pm 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. Call Monica 0488 133 625</p> <p>6:30pm — 8pm</p>	<p>Meningie Tai Chi</p> <p>With Sandie at the Meningie RSL Hall on Tuesdays.</p> <p>3:30pm — 4:30pm Cost: \$5.50</p>	<p>Photography Group</p> <p>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. Cost: \$1.10</p>	<p>Book Club</p> <p>Are you interested in joining a book club? Call TBCC to register.</p> <p>Day and time to be confirmed.</p>	<p>Archery</p> <p>Archery for all ages. Bookings essential. Taillem Bend Primary School Oval</p> <p>Sundays: 9.30am — 12.30 Cost: FREE</p>

* 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







Communities for Children Murraylands

what's on! Coorong District School Holiday Program

December 2016 / January 2017



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Saturday 17th December</p> <p>Taillem Bend Christmas Pageant</p> <p>Arrive at 5.30pm to receive FREE bubbles</p>	<p></p> <p>MERRY CHRISTMAS</p>	<p>HAPPY NEW YEAR</p> <p></p>	<p>Thursday 12th January</p> <p>Decorate a bird house</p> <p>4-7 years</p> <p>Tintinara 10-11am</p> <p>Meningie 2-3pm</p>	<p>Tuesday 17th January</p> <p>Jumping castles/waterslide</p> <p>Coonalpyn pool</p> <p>10am-1pm</p> <p></p>	<p>Tuesday 24th January</p> <p>Coonalpyn Pool party</p> <p>Free entry to the Coonalpyn Pool for children aged 0-12 years & families</p> <p>10:00-11:30am</p>
<p>Tuesday 21st December</p> <p>Paint Christmas Decorations</p> <p>Taillem Bend (TBCC)</p> <p>Ages 5-12 years 9:30-11:00am</p>	<p>BOOKINGS ESSENTIAL</p> <p>CALL 8572 3513</p> <p>or email c4c@tbcc.org.au</p>		<p>Wednesday 18th January</p> <p>Jumping Castles/waterslide</p> <p>Meningie foreshore</p> <p>10am-1pm</p> <p></p>	<p>Thursday 19th January</p> <p>Jumping Castles/waterslide</p> <p>Willow Street</p> <p>Taillem Bend</p> <p>10am-3:00pm BYO lunch</p> <p></p>	<p>Wednesday 25 January</p> <p>Taillem Bend Pool Party</p> <p>Free entry to the Taillem Bend Pool for children aged 0-12 years & families</p> <p>10:00-11:30am</p>
<p>Thursday 22 December</p> <p>Willow Street</p> <p>Movie Night & laser lights</p> <p>7.30pm bring a chair, beanbag or something comfy to sit in</p>	<p>Wednesday 4th January</p> <p>Come & Try Archery</p> <p>Ages 7-12yrs</p> <p>Tintinara oval 10:30-11:30</p> <p>Coonalpyn oval 2-3pm</p> <p></p>		<p>Friday 13th January</p> <p>Science Show & Stardome</p> <p>Taillem Bend Town Hall</p> <p>9:30am-12:30pm / 1:30pm-4:30pm</p> <p></p>	<p>Friday 20th January</p> <p>Jumping Castles/waterslide</p> <p>Willow Street</p> <p>Taillem Bend</p> <p>BYO lunch 10am-3:00pm</p>	<p>Thursday 26th January</p> <p>AUSTRALIA DAY PUBLIC HOLIDAY</p> <p></p>

All activities are **FREE** for children from the Coorong district.



Tuning in to Kids

Emotionally Intelligent Parenting

A free six session parenting program for
parents of children aged 2-6

Tailem Bend Community Centre.

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

9.30am—12noon Thursday mornings for six weeks

16, 23 February and 9, 16, 23, 30 March 2017

Bookings essential please contact

Tailem Bend Community Centre

141 Railway Terrace Tailem Bend P 08 8572 3513

E c4c@tbcc.org.au www.tbcc.org.au



CHSP news and upcoming events

Golden Oldies Christmas Lunch

On Friday 2 December we enjoyed a meal at the Riverside Hotel for the annual TBCC Golden Oldies/ Volunteer Christmas lunch. Eighty nine people from Meningie, Murray Bridge and beyond attended. It's always such a nice day to recognise the hard work offered, and more importantly the friendships made.



Our Goldies Bus Trip

Join us for a scenic bus trip to Strathalbyn, with lunch at the Victoria Hotel, feed the ducks at the lake or take a stroll through the historic streets.



Strathalbyn
Friday 24 February
11am - 3pm
\$20 pp

The price includes: Bus trip from Tailem Bend to Strathalbyn and return. Lunch at the Historic Victoria Hotel. Menu choice of beer battered fish, roast beef, or lamb's fry and bacon.

RSVP: 10 February 2017 on 8572 3513

Upcoming Outings

Friday 24 March - Lunch at the Community Centre

Friday 28 April - Lunch at the Palmer Hotel

Saturday 6 May - Mt Pleasant Farmer's Market

Friday 26 May - Lunch at the Community Centre

Did you know that if you are over the age of 50 and have a disability you are entitled to home maintenance, home modification, and garden services through the Centre? Please call the Centre for more information.

Golden Gamers

Starting in February, we will be hosting our new Golden Gamers on Wednesdays from 1-4pm at the Tailem Bend Community Centre. Come along for an afternoon of cards, board games and good company. Cost: \$1.10 pp

Feel free to come in early to join a shared lunch with our CHEFS (social cooking) group from 10-12pm pm. Approx cost: \$3.00 pp



Calling for Volunteers for our Community Calls Program

Can you spare one day a week, or one day a month to make a community calls? We are looking for volunteers to help us call our CHSP clients to have a chat and check how they are. Please contact the office if you would like to be involved.

Independent Living Centre

On Tuesday 21 February the Independent Living Centre Caravan will be at the Foodland Carpark in Tailem Bend from 10am to 3pm.

If you would to view any specific equipment, please call the Independent Living Centre on 8266 5260 and they can bring it on the day.

My Aged Care Registration

When registering with MyAged Care and wish to receive a service provided by the Tailem Bend Community Centre, (such as maintenance and modifications) , please request the Coorong Community Links Combined Program - Tailem Bend Community Centre.

Please call 1800 200 422 to register.

Coming up next at Tailem Bend Community Centre

Hon Zoe Bettison MP to Visit

We are excited to announce that the Hon. Zoe Bettison MP will be visiting the Community Centre on Thursday 19 January 2017 to tour our Centre and meet with our Co-ordinator to discuss our programs.

The Minister has several portfolios including the Minister for Communities and Social Inclusion, Minister for Ageing, and Minister for Youth. We are looking forward to the opportunity to showcase our wonderful facilities, staff and volunteers.



Royal Life Saving Grey Medallion comes to Tailem Bend February 2017

The Royal Life Saving Grey Medallion is a water safety and lifesaving skill program for older people which aims to reduce drowning rates and encourage healthy, independent and active lifestyles. The program aims to

teach participants a range of personal survival techniques, and skills to deal with an emergency situation and to develop confidence and competence to enjoy aquatic exercise and other water based activities safely.

There are four main components of the program:

- ♦ Water safety knowledge
- ♦ Resuscitation and Emergency Care
- ♦ Aquatic Exercise
- ♦ Personal Survival and Lifesaving Skills

This three week program will run at the **Tailem Bend Primary School Pool** on **Mondays 6th, 13th and 20th February 2017** from 1-3pm.

Cost of program: **\$30.00**

To register please contact

Peter Stockman
Grey Medallion Royal Life Saving Society

Tel: 08 8210 4500
Mob: 0411 581 246

Community Garden

Are you a keen gardener? We are looking for new volunteers to help us tend to the community garden. Our Garden Club meets every second Wednesday of the month at 10am. The group share ideas and produce in a friendly environment. Please call the Centre for more information.



Volunteers

We are looking for volunteers to help us in the office. Are you looking to learn new admin skills, or to upgrade your current skills? We are looking for a keen person to help in the front office with phones and general office duties. Training will be provided. Please call the Centre and ask to speak to Tammy.

Staff

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

2016/17 Board of Management:

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



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