

Newsletter
March 2017



Farmers Gala Dinner



Tailem Bend Town Hall, Railway Terrace
Saturday 25th March 2017

Proudly Supporting Rural Mental Health

Kindly supported by:



Guest speaker

Guest entertainer

Live entertainment

Raffle & door prizes

Three Course Meal

Beer, wines & soft drinks supplied

Time: 6pm for pre-dinner drinks
Tickets: \$75 each (inc GST)
Tickets available at ELDERS Murray Bridge
Dress Code: Semi Formal
More info: **Event Manager**
Michelle Dohnt 0438 322 265

Why not start arranging a table of 10 for what will be a great night!

Designed by the
awesome girls at **Biz Boost**



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>Broadband for Seniors</p> <p>One on one support for seniors using the internet</p> <p>Appointment required Cost: FREE</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 Choose your own project create with support</p> <p>9am — 3pm Cost: \$5.50</p>	<p>Computer Class</p> <p>Need assistance with all things Computing? Bring your own lap top or use a Centre PC</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>Golden Go Getters</p> <p>Help strengthen your muscles in a safe/supported Environment Town Hall Function Room Mondays 9:30am — 10:30am Wednesday's 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>Glass n Art</p> <p>Make a project of your choice in a creative environment with like-minded people</p> <p>1pm — 4pm Cost: \$1.10</p>	<p>Garden Club</p> <p>Garden Club meet on the second Wednesday of each month We are currently looking for a coordinator</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>Rosa Merlino Art</p> <p>Rosa's Merlino Art Class Tutored Art classes Personalised to your needs, across any mediums.</p> <p>11am—2pm Cost: \$10-\$15 per person</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>Folk Art</p> <p>Folk Art is a social group sharing skills and knowledge of folk art and more</p> <p>1pm — 4pm Cost: \$1.10</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>Archery</p> <p>Archery for all ages. Bookings essential. Taillem Bend Primary School Oval</p> <p>Sundays: 9.30am — 12.30 Cost: FREE</p>

Coming up next at Tailem Bend Community Centre



BOAT Licence Course

Do you want to get your boat licence?

Please call TBCC to register your details. The next course will be held on Wednesday the 5th April 2017. The cost is \$30 per person. Bookings are essential and it fills up fast. Call 8572 3513

Golden Gamers

Come in for the 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



Yoga for Seniors

Monica Martin is looking at running a yoga class for Seniors on Monday afternoons in Term 2. The cost will be \$10 per session. If you are interested please call the centre on 8572 3513 to express your interest.

Fire Warden Training



We will be running a course in Fire Training, Warden, Evacuation and Fire Extinguisher training on Monday May 1st 2017 from 9am until 3pm.

The cost of the course is \$180. If you are interested please call the centre to book in on 8572 3513

Art Class

Are you looking at embracing your creative side. Why not enrol in an Art class. Painting in oil and acrylics, mixed media, paper making and much more. Will be starting on Wednesday's from 11am until 2pm from 15th February. Call 8572 3513 to book



Cheese Please

Have you always wanted to make your own cheese.

You can make cheese at home with normal kitchen equipment.

You will learn how to make 2 different types of cheese, for example feta and haloumi, Pecorino and Mozzarella. The course runs from 9am until 1.30pm and the cost is \$100. Bookings are essential. So if you are interested register by calling the centre on 8572 3513.

Enjo Fundraiser



The centre will be holding an Enjo demonstration as a fundraiser. It will be held on Sunday 2nd April at 1pm, followed by a light afternoon tea.

Our Goldies Lunches

Friday 24 March - Lunch at the Community Centre

Friday 28 April - Lunch at the Palmer Hotel

Matilda the Musical



Wednesday 12 July 2017

Bus, Lunch, Musical \$100pp. This is a saving of \$40 Limited seats.

For more details call 8572 3513

Garden Club

We are in need of a new Garden Coordinator if interested please call the centre on 8572 3513



I AM OK

A Wellbeing Program

Individual Action Mentoring

Set up a plan now Mentor, Meryl, at TBCC Wednesdays 12.30-4.30 other times by arrangement

Coming up next at Tailem Bend Community Centre

Heart Moves New Name

Heart Moves has a new name, it is now called **Golden Go Getters**. They meet in the function room of the Town Hall Monday mornings from 9.30am until 10.30am.

If you are interested in becoming a Golden Go Getter, please call the centre to register your interest

Dancing with the Stars

Are you interested in old style dancing classes, so you could then go on to dancing with the stars. This would be a beginners class, all you need is a left & right foot. If you are interested, please register your interest by calling the centre

First Aid Course

Monday 27 March cost is \$150 . If you are interested please call 8572 3513 payment required by Friday 17 March.

Archery

Archery for all ages is held on Sunday mornings from 9.30am until 12.30 Cost: Free

Mural Project Hospital Day Care Building

The Tailem Bend Community Centre, together with SA Health Partners, Tailem Bend Primary School and the Coorong Council will be designing a mural for the local Tailem Bend hospital and cover 2 walls of the building facing the Dukes Highway.



This will replace the existing mural which has deteriorated. This Communities For Children project has been in the pipeline since 2015. It's great to know it will soon be completed.

Photography Group

The photography group meets on the first Wednesday of every month at 7pm in the Community Centre. The tutor is Glenn Power and the cost is \$1.10 per session

Wood work Class

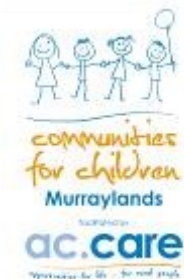
Are you looking at embracing your creative side Why not enrol in a Wood Working class. You can learn to make tables, cupboards more. Classes are on Thursday's from 9am until 12 midday. Call 8572 3513 to book in.

Counselling Service

Darren Lovell is a minister with the Uniting Church. He is available to listen to any problems you may be experiencing.. Sometimes it's nice to talk to someone without judgement. Darren is available 3rd of March & 7th April. Call the centre to book.

Nils Loans

Nils is a community-based program offering people on a low income no interest loans to the value of \$1,200 for essential household goods, vehicle repairs and medical equipment. If you are living on a low income and in receipt of a current concession card, you may be eligible. For more details contact ac.care on 8532 6303



Commonwealth Home Support Programme (CHSP)



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

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