

Newsletter

June 2014



Centre Tour Country Women Association Coomandook

Wednesday 7th May the Country Women's Association of Coomandook visited the Tailem Bend Community Centre for a tour. The ladies were shown around and had the opportunity to ask questions of our tutors and students. The sewing and art class showcased their work and spoke about their work and experiences at the centre. There was a lot of enthusiasm in the classes and the centre in general and interest was expressed for some additional classes. After the tour, the ladies enjoyed morning tea with the tutors and students. It was great to share some ideas with these inspiring women and we are looking forward to working together to offer more regional courses. We had some very positive feedback from the CWA women on the facilities of the centre and the offer of courses. It was a very enjoyable visit which we hope to repeat in the future with other groups. Two classes have been scheduled in Coomandook as a result of this visit.



Guest speaking

Recently we presented at a Probus meeting in Meningie regarding the Home and Community Care program. This was well received by the Meningie Probus group. If your organisation would like to hear more about the Home and Community Care program, or you would like to know more about the social enterprise TBCC has started up in conjunction with Simcock Enterprise, please let us know. We would be honoured to give a guest presentation to your organisation and build long-lasting relations.

Telephone 8572 3513

Email info@tbcc.org.au

www.tbcc.org.au

141 Railway Terrace, Tailem Bend SA 5260



Tailem Bend Football Club helps TBCC

On Tuesday 13 May 2014 the Football club A & B grade coaches included shovelling 10 tonne of sand in our raised garden bed into their training schedule. TBCC volunteers are extremely grateful of the help making the community garden project one step closer to completion. TBCC garden Co-ordinator Colin Manwell said "it's fantastic to see the community all working together on this project We look forward to growing fruit and vegetable produce for the community soon "

Thankyou to the coaches and players involved



2014/15 membership due 30 July cost \$5.50 per person membership entitles you to TBCC board voting rights, newsletters, training opportunities and 50% discount off all stationary services i.e. printing, photocopying, etc.

Black & White A4 \$ 0.20cents per page (non members)

Black & White A4 \$ 0.10cents per page (members)

Colour A4 \$ 1.00 per page (non members)

Colour A4 \$ 0.50 per page (members)

Help wanted with tourism trails

Malcolm Piggott has instigated the development of some tourist walking and driving trails in and around Tailem Bend. The trails will focus on points of interest and places of historical and cultural significance. Some of the data is difficult to locate so we are asking for your help to fill in any blanks or help rectify any mistakes. We will send out an electronic version to all our members, but you can also come into the centre to pick up a hardcopy. Please do not distribute these yet as it is not the final version.

We would appreciate if you could give us feedback on these trails so that we can update and improve them. These trails will benefit our community and will entice tourists to linger a bit long-

TAI CHI IN MENINGIE

School term 2 begins again, and so does Tai Chi in Meningie with Don Wood.

About 12 ladies and 1 gentleman have joined the sessions each Tuesday at the RSL Hall, from 3.30 to 4.30pm. The classes are funded under the Commonwealth Home and Community Care (HACC) program, people over 65 years of age, those on a disability pension or caring for someone can join. Classes cost \$5.50 per session. What is Tai Chi? It had it's origins in Martial Arts exercises but nowadays the emphasis is on the exercises to keep flexible, keep our Brain fully functioning, and keep our sense of balance – all growing challenges as we enter our "Dessert" years. (After our Entree years of School Sports and our Main Course years of Mum's Taxi, unpaid Farm Hand, etc. our Dessert years are OUR time)!

We spent last School Term learning the Beijing 24 style Tai Chi, and as Sandy (one of our students) said, it is great to learn something new that gives mental and physical sense of achievement.

This coming School Term we will learn the Lohan, a Chinese Temple exercise that like the Beijing 24, is a gentle exercise routine that will leave everyone who participates with a sense of achievement because they are having fun while stretching their brain and muscles to remain trim, taut and terrific!

P.S. Tai Chi is just as beneficial for guys as it is for gals!

See you next Tuesday Don



HACC Classes

Fit & Fabulous—Exercise

Low impact, perfect for all ages exercise class

Day: Tuesdays 9am—10am

Heart moves

Whether you are a beginner or advanced help strengthen your inner muscles

Day: Mondays & Wednesday from 10.30am – 11.30am

Woodwork

Create your own woodwork project in a friendly environment

Day: Tuesdays 9am—12noon

Sewing

This class is for those who are working on or would like to start their individual sewing project whilst having a chat or seeking advice

Day: Wednesdays 9am—12noon

Folk Art

Come and join this social group and learn the fine art of folk art drawing and painting

Day: Wednesdays 1pm—4pm

Leadlight/Mosaics

Create that perfect piece of leadlight or mosaic . Choose your own project.

Day: Thursday 1pm—4pm

Yoga

For relaxation or exercise try this class and feel the benefits of inner wellbeing

Day: Thursdays 6-7 pm

Computer Tuition Need assistance with your computer skills? Book a private one-on-one tuition.

Coonaplyn Tai Chi

Day: Tuesday's 1.30—2.30pm

Meningie Tai Chi

Day: Tuesday's 3.30—4.30pm

Coomandook iPad details coming soon



ACE Classes

Scrapbooking

Learn to design and create a masterpiece! A 5 week course using an assortment of techniques.

Cost: \$27.50 (an amazing \$5.50/class *includes material*).

Woodturning

Learn the techniques of woodturning and create something to be proud of in this very popular eight week course. Places are limited. **Cost:** \$44.00 (an amazing \$5.50/class *includes material*).

Understanding Mobile Phones

Having trouble making sense of your mobile phone? Aren't we all! These informative sessions will help answer your questions and quell your frustrations.

Cost: TBA

Leadlight/Mosaics

Leadlight and Mosaics, incorporating individual Glass Art pieces for use in your creations. 10 week course.

Cost: \$55.00 (\$5.50/class.) *Materials not included*

Windows 8

Frustrated with your new computer and trying to make sense of Windows 8? Your own laptop is required.

Cost: \$27.50 (\$5.50/class)

iPad

Keep up with the kids learn just how easy it is to use an iPad . Eight iPad available for use during the five week class **Cost:** \$27.50 (\$5.50/class)

Wellness

Raising teenage children, need help recognising signs of cyber bullying, drug and alcohol use and more

Cost: FREE

First Aid

Designed for those wishing to pick up further skills and enhance their employability. **Cost:** TBA

Places are limited. If interested in any of the classes above please register at the Tailem Bend Community Centre in person, by phone or email. Registration and payment for ACE funded classes must be received by the Centre prior to Friday 11th July 2014. If less than 5 participants register for ACE classes unfortunately will not proceed.



All ACE Courses held at the Tailem Bend Community Centre allow participants to gain support while strengthening their literacy, numeracy and life skills.

HACC Review

The HACC program will be subject to a number of changes in the 2014/2015 financial year. All current HACC clients will receive a letter in the next few weeks to inform you of these changes to the program. The aim of these changes is to make the services more accessible to all our eligible community members.



Strategic planning

The TBCC Board of Management is in the process of drafting its strategic plan for 2014-2018. We would appreciate your input and comments. Where do you see the Taillem Bend Community in a couple of years time? Copies of the draft will be available at the June 5 general meeting for the community to add comments. And what an exciting time to join our Board of Management, now with the social enterprise up and running! To get involved, please fill in a nomination form at the centre before the end of July. Our Treasurer, Trevor Gordon, said "Being a member of the TBCC Board of Management allows you to shape the future of our community and to be part of it." The AGM will be held on September 4th at the community centre.

CONGRATULATIONS!

TBCC would like to congratulate Don Wood and the Taillem Bend Lions club on their success getting a grant for the IT equipment upgrade for the Town Hall. It is great to see community organisations pulling together to work on joint projects.

MS INFORMATION FORUM

Taillem Bend

WEDNESDAY 18th June 2014

VENUE: Taillem Bend Community Centre
 ADDRESS: 141 Railway Tce, Taillem Bend
 TIME: 10.00 am – 12.00 midday

The Multiple Sclerosis Society of SA & NT invite you to an information forum for health professionals, clients and the community

Join us for a cuppa and a chance to chat with the MS Nurse, Occupational Therapist and other staff.

The session will include:

- MS Update – What's new in MS treatments
- Managing the minefield of day to day symptoms
- Healthy living with MS
- Supports available
- How to access them
- Q & A time

Please RSVP to **MS Assist** by Tuesday 10th June 2014

Phone: 1800 812 311

Email: msassist@ms.asn.au

TBCC is actively, recruiting volunteers and people seeking work experience to the Easywash laundry service. No experience is necessary, just passion, a sense of humour and desire to make a difference to our community.

More information about the Easywash concept can be found at either www.easywash.com.au or by contacting the Taillem Bend Community Centre on tel: 08 8572 3513.

Easywash is currently manned Tues–Thur 10am–2pm

Pick up only Fridays 11am–2pm

