



Newsletter FEBRUARY 2022

Programs are Supported by:

- Department of Health
- Department of Human Services
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Infrastructure and Transport (DIT)
- The Coorong District Council (CDC)



Welcome to 2022!

As we look back on the year of 2021, there were many changes and challenges faced, due to Covid. However, we became adaptive, resilient, and creative and made things happen.

The year began with TBCC building having a fresh coat of paint and new signage installed.

The 'hey hay' display had multiple transformations and designs over the course of six months; sheep for Australia day, horses for Adelaide Cup, bunnies for Easter, cars for OTR Super Sprint and Poppies and Soldiers for Anzac Day.



New classes were introduced throughout the year—picture framing, line dancing, scrap booking, yoga, pilates, resin art and beginner computer classes.

A Laser Machine was purchased.

Communities for Children were back delivering their sessions face to face

Our Goldies Lunches were back.

CHSP outings started up again too, which was exciting for all. These trips saw consumers visit Monarto Zoo, Karonda Farm Fair, Oasis Gardens Restaurant and Vineyard Road and Chocolates.

The MMCPN fleet has grown in 2021—we now have a vehicle based in Meningie, another in Lameroo and two based in Taillem Bend. Stay tuned for two new vehicles arriving in 2022—environmentally friendly hybrids—to assist with expanded services in Taillem Bend and Karonda East Murray, and our expansion into Murray Bridge.



Advertising was a huge investment this year, with two television commercials on the Nine Network and radio advertisements featuring on 5MU.



Attended and participated in the CHSP Engaging in Ageing Expo, the Mental Health and Wellbeing Expo and the Festival of Inclusion Conference.

The Adelaide Symphony Orchestra came to Taillem Bend and performed for Taillem Bend Primary School students and the general public.

We finished off the year by planting sunflower seeds and making a display across the road from TBCC, this was part of the Coorong District Council and Coorong Conversations Matter initiative—share a little sunshine with sunflowers.

We are all excited and ready for whatever 2022 has instore for us. If we have learnt anything from last year, it is to keep going and as a team we can achieve anything!

2022 update :

Due to the current Covid-19 situation in South Australia, all classes have been postponed and Term 1 will now resume on Monday 14th February (Covid permitting).

An up to date timetable can be found in this newsletter and is also available on TBCC Facebook page and Website.

Please note Computer class will not start until 18th March and that classes can be cancelled without notice, due to Covid.

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Our next Goldies Lunch will be Friday 25th February 2022.

141 Railway Terrace, Taillem Bend SA 5260

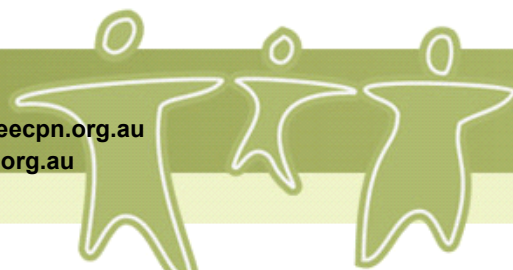
Phone: 8572 3513

Web: www.tbcc.org.au

www.murraymalleecpn.org.au

Email: info@tbcc.org.au

mmcpnco@tbcc.org.au



Online Gingerbread House Making

We had 14 children join us over zoom to build a Gingerbread House together. The icing was very runny and many had to call city council to re-submit plans to the building department so we could re-construct the houses that had collapsed, but all children showed determination and approached their problems with flexibility and persistence. It was a lot of fun sticking the lollies on to the icing and everyone demonstrated control and coordination. Not to mention the very tasty treat at the end. It was nice to see so many children communicating with each other over the platform as some of the children are classmates.



What was the best part?

Getting my hands all messy with pizza dough - Olivia

How involved the kids were and seeing everyone smiling - Ashlee

Crushing the biscuits and putting the ham on the pizza - Max

Seeing my kids smile and engaging with the facilitator. Holding up their colouring to show everyone - Lana

Having a great time and learning to cook new things - Jessie

Licking the mixture off my fingers - Ruby

Having the kids involved - Amanda

Eating it! - Jaxon

Eating it - Rocco




Zoom Cooking




10 families on the books for our Pizza and Milo balls cooking over Zoom. With 19 Children all up participating in the experience. All participants were


provided with all the ingredients and a list of all the utensils they would need at home prior to our session. We did a bit of a joint colouring experience while we waited for everybody to join by colouring a picture of a pizza and decorating an apron. We made the pizza dough first, rolled it out and added the toppings. Whilst they were cooking we made the milo balls. They were both delicious and the activity was thoroughly enjoyed by the children and also the adults. You can find the recipes we used on our TBCC Facebook page, Website or visit www.kidspot.com.au/kitchen/

Stay up to date....

 8572 3513

 c4c@tbcc.org.au
c4cadmin@tbcc.org.au


 www.tbcc.org.au

 Tailem Bend Community Centre

2022 Update

2022 has definitely had an uneasy start with all of our January school holiday activities being delivered via Zoom, adjustments to the start of the school term and all face to face C4C programs (PCMG, Seasons for Growth and DRUMBEAT) being placed on hold. Gayle and Chelsea are working hard to still engage families, coming up with new ideas and ways to deliver C4C programs and also delivering online sessions where possible. Our fingers are crossed to be able to resume our face to face programs real soon 😊

2022 Term 1 Timetable: 14 February - 14 April

 <p>Monday –Friday 9am – 4:30pm 141 Railway Terrace, Tallim Bend SA 5260 Tel: 8572 3513 W: tbcc.org.au E: info@tbcc.org.au</p>	<p>Need help with accessing the internet, PC, tablet, phone or iPad? Call TBCC to make a free one-on-one appointment</p>	<p>Communities for Children (CAC) is facilitated by AC-Care and funded by the Australian Government</p>	<p>Need medical transport? or social outings, call us to discuss options</p>	<p>CHSP Trips Keep an eye out for announcements on our Social media and emails.</p>
<p>Want to help us?</p> <p>Would you like to help at TBCC? We need help with various items. Please call us or drop in 8572 3513</p>	<p>C4C Activities</p> <p>*For details about CAC activities offered for Children 0-12 years please call Chelsea or Gayle 8572 3513</p>	<p>MMCPN</p> <p>Need medical transport? or social outings, call us to discuss options</p>	<p>MMCPN</p> <p>WE NEED YOU! Would you like to become a volunteer driver? Please call Sam 8572 3513</p>	<p>Grow Free</p> <p>Share surplus garden produce in the grow free cart out the side of TBCC</p>
<p>Tutors Wanted</p> <p>We're looking for more tutors to run classes. If you know someone willing to share their skills please email info@tbcc.org.au</p>	<p>Wood Turning</p> <p>Choose and create your own project with support from Jack 10.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11 Full day CHSP \$11 Non CHSP \$22 DURING SCHOOL TERMS</p>	<p>Community Garden</p> <p>Help yourself to the produce in our wonderful community garden, or register to establish the garden club</p>	<p>THURSDAY</p> <p>PCMG Parent-Child Mother Goose Program 0-5 years Connect through songs, rhyme and stories. 9.30am-10.30am AT TBCC BOOKINGS REQUIRED</p>	<p>FRIDAY</p> <p>Pilates Strengthen and Stretching with Ursula 10.30am-11.20am AT TBCC CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>
<p>Bus Hire</p> <p>For details about the community bus hire visit our website https://www.tbcc.org.au/for-hire/tbcc-bus/</p>	<p>YOGA</p> <p>Improve your flexibility and tranquility Please bring a blanket, water and your own mat Call Blue Wren Yoga 0408 837 117 Monday 6.00pm - 7.00pm Wednesday 6.00pm - 7.00pm Thursday 8.00am - 9.00am</p>	<p>WEDNESDAY</p> <p>Woodwork Learn with Graham A qualified builder and Cabinet Maker 9.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11 Full day CHSP \$11 Non CHSP \$22 DURING SCHOOL TERMS</p>	<p>Computer/Phone</p> <p>Need help with accessing the internet, PC, tablet, phone or iPad? Call TBCC to make a free one-on-one appointment</p>	<p>Computer Class</p> <p>Need assistance with all things computing? Bring your own laptop or use a Centre PC Includes internet ** Please note start date will be 18th March 2022 for this class** 10.00am - 12 noon CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>
<p>Neighbourhood Watch</p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support Contact: 8477 840 473 7.30pm start</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm 6.30pm - 7.20pm CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	<p>Commonwealth Home Support Program (CHSP) is funded by the Australian Government Dept of Health</p>	<p>Commonwealth Home Support Program (CHSP) is funded by the Australian Government Dept of Health</p>	<p>Computer Class</p> <p>Need assistance with all things computing? Bring your own laptop or use a Centre PC Includes internet ** Please note start date will be 18th March 2022 for this class** 10.00am - 12 noon CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>
<p>Scrap Booking / Card Making</p> <p>Make your Memories into Art. Stock available for purchase in class or bring your own. 10.00am - 2.00pm CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>	<p>Social Craft Circle</p> <p>Join this friendly group. Work on your own craft and share ideas. 1.00pm - 3.00pm CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>	<p>Golden Go Getters</p> <p>Help me strengthen your muscles in a safe supported environment. Town Hall Function Room 10.30am - 11.30am CHSP \$5.50 Non CHSP \$11</p>	<p>Our Goldies</p> <p>Stay tuned for details on upcoming dates</p>	<p>Make your Memories into Art Scrap Booking supplies available to purchase in class or Bring supplies from home</p>
<p>Frozen Meals</p> <p>Frozen meals available for CHSP clients who are over 65yrs or 60yrs ATSL. 3 for \$15 Or \$5 each *Must be a registered CHSP consumer and maximum 10 meals per person per fortnight.</p>	<p>Line Dancing</p> <p>Beginner to Advance 10.00am - 11.30am At Tallim Bend Town Hall CHSP \$5.50 Non CHSP \$11 BOOKINGS REQUIRED DURING SCHOOL TERMS</p>	<p>Decorative Art</p> <p>Social Art Group Join this group to share skills and learn from like minded people 1.00pm - 4.00pm CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	<p>Monday's 10am - 2pm (School Terms) TBCC Art Room Cost CHSP \$1.10 Non CHSP \$2.20</p>



WORKSHOP 1 SAT 26 MARCH 10am-4pm
WORKSHOP 2 SUN 27 MARCH 10am-4pm
TALEEM BEND COMMUNITY CENTRE
ART ROOM
BOOKING ESSENTIAL - PLEASE BRING LUNCH

Small workshop tutors
Beate: www.mosaicbazaar.com.au
Carol: www.smaltimosaics.com.au

PRICE \$130.00 (PER WORKSHOP)
includes base board to mosaic on, adhesive, (does not include Smalti)
Smalti needs to be purchased on the day at workshop, EFT available on day

Introduction to Smalti Mosaics

141 Railway Terrace
Tallim Bend
SA 5260
P: 08 85723513
E: info@tbcc.org.au
W: www.tbcc.org.au
info@tbcc.org.au



Commonwealth Home Support Program (CHSP) is funded by the Australian Government Department of Health



Scrap Booking Conversations

Photos create conversation, come along to chat and scrap.

Make your Memories into Art
Scrap Booking supplies available to purchase in class
or
Bring supplies from home

Monday's 10am - 2pm (School Terms)
TBCC Art Room
Cost CHSP \$1.10 Non CHSP \$2.20



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Covid-19 Restrictions apply, Classes resume Monday 14 February.
Booking Essential