

NEWSLETTER

OCTOBER 2023



ANNUAL GENERAL MEETING

We conducted our Annual General Meeting on Tuesday, September 5th, during which we officially introduced and appointed the Board of Management for the 2023/24 term, thanked retiring BOM members: Peta Dermody, Janelle Merritt and Graham Nancarrow and recognised TBCC and MMCPN Volunteers for their Years of Service.



ANNUAL REPORT

You can now access our Annual Report for 2022/23 on our website: <https://www.tbcc.org.au/about/annual-reports/> Alternatively, if you prefer a printed copy, you can pick one up at the front reception of TBCC.

C4C

Communities for Children team has been busy with Science Week events in Tailem Bend and Jervois, where families explored and experimented together. We also celebrated Father's / Special Person's Day with heartfelt cards and gifts. Upcoming plans include nature play events in the October school holidays, along with exciting activities for the Christmas/New Year season. Stay tuned for more updates!



PARENT CHILD MOTHER GOOSE (PCMG)

Parent Child Mother Goose is a beautiful program inviting parents and carers to cuddle, communicate and connect with their child through Songs, Rhymes and Stories.

Come and join us!

Bookings are appreciated but not essential, please follow the link or scan the QR code provided
trybooking.com/CEZYG



Session times are as followed:

Monday – Murray Bridge Library | 10am
Tuesday – Mannum Leisure Centre | 10am
Wednesday – Meningie Kindergarten | 11am
Thursday – Tailem Bend Primary School | 9.30am

Meet Sophie, a Registered Midwife who attends various PCMG sessions throughout each term.



Murray Bridge: Monday 23rd October
Mannum: Tuesday 31st October
Meningie: Wednesday 8th November
Tailem Bend: Thursday 16th November

Each visit includes;

-Weights | Measurements | Informal discussions
-Entries into Blue Book

CHSP

SOCIAL SURPRISE

Sshhh.. it's a surprise! Previous Social Surprise trips have been to; Mannum Handorf, Virginia Nursery, Gawler, Strathalbyn, Marion, Goolwa, Oakbank, Loxton and Port Elliot... Where to next?

Cost: CHSP \$10 | Non CHSP \$20

UPCOMING TRIPS:

FULLY BOOKED

16 October	Monday	10.00am	Lunch
29 November	Wednesday	10.00am	Lunch
15 December	Friday	9.00am	Shopping

BUS TRIPS

If you are interested in attending any of these events, Booking Essential: 8572 3513.

Monarto Zoo. Wednesday 18th October, 2023.

📍 Monarto Zoo.

Women with big hits. Thursday 19th October, 2023.

📍 Murray Bridge Town Hall, Murray Bridge.

Miss Saigon - The Musical. Wednesday 24th January 2024. 📍 Festival Theatre, Adelaide.

TINA- The Tina Turner Musical. Wednesday 8th May 2024. 📍 Festival Theatre, Adelaide.

MELBOURNE CUP LUNCH

TUESDAY 7TH NOVEMBER

**TAILEM BEND TOWN HALL
FROM 12 NOON**

**CHSP \$20.00 | NON CHSP \$25.00
2 COURSE MEAL**

**BOOKING ESSENTIAL
PLEASE CALL 8572 3513**



NEW CLASS ALERT

PILATES | 9.30am-10.20am

with Amanda from My Body Basics.

CHSP \$49.50 | Non CHSP \$99.00 - Price per term - 9 weeks
October 20th - December 15th | Booking is required | TBCC
Function Room

*Mini of 6 participants must attend, For the class to proceed.

STRENGTH & BALANCE | 10.30am-11.20am

with Amanda from My Body Basics.

CHSP \$49.50 | Non CHSP \$99.00 - Price per term - 9 weeks
October 20th - December 15th | Booking is required | TBCC
Function Room

*Mini of 6 participants must attend, For the class to proceed.

TAILEM BEND EVENTS

TAILEM BEND HOSPITAL BOARD AGM

You're Invited! Wednesday 25th October 2023, 2pm
Tailem Bend Community Centre.

For additional details, please contact Julie Barrie:

P: 0409 282 477 | E: jbarrie40@gmail.com

LA HATTAM! SONGS OF LOVE AND LAUGHTER

Experience the blend of music and literature in this delightful showcase by Tailem Bend's own Janet Hattam. Join her at the Murray Bridge Regional Gallery on Sunday, October 15th, at 2pm.

Tickets: <https://events.humanitix.com/la-hattam-songs-of-love-and-laughter>



SAVE THE DATE: OUR GOLDIES CHRISTMAS LUNCH

Celebrate 2023, with TBCC. Friday 1st December 2023
Stay tuned for further details.

MMCPN MEDICAL BUS CLOSURE DATES

The Medical Bus will conclude its services for 2023 on Friday 15th December 2023, and will recommence on Monday 15th January 2024. Please note that the Community Passenger Network will remain in operation during this period, pending driver and car availability.

TBCC CHRISTMAS CLOSURE DATES

TBCC will be closed from Friday 15th December and will be reopening on Monday 15th January 2024.

TBCC MINI BUS CHRISTMAS CLOSURE DATES

The TBCC Mini bus will not be available for bookings from Friday 22nd December 2023, through to Tuesday 2nd January 2024.

141 Railway Terrace, Tailem Bend SA 5260

Phone: 8572 3513 | Email: info@tbcc.org.au

Web: www.tbcc.org.au

Term 4 Timetable 2023

16 October – 15 December



MONDAY

SCRAPBOOKING / CARD MAKING | 10am–2pm

Make your Memories into Art.

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Art and Lifestyle shed

TUESDAY

WOODTURNING | 10am–1pm

Create your own project with support from Jack

Half day – CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Woodwork shed

LINE DANCING | 10am–11.30am

Beginner to Advance skills welcome

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | Tailem Bend TownHall

DIAMOND ART & CROCHET | 10am–12noon

Bring and work on your own Diamond Art piece

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

SOCIAL CRAFT | 12noon–2pm

Bring and work on your own craft masterpiece

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

WEDNESDAY

WOODWORK | 9am–3pm

Learn with Graham; a qualified builder/ cabinet maker

Half day – CHSP \$5.50 | Non CHSP \$11.00

Full day – CHSP \$11.00 | Non CHSP \$22.00

Booking is required | TBCC Woodwork shed

SEWING CLASS | 9am–12 noon

Work on individual sewing projects

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Function Room

GOLDEN GO GETTERS | 10.30am–11.30am

Help strengthen your muscles in a safe and supported environment.

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | Tailem Bend Town Hall

COLOURFUL CREATIONS | 1pm–3pm

Join this group to discover the benefits of colouring, painting, and creating. Relax, and improve your focus and skills.

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

DECORATIVE ART | 1pm–4pm

Social Art Group– join this group to share skills and learn from likeminded people

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Art and Lifestyle shed

MURRAY BRIDGE POOL & SHOPPING BUS

Two options for Tailem Bend passengers: either the MB heated pool or MB Marketplace, but not both. The bus will drop off at the pool and then go on to the Marketplace.

Cost: \$5 per person. | Booking is required

THURSDAY

COMMUNITY CHOIR | 2.30pm–3.30pm

Discover the incredible benefits of Music and Singing
FREE

Booking is required | TBCC Meeting Room

PARENT CHILD MOTHER GOOSE | 9.30am–10.30am

Cuddle...Communicate...Connect... using songs, rhymes, and stories to support connection between child and parent.

Bookings appreciated | Tailem Bend Primary School

FRIDAY

PILATES | 9.30am–10.20am

Come along to TBCC for a Pilates class with Amanda from My Body Basics.

CHSP \$49.50 | Non CHSP \$99.00 – Price per term – 9 weeks
October 20th – December 15th

Booking is required | TBCC Function Room

*Mini of 6 participants must attend. For the class to proceed

BINGO | 10am–12.30pm

Friday Funday Bingo! Second Friday of the Month

\$6.00 per book (10 games)

October 20th | December 8th

Booking is required | TBCC Meeting Room

STRENGTH & BALANCE | 10.30am–11.20am

Come along to TBCC for a Strength and Balance class with Amanda from My Body Basics.

CHSP \$49.50 | Non CHSP \$99.00 – Price per term – 9 weeks
October 20th – December 15th

Booking is required | TBCC Function Room

*Mini of 6 participants must attend. For the class to proceed



Monday – Friday

9am – 4:30pm

141 Railway Terrace,
Tailem Bend SA 5260

Tel: 8572 3513 | W: tbcc.org.au

E: info@tbcc.org.au

*Classes run during school terms only,
No classes during school holidays.

Commonwealth Home Support Programme (CHSP) is
funded by the Australian Government Department of
Health and Aged Care.

Community and Neighbourhood Development
Programme (CND) is funded by the Department of
Human Services.