

TERM 3 11 July – 16 September 2016

COMMUNITY SUPPORT

TAX HELP

Tax Help Volunteer available to assist people complete simple tax returns.

Phone Vivien at House for appointment.



POST SEPARATION SUPPORT GROUP

PSSG meets 3rd Wednesday of every month

(except school hols)

Register interest, Jodie: 0407 290 398

or Neighbourhood House: 5429 1214

email: jodierogers@pobox.com or

pssg@tpg.com.au

Health and Fitness

BIKE RIDING GROUP

Fridays 9.30 – 10.30 am, followed by a relaxing and friendly cuppa. Suitable for all levels of fitness. Meet at Lancefield Park.

WINTER MORNINGS MEDITATION

10 AM Wednesdays

Join us for Relaxation Meditation

Guided Visualizations and Stress Release

Harmonise your body, mind and spirit!

Cost \$5 at 78 High Street 5429 1214



Social Activities

CARD AFTERNOONS

Tuesday 12.30-3.30 Cards & a shared afternoon tea. Gold Coin

BUS TRIP to Epping Plaza

Friday 9th of September 9.30am—3.30pm \$10

Expressions of Interest

COMMUNITY PANTRY

Come along to talk about the possibilities of setting up a community food resource. Monday 22 August 4pm or phone for information

Learn Something New

WOMEN IN THE WORKSHOP

The Men's Shed is offering an opportunity to women to learn to use small tools and equipment.

'Hands on' with a view to working on a small project or repair

Numbers limited to 10 so bookings are essential!

Friday July 1st 10am -1 pm Cost: \$5.00

Venue: Lancefield Men's Shed,

For bookings and information contact Graham on

5429 1051 or book at The Town House or

Neighbourhood House.



SOAP MAKING

Take time out for fun and learn a new skill.

We show you how to make Olive and Coconut Oil Soap Bars for personal use.

Saturday 13 Aug 10 am to 12.30pm. Cost: \$30

Bookings by 6 Aug Phone 5429 1214

ANGELIC WHISPERING AFTERNOON

Hear the whispers of your Guardian Angels.

Guided Angel Meditation, Practise doing Angel

readings for yourself, friends & family. Receive

messages of love from your Guardian Angels

Saturday 23 July 2 - 5 pm at 78 High St.

Cost: \$40.00 Bookings by 16 July

Contact: 5429 1214 or Gwennstarr 0407 687 998

Art and Craft

DECORATIVE PAINTING

Tuesdays 12—3 pm \$10.

SPINNERS & CRAFT GROUP

Bring your wheel, wool & craft work

plus enjoy the company, advice & sharing of creative ideas. Wednesdays 1pm - 4.00 pm.

Beginners welcome! Gold Coin



BUS TRIP TO BENDIGO WOOL SHOW

Bus departs 9am returns 4pm

Cost \$20 per person. BOOKINGS ESSENTIAL

Entry to Wool Show \$23 & \$17 Concession

www.lancefield.neighbourhoodhouse.org

Like us on Facebook to be kept up-to date

with activities at the House and around Lancefield.

