

TERM 4 : 3 October - 20 December 2016

Learning to Read

Ready for Reading

For parents and carers of children starting school. These are practical and informative sessions for parents of children starting school who want to know what the evidence tells us about how best to make sure they learn to read and what you can do to help. Simple, fun activities to get your child ready to read. \$30 - \$25 conc. Tuesday 18 October 7.30-9 pm or Wednesday 9 November 9.30-11am

Reading for teenagers and adults

Do you know an adult who struggles to read or a teenager who hates school or just can't get the hang of spelling? All Reading, a new local offers an evidence based proven method which works fast. Pass this onto anyone you know who would struggle to read this. 1 hour one-on-one tuition for \$20 or \$10 concession times by appointment. For more information phone Jackie on 0405 318 795

Health and Fitness

BIKE RIDING GROUP

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

MEDITATION MORNINGS

10am Wednesdays. Join us for Relaxation Meditation, Guided Visualizations and Stress Release Harmonise your body, mind and spirit!. Cost \$5 Dates 5 & 12 Oct 9, 16, 23, 30 Nov

Social Activities

CARD AFTERNOONS

Tuesday 12.30-3.30 Cards & shared Afternoon Tea. Gold Coin

BUS TRIP

(TBA Destination) Friday 18 November \$10

POST SEPARATION SUPPORT GROUP

PSSG meets 3rd Wednesday of every month (except schoolhols) Register interest, Jodie: 0407 290 398 or pssg@tpg.com.au

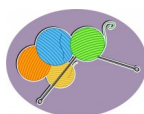
Art and Craft

DECORATIVE PAINTING

Tuesdays 12—3 pm \$10.

SPINNERS & CRAFT GROUP

Bring your wheel, wool & craft work and enjoy good company, advice & sharing of creative ideas. every Wed 1pm - 4.00 pm. Beginners welcome! Gold Coin



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!
Saturday 5 November 10am -1 pm Cost: \$5.00



SOURDOUGH BREAD MAKING

Learn the ancient art of slow-fermented sourdough bread with a lower gluten content and no additives to give you a bellyache! We cover tips and timing, and variations such as pancakes. Sun 4 Nov 1-4pm \$75

MAKING CURRIES

Make four easy curries full of flavour. without any of the unhealthy ingredients and cost of ready-mades. All of them can be made as a paste and frozen for easy weeknight meals. Wed 26 Oct 7- 10pm Cost: \$75

Connected Community

Living in a connected community benefits all of us. A connected community is one where you know people around you so you know what's going on and you know where you can get help if you need it. It's a community where people look after each other and where we can all feel safe and have a sense of belonging. It's a community that takes responsibility for itself and works to make things happen. Being able to let people know what is happening in the town is the first step. Register now to be part of the Lancefield Listing so you can be connected.

Send your details to lancefieldhouse@tpg.com.au Fill in the forms in the Newsagents and The Town House or visit the 'news' section of the town web site to register.

www.lancefield.org.au

Lots of great things to look at on the Lancefield website. If you don't have a computer visit the Town House and we can show it to you and help you get your information on the site.

Expressions of Interest

SUPER SKILLS FOR COOKING FROM SCRATCH

Everything you wish a Grandma had taught you for delicious wholesome meals on a budget. Whether cooking for one or a family, we'll make you a more confident cook with some smart tricks up your sleeve for easy, everyday food including soups, basic bread, seasonal eating and maximum flavour from simple ingredients.

SOCIAL MEDIA

Learn about different types of social media platforms, the top tricks for getting your message out. This course will cover Facebook, Twitter, Instagram, Pinterest and a brief overview of MailChimp newsletter software.

