

# WHAT'S ON AT THE DEREEL COMMUNITY CENTRE

## November & December 2016

### Walk & Cuppa

**Tuesday from 8:30am, Dereel Kitchen**

Come and join the walking group on a Tuesday morning. Enjoy having a chat in the kitchen or going for a short or long walk in the local area followed by a cuppa. The Rokewood walking group will be joining us to walk on Tuesday 29<sup>th</sup> November at 9am.

### Community Breakfast

**First Tuesday of each month 8am, Dereel Kitchen**

On the first Tuesday of the month the walking group holds a breakfast before the walk. Come and join us for a hearty breakky to start your day for a gold coin donation. The November breakfast will be held on Melbourne Cup day – join in on the cup day sweep and ladies don't forget to wear your hats!

### Road Safety for Seniors

**Tuesday November 15<sup>th</sup> at 10:30am**

RACV are running an information session for local residents around safety on the road for the older generations.

Please register now as we require 20 participants for this session to run.

### Learning to Bloom

**Wednesday November 16<sup>th</sup> 1-3pm & 30<sup>th</sup> 11-3pm, Community Centre**

A program run by Centacare, especially for women. A chance to look at life in perspective and spend some time on you. For further details collect a flier from the Community Wellbeing Officer - as places are limited, please register your interest.

### Health Checks

**Monday November 21<sup>st</sup> 2-4pm, Community Centre**

Come and have your blood pressure checked by the Community Wellbeing Officer. Held in the Community Centre on the third Monday of the month. Book into a 15 minute session or come along on the day.

~ Dereel service providers will also be present for you to speak with, including Ritchie from **Centrelink**, Melissa from **Uniting Care** and Louise from **Centacare**.

### Dietitian

**Tuesday November 8<sup>th</sup> at 9:30am, Dereel Kitchen**

Joanna from Ballarat Community Health visits on the second Tuesday every other month to discuss a different topic. This is a free session and anyone interested is encouraged to attend.

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## Walking Group Christmas Lunch

**Tuesday December 13<sup>th</sup> 11:30am, Enfield Pub**

There will be a set lunch for \$28pp and drinks at bar prices. All are welcome to join – bookings essential. Contact Lorraine: 5342 0492

## Hub Café

**Saturdays 2-4pm, Dereel Kitchen**

The Hub Café is run by *Dereel Community Hub Inc. (DCHI)* with various activities running at the same time as the café. All members of the Dereel community are welcomed.

## Homework Hub

**Tuesdays 4-5:30pm, Community Centre**

Run by volunteers of *DCHI*, the homework club offers a quiet space to focus on homework and help students with their studies during term time. The iVan youth cruiser will be attending occasional sessions. Next iVan visit Tuesday November 22nd.

## Men's Shed

**Wednesdays and Saturdays from 11am- 3pm**

New members are welcomed.

## Mobile Library

**Thursdays 2.15-3.00pm, Dereel Hall Car Park**

The mobile library is provided through Geelong Regional Library and visits weekly, except the last Thursday of month.

## Trailblazers Walk

**Thursday December 1<sup>st</sup> 10am, Dereel Hall & surrounds**

Join the Trailblazers when they hold their monthly walk in Dereel. The walk is approx. 5km, run by Golden Plains Shire and will be followed by lunch in the Dereel Hall for a gold coin donation. Contact: Jacinta on 5321 1500

## Tai Chi

**Thursdays 7-8pm, Community Centre**

During term time Sandra Pearce of Lilac Moon Tai Chi runs classes for a small fee. Contact Sandra: 0409 662 106

## Skateboarding Session

**Friday 9<sup>th</sup> December\* 4:30-7pm, Dereel Skate park**

**\*Date Change** - Formerly Saturday 10<sup>th</sup> December

Learn to skateboard – fun & free. Run by Golden Plains Shire, skateboards & safety gear available if needed. Adult signature required for minors.