

WHAT'S ON AT THE DEREEL COMMUNITY CENTRE

January & February 2017

Walk & Cuppa

Tuesdays 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.

Tuesday January 24th - The Dereel Walking group will walk with the Rokewood walking group, meeting at 9am at the Rokewood Community Centre. There will be a Geelong Regional Library social media session running in Rokewood after the walk – anyone interested is invited to attend.

Community Breakfast

First Tuesday of the 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.

No breakfast will be held in January.

Family Drumming Session

Tuesday January 17th at 9:30am, Dereel Hall

Centacare are running a drumming session especially for families during the school holidays. This sessions aim to promote connections through a team drumming experience. All ages welcome ☺

Health Checks

Third Monday of the Month 2-4pm, Community Centre

- Monday January 16th
- Monday February 20th

Come and have you blood pressure checked by the Community Wellbeing Officer. 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**.

CAFS Information Session

Monday January 16th 1:30-2pm, Community Centre

Tony Goodfellow from CAFS will hold an interactive session before the health clinic. He will cover **financial counselling** and **gamblers help** services offered by CAFs. A great chance to learn more about these topics and ask any questions you may have.

Dietician

Tuesday January 10th 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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Community BBQ

**Friday 3rd February from 5pm,
Dereel Community Centre**

Join us for a BBQ to celebrate Dereel and the summer. BBQ cooked by the walking group for a gold coin donation. A raffle will be held to help raise money for new hall furniture.



Hospice Information Session

Date in February (TBC)

Stay tuned to find out when Ballarat Hospice will visit Dereel to provide an information session on palliative care in the community.

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
(During school term)**

Run by volunteers of *DCHI*, the homework hub offers a quiet space to focus on homework and help students with their studies during term time. Healthy snacks are provided to students attending. The iVan youth cruiser will be attending occasional sessions.

CFA Be Fire Ready Information Session

Monday January 23rd 3-4pm, Dereel Kitchen

Jillian Burgess will provide an information session regarding bushfire safety and preparing your property. All members of the Dereel community 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.

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

Meditation

Wednesdays 7-8pm, Meeting Room, Dereel Hall

Join local community members for an hour of quiet reflection. Run by local volunteers for a gold coin donation.

Dereel Men's Shed

Wednesdays and Saturdays from 11am- 3pm

New members are welcomed.