

WHAT'S ON AT THE DEREEL COMMUNITY CENTRE

May & June 2017

Volunteer Morning Tea

Monday May 8th, 10:30am - 11:30am, Dereel Kitchen

Golden Plains Shire volunteers are invited to attend this morning tea to celebrate volunteers in the community.

What's involved:

- Delicious morning tea
- Volunteer recognition
- Mindfulness drumbeat session run by Centacare
- Followed by health checks 12-2pm

RSVPs essential (Caroline Jordan 5220 7216).

Computer Training Program

May Program – Microsoft Word and Excel

- May 16th & 23rd 10am – 12:30pm, Dereel Community Centre

Become confident and comfortable using a computer in a relaxed and friendly environment. Small classes ensure personal attention and will endeavour to tackle any problems you encounter learning about computers. Training provided for free by Haddon Community Learning Centre. Bring your own laptop if available, otherwise a memory stick to save your work.

Walk & Cuppa

Tuesdays from 8:30am, Dereel Kitchen

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.

Building Dereel Community Relationships

Run by Centacare 6pm-8:30pm, Dereel Kitchen

- Tuesday May 2, 9 & 16

These sessions focus on relationship building within the community and are appropriate for anyone involved with or interested in being involved with community groups, projects and opportunities. Please contact the Community Wellbeing Officer for more details and to register your interest.

Community Centre Open Week

Week of May 8 – 14

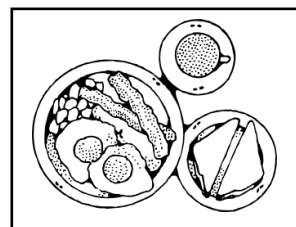
We will be celebrating Community Centres across the shire this week. Come and try some of the activities on offer or pick up an Open Week brochure. The Dereel Community Centre is open on Monday or Tuesday this week. Six free sessions are available to each start up community group.

Community Breakfast

First Tuesday of the month 8am, Dereel Kitchen

- Tuesday May 2nd
- Tuesday June 6th

On the first Tuesday of the month the walking group holds a breakfast before the walk. Come and join us for a hearty brekky and a chat to start your day (gold coin donation).



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Health Checks @ The Community Centre

- Monday May 8th 12-2pm
- Monday June 19th 2-4pm

Book in for a blood pressure checked and to meet your local service providers, including Ritchie from **Centrelink** and Louise from **Centacare**.

Podiatrist Information Session

Tuesday June 6th 9:30am, Dereel Kitchen

Hanseul will be visiting from BDNH Group to discuss the role of podiatrists and appropriate footwear. This is a free session and anyone interested is encouraged to attend.

Dietician

Tuesday June 13th at 9:30am, Dereel Kitchen

Ashley 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.

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.

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.

Men's Shed

Wednesdays and Saturdays from 11am- 3pm

New members are welcomed.

Golden Plains Shire Volunteer Training

Topic: Fundraising

Tuesday June 27th 6-8pm, Dereel Community Centre

Run by the Golden Plains Shire, this is a great resource for community members. This workshop will assess your current fundraising practices and provide your group with fundraising ideas. Please register your interest with the Community Wellbeing Officer. More volunteer training will be offered in 2017 – stay tuned!

Camera Crew

Social Nights: first Tuesday each month 7pm - 9pm, Dereel Hall. Bring your camera and join in on photography inspired chatter.

Practical Session - Second Saturday of the month 2pm.

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

Meditation is on hold over winter please contact Clio for further details

clio@energyscents.com

Save The Date – Christmas in July Lunch!

Tuesday July 4th 12pm in the Dereel Hall

The Dereel Walking Group will provide a festive lunch and dessert for a gold coin donation.

Please RSVP: Lorraine (5342 0492) or Lucy (5346 1521)