

WHAT'S ON AT THE DEREEL COMMUNITY CENTRE

July & August 2017

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.

Mums & Bubs Pram Walk

Mondays 8:50am, Dereel Hall Carpark

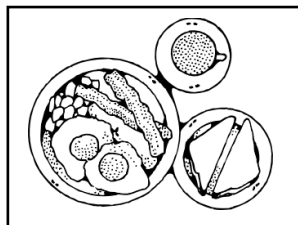
Join other local mum's for an active walk in the local area. Prams and little ones welcome.

group doesn't meet when it's raining

Community Breakfast

Tuesday August 1st, 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 brekky and a chat to start your day (gold coin donation).



Dietician

Tuesday August 8th 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.

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)

NEW - Social Support Outing Program

Registrations essential please see Lucy to add your name to the attendance list as places are limited.

Third Wednesday of the Month 10am – 3pm, meet in the Dereel Carpark

- Wed July 19th - Ararat daytrip and lunch at the RSL
- Wed August 16th - TBC

A range of varied outings are being offered through the Golden Plains Shire Aged & Disability Services which is now running in Dereel.

Cost: \$10.70 per outing & cost of your lunch

Requirements: registered with My Aged Care or Program for Young People

Health Checks @ The Community Centre

- Monday August 21st 2-4pm

Come and have your blood pressure checked by the Community Wellbeing Officer. Book into a 15 minute session or come along on the day

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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.

NEW - Tae Kwon Do

Wednesdays 6:30-7:30pm term time, Dereel Hall. Starting Wednesday July 19th.

Family friendly classes run for all ages, free in July to come and try. Run by Richard Van Bassen from South East Australia Tae Kwon contact 0484 596 137.

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.

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
Classes on hold Term 3. Recommencing on October 12th. Contact Sandra: 0409 662 106

Meditation Wednesdays 7-8pm Dereel Hall
Meditation is on hold over winter please contact Clio for further details
clio@energyscents.com

Golden Plains Shire Volunteer Training

Topic: Food Safety Handler Training
Lunch provided

Wednesday August 16th 10am-2:30pm, Dereel Hall Kitchen

Run by the Golden Plains Shire Council, this nationally accredited course is being offered for free to local residents. The Food Handler course will assist you to recognise, control and prevent potential food safety hazards.

Registrations required by Friday 4th August
To register contact Caroline Jordan (Volunteer Coordinator) on 52207216

Topic: Eventful Events

Light refreshments provided

Tuesday August 22nd 6pm-8pm, Dereel Community Centre

Run by the Golden Plains Shire Council, this is a free session to help volunteers to plan, prepare and participate in running a successful event. Council's Event Officer will provide you with an understanding of Council's role and valuable information on how to run an effective and safe event.

Registrations required by Friday 11th Aug
To register contact Caroline Jordan (Volunteer Coordinator) on 52207216

More volunteer training will be offered in 2017 – stay tuned!

Small Business Mentoring Service

Wednesday July 19th sessions running from 10am-3 pm, Dereel Hall Meeting Room

The Golden Plains Shire Council is offering free one-on-one mentoring to small business owners and operators. Booking essential, contact Mick Cosgriff (Economic Development Officer) on 5220 7201