

FORREST & DISTRICT NEIGHBOURHOOD HOUSE – AUGUST 2018



REGULAR ACTIVITIES AT THE FORREST HALL:

MONDAY:

YOGA: 5pm-6.30pm:

Cost \$90 for 9 weeks or \$12 casual class 23rd

July-17th September

TUESDAY:

LITTLE LEARNERS PLAY SPACE: 1st Tuesday of the month 9.30am-11am Gold coin donation

WEDNESDAY:

FORREST ART GROUP 18th July- 24th October
1pm-5pm \$150 (embodiment extension, exploring 3D)

TAI CHI 7-8:30pm \$5

BOOKCLUB 1st Wednesday of the month
7.30pm @ the General Store

THURSDAY:

MIND GAMES from 10am-12pm \$2

COMMUNITY LUNCH 12.30-2pm Vegetarian 2 courses \$6 Discount coffee with lunch \$2

MIND YOUR GROOVE FEESTYLE DANCE EXPERIENCE– 6:30-7:30pm \$2

FRIDAY: YOUTH GROUP Last Friday of the month 6.30-8.30pm. \$3 includes supper and activities

- FREE WIFI *
- LAPTOPS AVAILABLE TO USE ONSITE
- PRINTING SERVICES AVAILABLE
- COFFEE & TEA
- FOODSHARE: Available Wednesday and Thursdays or until run out
- RECYCLING: Batteries (small household) and E-waste (computers, printers, tv's vcr's etc)

OPEN HOURS:

Tues 8.30am-1pm

Wed 8.30am-2.30pm

Thurs 8.30am-3.30pm

Don't forget to 'like' our Facebook page for up to date info and events!

facebook.com/forrest.neighbourhoodhouse



Please contact the coordinator if you have any queries, program requests or would like to run a program
T: 5236 6591 forrest.nh@gmail.com

THIS MONTH:

FORREST ART GROUP: Random weave workshop Saturday 4th August 10.30am-1pm. Cost \$50. Must book ASAP

SOCIAL WORKER AND COMMUNITY HEALTH

NURSE: Amy from Apollo Bay Health will attend the NH on the 1st Thursday of each month from 12-2pm to discuss services that are available for grief and loss, drug and alcohol issues, family violence, Centrelink, DHHS, NDIS, stress management, self care and support systems and more.

Loren, who is an experienced nurse with Apollo Bay Health, attends community lunch each fortnight and is available to talk to for health advice, check blood pressure etc free of charge.

LITTLE LEARNERS PLAY SPACE:

Wednesday 7th August 9.30am-11am.

Come and beat the winter blues, catch up, play, read books and more! For children 0-5 and their families. Gold coin donation.

