

# Work shops



## Men's Shed Activities

The work shop is open on Mondays and Thursdays from 10am to 2pm

**Express interest NOW! Or Join the men for Lunch on Monday or Morning Tea on Thursday—** Let us know you will be there!

Picture nights      Computer Groups  
Card afternoons      Walking group

**Everyone is welcome to join!**

### Express interest!

We are eager to meet the needs of our community. If you do not find it on our program ring and let us know. We will record your interest with a view to starting a new activity.

### GIVE US A CALL!

All of our activities will require that you comply with current health regulations this may involve QR code to enter, wearing a mask and distancing please inform our staff if this presents a problem.

## Volunteer Program

We have a range of positions that would suit people seeking to volunteer in a community setting, contact our manager

## Find & Contact Us



### Tullamarine Community House and Men's Shed Inc.

30 Carol Grove  
Tullamarine Vic 3043  
PO Box 450  
Tullamarine Vic 3043

**93389072**

admin@tullamarinehouse.org  
<http://tullamarinehouse.org/>  
ABN 70246229631

Inc: A0018330Z

## Program Information

# 2023



## Tullamarine Community House and Men's Shed Inc



# 93389072



## Mind, Body & Soul


### Gentle Exercise to Music-Class \$7

Join the group to limber up -Tuesdays 11 am

### Jewellery Making- Class

Wednesdays 9.30 -11.30 AM \$90 per term

### Digital Essentials

 Sharpen up your technical skills  
Fridays 9.30am—12.30 pm  
(Minimum numbers required to start)

### Active Adults Group -\$7

Exercise Fridays 9.15 am

### Mindfulness - \$8

Learn to escape stress and relax  
Fridays 10.30 am

### Our Library -FREE

Pop in and borrow, swap or donate a book  
Mon & Thurs 9.30am to 12pm  
Tues 12.00 to 2.30 pm

## Social Opportunities

### Tuesday Lunch \$6

enjoy a hearty lunch —Tuesdays 12.30 pm

### Widows and Widowers Social Group

Join the group for a cuppa and a chat  
arrange some social outings.  
1st & 3rd Thursdays of the month 6.30pm

### Community Lunch

Wednesday 29th March 11.30 am  
Guest Speaker: Ros from Heart Matters

Call 93389072 to book!

All Welcome!

## ABOUT US

Tullamarine Community House & Men's Shed is a Not for Profit community based organization that provides services, information and support to our community. Registered with the ACNC we have DGR status with the ATO.

### Services we provide:

Assistance with Forms, Applications,  
Job search and Resumes  
Community information, referral & support  
Community Lunches, Celebrations & Coffee groups  
Educational Classes, Internet Access  
Social and recreational activities

### Children's Services:

#### Child Care

Time for children to explore appropriate activities while busy parents attend to other things  
Monday, Tuesday, Thursday & Friday  
9.15am to 3.15pm  
From \$72 per session less CCS if you qualify  
PERMANENT PLACES AVAILABLE.

### BOOKINGS ESSENTIAL

[https://www.smartcentral.net/v2/service\\_profile/s  
how/545](https://www.smartcentral.net/v2/service_profile/how/545)

### Tullamarine Mother Goose Program

This exciting Parent Child Program, shares songs, rhymes and story telling.  
Tuesday 9.15 am-10.15am FREE

### Playgroup

join us on Wednesday 9.30 to 11.30 am dress for play and come for fun! \$5 per family as you attend

## Environment

### Community Garden

Where we will be growing our own herbs and vegetables. Meet with John Monday and Thursday mornings 10 am.

### Repair Shop

Don't throw it away, reduce landfill and extend the life of your useful items bring them along to our repair shop  
Thursdays 10am to 2 pm  
Minimum charge \$5 plus parts if required.

### Shopping, Tote and Gift Bags

Recycle your much loved fabric or upcycle fabric from clothing or household items into shopping, Tote or useful gift bags. Reduce landfill and use of plastic bags. 1st and 3rd Thursday of the month \$2



Call us now to join!

**9338 9072**

