

# PROGRAM GUIDE

## TERM 2, 2024

15th April - 28th June

To Connect &  
Empower our  
Community

### What's On

#### Community Lunch

A tasty and healthy 2 course lunch for all of Kyneton! \$7 donation appreciated.  
Good Food Hub - 35 High St, Wednesdays (during school term) from 12:30 pm.  
If you have produce to donate contact: [admin@kynetoncommunityhouse.org.au](mailto:admin@kynetoncommunityhouse.org.au)  
In partnership with Little Swallow Dinner.

#### Small Bites

Students from our Hospitality courses are running a pop-up café each Tuesday at the Good Food Hub, 35 High Street (during school term).  
Open for coffee, cake & toasties from 10am - 2pm  
Eat in or take-away option available!

#### Annual General Meeting

18th April, 7pm - 35 High Street, Kyneton

Come along and hear how 2023 went at the House, and what's coming up in 2024.  
RSVP by 15th April to 5422 3433

#### After School Rancho Relaxo

Need somewhere to hang out after school?  
Head down to the Good Food Hub, 35 High St Tuesdays 3:45 - 6pm (during school term)  
We'll supply the snacks! Lots of fun activities to join in on! Or simply just sit and eat chips!  
Suitable for high-school aged humans!

#### Ranges Rainbow Trivia

Join magnificent host Brenda Blessed for a fun evening of LGBTQIA+ trivia at  
**Angie's Cafe, 72 Mollison Street, Kyneton.**

Register a team of 6, or just yourself and you'll be placed in a team.

**Saturday 11th May, 7pm**

Rehister through our website.



Follow our  
socials  
for the latest  
news &  
updates  
throughout the  
term.



@kynetonch  
@kynetonyouth

#### Occasional Child Care

Open from Monday to Friday  
Sessions (9am - 2pm)

**Waiting lists may apply**

Contact the House for further info.

#### Volunteer!

Join our team as a volunteer! We currently have vacancies in IT, Gardening, Childcare, Projects and Community Lunch.

#### Book Club

Taking expressions of interest now for a monthly day time book club. Get in touch for further information.



#### Room Hire

7 days a week. Registered Kitchen, Small & Large Meeting Rooms, Equipment Hire & Wi-Fi can be arranged.  
Community rate available.  
Discounts for long term use!  
Bookings essential.

#### Function Space & Catering

Holding a meeting or small function? We can help! Get in touch for further information.

Become a member!  
Receive updates about  
what's on and gain  
voting rights at AGM's  
and Special General  
Meetings. Apply online or  
visit the house.

#### Food Relief

We have frozen meals available to anyone who finds themselves a little short or unable to cook. No explanations required, just get in touch and we can help out.



#### Social Craft Group



Come along to the Good Food Hub between 10am - 12pm each Tuesday (during school terms) and spend some time being creative.

Some craft supplies will be provided, or bring along your own projects to work on; knitting, drawing, crochet...whatever you like! Start a new project...or finish one that you've been meaning to get to.

The cafe will be open during this time for our \$6 coffee and cake deal.

[admin@kynetoncommunityhouse.org.au](mailto:admin@kynetoncommunityhouse.org.au)

5422 3433

[www.kynetoncommunityhouse.org.au](http://www.kynetoncommunityhouse.org.au)

34 Mollison Street, Kyneton

Good Food Hub - 35 High Street Kyneton



KYNETON  
COMMUNITY HOUSE

# Courses and Activities

## Meditation Makeover

Treat yourself to some seriously good down time with 3 hours of self care at a Sunday MindSpa session. You will be guided through various relaxation exercises, guided meditations and self pampering activities.

Contact Loren on 0498653075 for further info.

**Sunday 21 Apr**  
**9am to 12pm. \$50 per session.**

## Responsible Service of Alcohol (RSA)

An essential qualification if you serve alcohol.

**Express your interest through our website**

**Cost: \$95**

## Provide First Aid (HLTAID011) & Provide CPR (HLTAID009)

This nationally accredited certificate provides you with practical skills and knowledge combined with the confidence to provide initial emergency care.

To enrol: <https://www.its.vic.edu.au>

**Fri 19th April & Sat 15th June 9am - 3:30pm**

**Cost \$147**

**CPR Component only - \$105**

## Educator's First Aid (HLTAID012) & CPR

Ideal for educators, support staff, childcare workers and carers of children. This course is also suitable for anybody working in daycare, family daycare, pre-school and after-school programs and care services.

To enrol: <https://www.its.vic.edu.au>

**Sat 18th May, 9am - 4:00pm**

**Cost: \$185 CPR Component only \$105**

## Dancercise

Stay fit and have fun doing it! Warm yourself up in these fun classes for anyone aged 16+. Different music genres covered each week.

**Mondays 15th April- 24th Jun**  
**7-8pm**

**Pay by the term (\$136) or month (\$54 April, \$36 May, \$53 June)**

## Feldenkrais Learning Immersion Program

Improve life through coordinated movement, posture, breathing and sensations.

**Introductory and practice FREE session on 18th April at 9:45 am.**

Thursdays 2nd May - 6th June 9:45 - 11am

Cost: \$179, Conc. \$159

**FREE**

## Beginners Drawing for Carers

Join local Artist, Marilyn Andrews in this introductory drawing class.

All materials and lunch will be supplied.

RSVP by April 8th through our website or phone the House on 5422 3433.

This activity will be held at 35 High Street,

**April 11th**  
**10am - 3pm**  
**Free for Carers**

**FREE**

## Feldenkrais for Carers

Join Julieta for a trial class of Feldenkrais. A universal system created to improve human life through coordinated movement, posture, breathing and sensations.

RSVP by 16th April through our website or contact 54223433.

This activity will be held at 34 Mollison Street

**April the 19th**  
**9:30 - 10:30am**  
**Free for Carers**

## Mat Pilates

Tuesdays 7-8pm

All over body workout focused on strength and mobility. Suitable if you are returning to fitness or progressing along your fitness journey.

**Cost is \$25/person per class. Ongoing weekly classes. 10 class pass is also available. \$230. Spots are limited. Book via direct message Anna 0448812768 or online <https://www.formepilates.com.au>**

# Learn Local Courses

## Garden Club

Join Horticulturalist, Mel Husada, in our 2024 Garden Club.

Through the year, learn tips and tricks that will get your garden to flourish!

**1st & 3rd Friday of the month beginning April**  
**19th, 10am - 12pm**  
**Gold coin donation**

## Woodworking Workshop

In this introductory class, students will acquire the expertise needed to craft a three-legged milking stool and serving board. Instructor Emily Dellios will lead the session, demonstrating various power tools, hand tools and techniques essential to the craft.

**Saturdays 4th, 11th & 18th May**  
**10am - 2pm**

**Cost: \$220, \$200 Early Bird (until 15th April)**

## Independent Me

**NEW**

Want to be more independent? Learn how to handle life - relationships, emergencies, daily needs & more.

This course looks at everyday tasks, emergency situations, emotional regulation, relationships and consent all while improving base literacy and numeracy skills.

**15th April - 9th December**  
**9:30am - 12pm**  
**\$120**

## Woodworking for Beginners

Come along and learn the basics of carpentry in this 8 week course. Students will work on their own projects including making a mallet, chopping board and nesting box. With local superstar Emily Dellios.

**Mondays 22nd April - 17th June**  
**(No class King's B'day Holiday)**  
**9:30am - 2:30pm**  
**Cost: \$300, \$250 Conc.**

## Become a Barista

Increase your employability skills by learning the foundations of quality coffee making in this short course!

**Friday's 3rd & 10th May**  
**9:30am - 12:30pm**  
**Cost: \$60**

## Hospitality Essentials

Looking for a career in Hospitality? Let us help you get all the skills you need for success! Participants in this course will gain hospitality skills from industry experts in an inclusive and supportive environment.

**Tuesdays 16th Apr - 25th June**  
**10am - 2pm**  
**Cost: \$120**

## Digital Skills 101

Is technology leaving you behind? As more and more day to day tasks are moving online we want you to move with them and not feel overwhelmed or afraid of technology.

**Wednesdays 17th April - 26th June**  
**10am - 12pm**  
**Cost: \$120**

## Get Smart on Your Smart Phone

Have a curly computer, phone, tablet question or problem? Our digital mentor is available to help you out!

**Tuesdays (during school term) 12-2pm,**  
**35 High Street Kyneton**  
Gold coin donation appreciated.

## Creative Collage

**NEW**

Embark on a journey into the captivating realm of collage art with the guidance of local creative Deita Walters. Discover the intricacies of cutting and composition as you delve into this expressive medium.

All materials provided

**Saturdays 25th May & 1st June**  
**10am - 3pm**  
**Cist: \$150, Early Bird \$135 (until 5th May)**

**Minimum numbers are required for programs and activities to run.**