

PROGRAM GUIDE

TERM 1 2024

30th January - 29th March

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 @ KCH - 35 High St, Wednesdays (during school term) from 12:30 pm.
If you have produce to donate contact: admin@kynetoncommunityhouse.org.au

Small Bites

Students from our Hospitality courses are running a pop-up café each Tuesday at the Good Food Hub (during school term).
Open for coffee & toasties from 11am, full menu 12 - 1:30pm
Come along for a small bite for lunch. Menu changes weekly with seasonal bites, and kid friendly bites available for young children. Eat in or take-away option available!

Kyneton Whole Town Garage Sale Saturday 16th March

Maps available for purchase on the day for \$3 between 8am - 12pm.
Registration for Garage Sales opening Early February - \$5 per house.

After School Rancho Relaxo

Need somewhere to hang out after school?
Head down to Good Food @ KCH , 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!

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



@kynetonch
@kyneton youth

Occasional Child Care

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

Waiting lists may apply

Contact the House for further info.

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.

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.

Volunteer!

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

Catering

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

Become a member!
Receive 10% off one course each semester.
Receive updates about what's on and gain voting rights at AGM's and Special General Meetings. Apply online or visit the house.

Spice Intergenerational Playgroup

Join an all inclusive play space for people of all ages to come together and make connections through play, music, shared stories & more!

People of all generations welcome; young & young at heart.

Interact with people from all walks of life, hear their stories, share experiences and have fun along the way!

Playgroup sessions are scheduled throughout the year. Email admin@kynetoncommunityhouse.org.au to join the mailing list about 2024 events.

 admin@kynetoncommunityhouse.org.au

 5422 3433

 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.

Sundays 21 Jan, 17 Mar, 21 Apr
All sessions 9am to 12pm. \$50 per session.
Contact Loren to book
meditationmakeover@gmail.com

Qi Gong

Join Michelle Teunon for a 6 week exploration of qi gong. Through gentle body movements, self-applied massage, breath practices and meditation, discover how to cultivate qi and maintain well-being and harmony of body, mind and spirit.

Free intro class Tues Feb 6th 7pm - 8pm
Contact Michelle on 0408 081 455.
Book the 6 week course here:
<https://www.trybooking.com/CNJQM>
6 week course \$150 (early bird \$135)

Responsible Service of Alcohol (RSA)

An essential qualification if you serve alcohol.
Express your interest through our website
Cost: \$85

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>
Sat 3rd Feb 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 2nd Mar, 9am - 4:00pm
Cost: \$185 CPR Component only \$105

Minimum numbers are required for programs and activities to run.

Scan the QR Code below to book online



Contemporary Watercolour

Join local Artist Lucinda in this relaxing and enjoyable class to learn new skills in a supportive environment. All skill levels welcome.

Sundays 1-3pm
11th, 18th, 25th Feb
3rd, 17th, 24th Mar

\$360 for all 6 classes
Materials supplied

Mental Health First Aid

Learn practical skills to help you support an adult who could be developing a mental health problem, experiencing challenges with existing mental health problems or are in a crisis.

www.mhfa.com.au/our-courses/adults-supporting-adults/standard-mental-health-first-aid

2 Saturdays 24th Feb and 2nd March
10am - 4pm
Cost \$100

Feldenkrais Learning Immersion Program

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

Introductory and practice FREE session on Feb 1st at 9:30 am.

Thursdays 8th Feb - Mar 14th 9:30 - 10:45am
Cost: \$179, Conc. \$159

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 beginning Jan 2nd. 10 class pass is also available. \$230. Spots are limited. Book via direct message Anna 0448812768

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 5th Feb - 25th Mar
7-8pm

Pay by the month; Feb (4sessions) \$72
Mar (3 sessions) \$54

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 Wednesday of the month beginning Feb 7th, 10am - 12pm
Gold coin donation

Learn Local Courses

Independent Me

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.

5th Feb - 24th June
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 5th Feb - 25th Mar
9:30am - 2:30pm
Cost: \$300, \$250 Conc.

Art in Practice

An Art Class for all levels and abilities!
Develop knowledge, techniques and skills in a variety of mediums such as painting, drawing, collage and printmaking in a supportive environment.

31st Jan - 26th June
10am - 1pm, Cost: \$120

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 6th Feb - 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 7th Feb - 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.

Introduction to Early Childhood Education & Care

Are you interested in a career in Early Childhood Education & Care? Come along to this course to find out if it's really for you.

It will cover topics such as: pathways into Certificate III in Early Childhood Education and Care, roles and responsibilities, planning and programming and includes a visit to a local childcare agency.

Thursdays Feb 22nd - Mar 29th
9:30am - 12:30pm
Cost: \$50