

# PROGRAM GUIDE

## TERM 3, 2024

15th July - 20th September

To Connect &  
Empower our  
Community

FREE

### 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.

### 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 or are interested in sponsorship contact:

food@kynetoncommunityhouse.org.au

### Small Bites

Students from our Hospitality courses are running a pop-up café!

**Tuesdays 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!

If you would like to register as a student for this course please see Hospitality Essentials on our website.

FREE

### 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!

FREE

### Walks for Carers

Inviting carers of people with a disability, mental illness or advanced age to attend free walking events.

Meet at Kyneton Botanic Garden entry gates (Mollison & Clowes Streets) 9:45am for a 10am start.

First Friday of the month beginning July 5th.

Morning tea afterwards at Kyneton Community House.

NEW

### Book Club

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

### 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.

### Function Space & Catering

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

### Community Consultation

KCH is embarking on the formulation of a 72-hour after emergency community plan.

The aim of this plan is to activate the community and come together to offer information and help with people's immediate need after the amazing services provided by our first responders in emergency events.

Register interest through our website to be included in further information.

### Take Home Meal Club

Keen on having a stash of freezer meals for nights when cooking is all too much?

Express your interest to join our Take Home meals club through our website or scan the QR code to complete a short survey and tell us what you'd like from a meal service



### Volunteer!

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

### 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. Delivery unavailable.

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



@kynetonch  
@kynetonyouth



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 MindSpa session. You will be guided through various relaxation exercises, guided meditations and self pampering activities.

Contact Loren on 0498653075 for further info.  
[www.meditationmakeover.com](http://www.meditationmakeover.com)

**Sunday 11th August or 8th September, 9:30am - 12:30pm**  
**Thursday 19th September 6 - 9pm**  
**\$50 per session.**

## SPICE: Across the Ages Community Playgroup

NEW

Join us for a weekly playgroup where we aim to bring together young families and mature adults to connect, bond and form friendships.

**Fridays 26th July - 13th September**  
**10 - 11:30am**  
**One off registration fee \$10 per family/individual**

Enrol through our website or give us a call.

## Introduction to Beekeeping

NEW

In this series of workshops presented by Richard Rowe and David Sparks you will learn the basics of Bee Biology, Biosecurity, Bee Equipment and planning.

Each series is 3 workshops.  
**Saturdays 24th & 31st Aug, 7th Sept**  
**or**  
**Saturdays 12th, & 19th Oct, 2nd Nov**

**Cost: \$200 per series (3 sessions)**  
**Held at 35 High Street, Kyneton**

## 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 16th August 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 20th July & 14th Sept, 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 July - 15th Sept**

**7 - 8pm**

**Pay by the term (\$136) or month (\$36 July, \$54 Aug, \$54 Sep)**

## Feldenkrais Learning Immersion Program

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

**8 week program**

**Thursdays 25th July - 12th Sept 9:45 - 11am**

**Cost: \$239, Conc. \$219**

**3 session trial pack \$89.50**

## 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>**

## Community Cooking Classes

NEW

Share in the love of cooking healthy, delicious meals!

We're seeking expressions of interest for anyone who is keen in participating in cooking classes at our Good Food Hub.

All levels of cooking experience are welcome. Join the list and we can let you know more details as they come.

## Home Brewing

NEW

Are you interested in learning how to brew your own beer at home or using techniques to elevate your craft?

Express your interest through our website and we will be in touch with further details.

## 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 July - 10th Dec**

**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 July - 11th Dec**

**10am - 12pm**

**Cost: \$120**

## Learn Local Courses

## Garden Club

FREE

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 July 19th,**

**10am - 12pm**

**Gold coin donation. Enrolment required**

## 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 31st Aug & 7th Sept 10am - 3pm**

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

## 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.

## Coil Weaving

NEW

Discover coil weaving at Kyneton Community House!

Coil weaving is an ancient technique used worldwide to make beautiful and functional baskets. It's eco-friendly, often using recycled and sustainable materials.

**Saturdays 14th & 21st September**

**10am - 2pm**

**Cost: \$150**

Minimum numbers are required for programs and activities to run.

Scan the QR code to head to our website for more info on all events and activities

