

## MONDAY

### AFFORDABLE YOGA

**Starts:** 12th Oct 9.30 - 11am

**Cost:** \$100 for 8 weeks or \$15 per session

For all ages and levels. Chris will guide you through simple stretches, breathing, relaxation & meditation. BYO mat or blanket. (Ask about our payment plan. Term must be paid for in full)



### F.R.I.E.N.D.S.

**Starts:** 5th Oct 10 - 11am

**Cost:** \$2. weekly

Join us for a cuppa n chat. Fun, Respect, Inclusion, Empathy, Nurturing, Discussion, Support in a safe, friendly environment.



### SCRIBBLER'S WRITING DEN

**Starts:** 12th Oct 1 - 3pm

**Cost:** \$2. weekly

Come along and join this fun, creative group. Learn new skills to build up your own writing or try something new. A great way to explore your creative side while meeting new friends.



### LINE DANCING

**Starts:** 12th Oct 1 - 2pm

**Cost:** \$3 weekly PAY TUTOR

Come and join in the fun of Line Dancing. It's easy, social and ideal for beginners. You don't require a partner but it's even more fun if you bring a friend or two.



### SEWING WITH KAYE

**Starts:** 12th Oct 6 - 8pm

**Cost:** \$60 for 8 weeks

Enjoy sewing with Kaye. Meet up with others and share ideas and chat while working on your creations.



## TUESDAY

### PUBLIC HOLIDAY 3<sup>RD</sup> NOVEMBER EASY DOES IT FITNESS

**Starts:** 13th Oct 10 - 10.45am

**Cost:** \$40 for 8 weeks or \$8. weekly

From the Aging Strong Program to improve health, socialisation and independence. A gentler exercise class using a chair but still lots of fun.



### MEN'S GROUP

**Starts:** 13th Oct 10am - 12noon

**Cost:** \$2. weekly

Join other men for a chat, cuppa and share your interests and ideas. This group is run by men for men. They can organise outings, talks, just about anything that interests them.



### FUN, FAB 'n' FIT

**Starts:** 13th Oct 11 - 11.45am

**Cost:** \$40 for 8 weeks or \$8. weekly

Build fitness and strength in a fun and social environment. Not too gentle exercise to music for mobility, strength, coordination & balance.



### FAMILY TREE CIRCLE

**Starts:** 13th Oct 1-3pm

**Cost:** \$2 weekly

So, you know who you are but where did you come from? Di, is a skilled researcher and will help you. You've always wanted to know, so why not start now and join this fun group.



## WEDNESDAY

### MATERIAL GIRLS

**Starts:** 7th Oct 9am to 12noon

**Cost:** \$5 weekly

Join these sew & sews and get sew happy on pins 'n' needles. These thread heads love their quilty pleasures. Patchwork or sewing, it's lots of fun being creative.



### SQUARE DANCING

**Starts:** 7th Oct 9.30 - 12noon

**Cost:** \$3. weekly

Are you a Square Dancer? Why not join this fun group and keep fit while dancing the morning away.



### TECH TIME

**Starts:** 14th Oct - 1 - 3pm

**Cost:** FREE BY APPOINTMENT ONLY

Need help with tech issues, cyber security or program basics. **BY APPOINTMENT ONLY**



### MARGIE B's COMMUNITY CAFE

**Date:** 25th Nov at 12noon

**Voluntary Gold coin donation**

Come and join us for lunch with a variety of choices which change each month. You'll always have fun and make new friends.

**Bookings essential - 5983 9888**

**We CANNOT cater for Dietary requirements**



### BOOK GROUP

**Starts:** 1st Wed of month 1-3pm

**Cost:** \$2 weekly

Do you enjoy discussing books that you or others have read? Read whatever book you like and then meet once a month to share your thoughts. You might even find a genre you never thought you'd read. Come and join us for the first meeting and have your say as to how this group will progress. **Please Book.**



### WEDNESDAY WONDERS

**Time:** 1-3pm

**Cost:** FREE

**EMERGENCY PREPAREDNESS: 14<sup>th</sup> Oct**

Learn how to use the Emergency Dashboard and simple steps residents can take to be better prepared for emergencies. Designed to be practical, informative, and support community resilience.



**GET FIRE READY: 4<sup>th</sup> November**

Be prepared for the fire season, learn what simple, practical steps you can take now before the fire season begins. Know your risks, where to get up to date info and actions to take now. Crib Point CFA will be presenting this session

### CRAFTY NIGHT OWLS

**Starts:** 7th Oct 7 - 9pm

**Cost:** \$2. weekly

No time for your crafts during the day? Here's your chance to make new friends, share ideas and maybe learn a new craft. It doesn't matter what craft you do, come and join this fun group.



## THURSDAY

### CACKLE 'N' CRAFT

**ALL YEAR ROUND 9am - 12noon**

**Cost:** \$2 weekly

Join this fun and welcoming group of crafty ladies. Finish your UFO's, learn a new craft, even help others with a new craft. Not into craft, just come along for a cuppa n chat



### KNITTERS 'N' HOOKERS

**Starts:** 8th Oct 1pm - 3pm

**Cost:** \$2 weekly

Knit one, crochet too & learn purls of wisdom from our resident nifty knitters. Work on your own woolly wonders & spin a few yarns. Even knit for a cause. It's a fun group.



### ART FRIENDS - 8th Oct 1-3pm

**Cost:** \$2. weekly

Join like minded people who like to dabble in painting? Have fun while supporting each other and share your skills. **Please Book**



### PILATES - Mat Work

**Starts:** 8th Oct 6pm - 7pm

**Cost:** \$20 per session - PAY INSTRUCTOR

Neil Adams, qualified instructor of 15yrs, will accommodate your needs and requirements in this small group. Come and give it a try, your **First class is FREE.**

**Bookings essential - BYO MAT**

## FRIDAY

### STITCHIN' SISTERS PATCHWORK

**Dates:** 23, 30 Oct, 6,20 Nov, 4 Dec

**Time:** 9am - 12noon **Cost:** \$65.

Ideal for beginners, Chris has been teaching here for over 30 years. Advanced quilters can learn up to date tips and techniques too.



### FUN, FAB 'N' FIT

**Starts:** 16th Oct 9.30 - 10.15am

**Cost:** \$40 for 8 weeks or \$8 weekly

Build fitness and strength in a fun and social environment. Not too gentle exercise to music for mobility, strength, coordination & balance.



## BUS TRIPS

### THE DANDENONGS

**Date:** 6th Nov - 9am

**Cost:** \$10 plus lunch

We're off to Olinda and Sassafras. Enjoy a lovely drive through the Dandenongs, shop & lunch at Olinda and/or Sassafras. **Bookings open 5<sup>th</sup> Oct**



## SATURDAY WORKSHOP

### FAMILY DECK-THE-HALLS

**Date:** 7<sup>th</sup> November, 10am to 2pm

**Cost:** \$10 adults, 1<sup>st</sup> child free, \$5. per child

**Ask about Family rate. Inc morning tea**

Join this fun family day of making Christmas decorations including, paper chains, lanterns, tree decorations, gift card holder and any ideas we come up with before then. All materials will be supplied, but if you have craft supplies, please bring them. Ask for a requirements list. **BYO LUNCH**



## ENROLMENTS

**COURSES MUST BE PAID WHEN ENROLLING**  
All missed classes must be paid for.

EFTPOS is available. If paying by cash please have correct money as we do not have change  
Places are not secure until paid for.

### ENROLL:

**In Person:** Is always best because we love to meet you. Office hours, Mon-Thurs 9am to 3pm, Fri 9am to 12noon.

**Phone:** Enquiries and enrollments welcome but classes need to be paid for.

**Email:** info@cpch.org.au

**Mail:** Send Cheque or Money Order with your name, address, phone and email and the course you are enrolling in to -  
**Crib Point Community House,**  
7 Park Rd, Crib Point, 3919

Enrollments are accepted in order of receipt of payment. If a course is cancelled, all effort will be made to contact you so please make sure you give us your correct details. A full refund will be given.

### PRICING

We aim to provide courses you want with experienced and/or qualified teachers at the lowest possible prices. Please don't be excluded because of financial pressures. Talk to us confidentially and we can make other arrangements.



Inc No: A5121C - ABN 13567174223

**7 Park Rd**  
**Crib Point 3919**

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

**Email:** info@cpch.org.au

**Follow us on Facebook & Instagram**  
Crib Point Community House  
Crib Point Community Market  
Quilt & Craft Show  
August Art Attack

**Want more information? This QR code will take you to our website**



**Crib Point Community Market**

**2nd Saturday of Month - 9am to 1pm**

To book a stall or fundraising BBQ  
email Michelle - [market@cpch.org.au](mailto:market@cpch.org.au)

**Pay for stall on Market Day**  
**10 Oct \* 14 Nov \* 12 Dec**

## WHAT'S ON

### Senior's High Tea

Annual Senior's High Tea is on Thursday 22<sup>nd</sup> October, 10:30am to 12.30pm This is a FREE event and bookings are essential. Be quick as we're nearly full.

### LOOKS WHAT'S NEW

**Wednesday Wonders**, Emergency Preparedness and Get Fire Ready. **Family Deck-the-halls** workshop for the whole family. **Trip** - A pleasant day in the Dandenongs.

### UPCOMING MARKETS

October 10<sup>th</sup> market will be Children's Week with FREE activities for the kids.

There will be a great variety of gifts for Christmas at the next 3 markets.

December 12<sup>th</sup> will see a visit from Santa, so bring the kids along to see him and Cribby Koala.

### COMMUNITY MARKET

**Oct 10 \* Nov 14 \* Dec 12**  
Lots of stalls, Devonshire Tea, Sausage Sizzle, and a visit from Cribby Koala. The kids can do the Cribby Koala treasure hunt.  
Book a stall at [market@cpch.org.au](mailto:market@cpch.org.au)

### THIS IS WHAT HAPPENS INSIDE INFORMATION

- **Classes & Activities** \* **Support Groups**
- **Social Activities** \* **Disabled Access**
- **Maternal & Child Health - 59839436**

#### COMMUNITY GROUPS

- **Community Action Group**
- **Crib Point Stony Point Foreshore SERVICES**

- **Referral Service** \* **Computer use**
- **Room Hire**

#### WHAT CAN YOU DO?

- **Meet people** \* **Share your skills**
- **Volunteer** \* **Join the Committee**

### VOLUNTEERING

We have a wonderful group of volunteers who donate their valuable time to help run the Community House. If you are interested in volunteering, we'd love to hear from you. We are Centrelink approved for Mutual Obligation Requirements. Give us a call or pop in for a chat

#### PRIVACY STATEMENT

Crib Point Community House Committee, Staff and Volunteers respects your right to information privacy. Information which we collect & hold is kept in accordance with the Information Privacy Laws.

The Crib Point Community House acknowledges and pays respect to the Bunurong people, the Traditional Custodians of these lands and waters

## CRIB POINT COMMUNITY HOUSE



**TERM 4 2026**  
**5th Oct to 11<sup>th</sup> Dec**



**Neighbourhood Houses**  
The Heart of Our Community



**COME ON IN**  
**THERE'S SOMETHING**  
**INSIDE FOR EVERYONE**

#### OFFICE HOURS

MON to THURS 9am -3pm

FRI 9am-12noon

**59839888**

**info@cpch.org.au**

### BRIGHT IDEAS

Got a great idea for a course or activity? Maybe you'd like us to start a special interest or support group. Does night or weekend activities suit you best? We're always after new ideas. Talk to the Manager, a Volunteer or a Committee member. We're always open to new ideas.

#### FREE COMPUTER / INTERNET

Computer and internet access is available FREE of charge by appointment only. Please call 59839888  
Printing 20c per A4 page

#### GRAFFITI REMOVAL KIT

The Community House has a Graffiti Removal Kit which is available to local community groups, businesses & members of the community to help them remove any graffiti on their property. This is a FREE service.

#### THANK YOU, THANK YOU, THANK YOU

Crib Point Community House acknowledges the support of the Federal and State Governments, Mornington Peninsula Shire and Bendigo Bank Hastings. Thanks also to the Crib Point Cellars, Baker's Delight and all the wonderful Volunteers who help us every day and also at our special events.

**Please support your local Community Bank and Businesses**



Families, Farmhouse and Housing



MORNINGTON PENINSULA Shire



The Heart of Our Community

