

# CRIB POINT COMMUNITY HOUSE

## Welcome

### TERM 2 2024

### 15th April to 28th June



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

## 5983 9888

info@cpch.org.au



Inc no: A5121C - ABN 13567174223

7 PARK RD,  
CRIB POINT. 3919  
Melways ref: 195 B/2

[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  
August Art Attack

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



## UPCOMING EVENTS

August Art Attack Art Show will be happening again on Saturday 24th & Sunday 25th August with Opening Night on Friday 23rd. Find more information on the website [augustartattack.com](http://augustartattack.com). The Senior's High Tea will be on Thursday 24th October. Bookings will open on Monday 2nd September. A theme will be announced next term.

## WHAT'S ON THIS TERM



### MARKET DATES

#### Term 2 2024

#### Apr 13 \* May 11 \* June 8



April 13th is a Community Support market with local Community Groups with activities and information about their group. May 11th is our Mother's Day market and Biggest Morning Tea. Money from the BBQ and Devonshire Tea goes to Cancer Research. There's also be the FREE Mother's Day raffle for the kids to win a present for Mum.

## BUS TRIPS

Thanks to the kind sponsorship of the Hasting Bendigo Bank, we have 2 exciting bus trips this term. The first trip we will be going on the Ferry to Queenscliff to do some sight seeing and a bit of shopping. The second trip we will be stopping off at Op shops on the way to San Remo where we'll enjoy lunch. More info inside. These trips will fill quickly so **BOOK EARLY**.

## MARGIE B's COMMUNITY CAFÉ

Dates this term, April 24, May 22 and June 26. Prepared by Julie and her Community Support ladies, you're sure to enjoy the meal, the company and meeting new friends. A voluntary donation would be appreciated. Bookings are essential and numbers limited so please book on 5983 9888.

## LOOK WHAT'S ON

Monday - Playgroup, Carer's Info Session, Tuesday - Change of time for Easy Does It Fitness. Wednesday Margie B's Community Café, Street Law Coffee Van. Friday - Op Shop trip, Queenscliff trip.

## THIS IS WHAT HAPPENS INSIDE INFORMATION

- \* Classes & Activities
- \* Support Groups
- \* Social Activities
- \* Disabled Access
- \* Maternal & Child Health - 5983 9436

### COMMUNITY GROUPS

- \* Crib Point Action Group
- \* Foreshore Committee

### SERVICES:

- \* Referral Service
- \* Computer Use
- \* Room Hire
- \* Children's Parties

### WHAT CAN YOU DO?

Want to get involved in your community?

- \* Meet people
- \* Share your skills
- \* Become a 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 in the office, garden, cleaning or even teaching, 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 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.

## ENROLMENT

COURSES MUST BE PAID FOR 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.  
**ENROL BY:**

- \* **Phone** - enquiries and enrolments are welcome, but your place will not be secured until you have paid.



- \* **Email** - [info@cpch.org.au](mailto:info@cpch.org.au)



- \* **Mail** - Send cheque/money order, with details of course, your name, address, email & phone to - **Crib Point Community House**  
7 Park Rd, Crib Point. 3919

Ask for a requirements list if required.

- \* **In person** - During office hours:



9am - 3pm Monday to Thursday  
9am - 12 Friday

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

## PRICING POLICY

We aim to provide courses you want at the lowest possible prices. Teachers are very experienced &/or qualified. Don't be excluded because of financial pressures, please talk to us, in confidence, to make other arrangements.

## 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 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 5983 9888 Printing 20c per A4.

## 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. Call Community House.

## THANK YOU, THANK YOU, THANK YOU

Crib Point Community House acknowledges the support of the Federal & Victorian Governments, Mornington Peninsula Shire & Bendigo Bank Hastings. Thanks to The Crib Point Cellars, Ed's Hastings, Baker's Delight & all the wonderful volunteers who help us every week and at our special events.

Please support your local  
**Community Bank & Businesses.**



Families,  
Fairness  
and Housing



MORNINGTON  
PENINSULA  
Shire



United for Community

## Monday

**Closed 10th June - Public Holiday**

### AFFORDABLE YOGA

**Starts: 22nd April at 9:30 to 11am**  
**Cost: \$110 for 8 wks or \$20 weekly**  
For all ages & levels. Chris will gently guide you through simple stretches, breathing relaxation & meditation. BYO yoga mat or blanket. Ask about paying by instalments - term must be **PAID IN FULL**



### PLAYGROUP

**Starts: 22nd April at 9am - 12noon**  
**Cost: FREE**  
Parent run playgroup. Everyone helps set up, run activities and pack up. Please bring a snack for your little one. Tea & coffee provided. A great way to meet new friends for yourself and the kids. Bookings Essential



### CARER'S INFO SESSION

**Date: TO BE ANNOUNCED**  
Do you care for a family member or friend? We know how hard it can be. There's lots of help available but finding it can be difficult. This FREE talk will help you and answers your questions. Join us for a cuppa and connect with other Carers and know that you are not alone.



### CAFÉ CHAT - Fortnightly

**Starts: 22nd April at 10-11am**  
Come and have an informal chat & meet new friends. Share your ideas of what you want at YOUR Community House. Coffee/Tea is on us. We might be at Café 202 or maybe Somers, Balnarring or even Shoreham. Check on our Facebook page and Instagram.



### SEWING FOR BEGINNERS

**Starts: 22nd April at 6 - 8pm**  
**Cost: \$70 for 8 weeks**  
**Ages: 10 yrs to Adult.**  
**Children must be accompanied by an adult.**  
Learn simple techniques to make your own clothing and more. We have sewing machines available to use. **Ask for a requirements list**



## Tuesday

### EASY DOES IT FITNESS

**Starts: 23rd April at 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 for balance, but still lots of fun.



### SCRIBBLERS WRITING DEN Weekly

**Start: 23rd April - 10:30 to 12:30**  
**Cost: \$2.**  
Whether you're a seasoned wordsmith or just penning your first story, we are a welcoming and encouraging haven for writers of all ages and abilities, spanning across a rich tapestry of literary genres. Words come to life and creativity knows no bounds, we'll embark on countless literary adventures together.



## Tuesday cont;

### FAB, FUN 'n' FIT

**Starts: 23rd April at 11.00 - 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: 23rd April at 1-3pm**  
**Cost: \$2 weekly**  
So, you know who you are, but where did you come from? Di, a skilled researcher, will help you. You've always wanted to, so start now and join this fun group.



## Wednesday

### MATERIAL GIRLS

**Starts: 24th April at 9.00 -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: 17th April - 9.30am -12noon**  
**Cost: \$3. weekly**  
Are you a Square Dancer? Why not join in this fun group and keep fit and dance the morning away.



### Men's group

**Starts: 17th April - 10am**  
**Cost: \$2.**  
Looking for something to do, somewhere to go. Get out of the house, stop annoying your partner. Join other men and have a cuppa and a chat, share your interests & idea. This is a group for men, run by men. We can organise talks, outings, classes, just about anything that interests you.



### MARGIE B's COMMUNITY CAFÉ

**Date: April 24, May 22, June 26**  
**Time: 12noon**  
**Cost: Voluntary donation**  
Come join us for lunch with a variety of choices which changes each month. We always have fun and make new friends. **Booking essential**  
**Phone: 59839888**



### HALT Hope Assistance Local Tradies

**Date: 15th May at 7pm FREE**  
Calling all local Tradies. We know it's hard out there. The HALT program emphasises the importance of looking out for our mates and they educate Tradies on how and where they can get support if they need it. Whether you are an employer, employee or work for yourself, you need to look after yourself for both you and your family. This is a FREE info session for all Tradies.

### STREET LAW COFFEE VAN

**Date: 5th June 10am - 12noon**  
**Cost: FREE**  
Need some legal advice? Peninsula Community Legal Service will be here with their Coffee Van, so you can get FREE coffee & FREE legal advice



## Wednesday cont:

### CRAFTY NIGHT OWLS

**Date: 18th April at 7 - 9pm**  
**Cost: \$2. weekly**  
No time for your crafts during the day? Maybe you work or can't get to a day class because of the kids. Here's your chance to make new friend, share ideas and maybe learn a new craft. It doesn't matter what craft you do, sewing, patchwork, knitting, crochet, anything. Join this fun group of crafters.



## Thursday

**Closed 25th April - Public Holiday**

### CKACKLE 'N' CRAFT

**ALL YEAR ROUND 9am-12noon**  
**Cost: \$2 weekly**  
Join this fun group of crafty ladies. Finish your UFO's, learn a new craft or even help us with a new craft. Some do scrapbooking, patchwork, or embroidery, just to name a few. Not into craft, just come along and have a cuppa & a chat.



### KNITTERS 'N' HOOKERS

**Starts: 18th April at 1-3pm**  
**Cost: \$3 weekly**  
Knit one, crochet too & learn pearls of wisdom from our resident nifty knitter. Work on your own woolly wonders & spin a few yarns. Even knit for a cause. It's a fun group.



### YOGA FOR EVERYONE

**Starts: 2nd May at 6 - 7pm**  
**Cost: \$110 for 8 wks or \$20 weekly**  
This class caters for all ages & all levels. Work at your own pace & learn breathing, posture, relaxation & meditation techniques. BYO yoga mat or blanket. Ask about paying by instalments - term must be **PAID IN FULL**



## Friday

### STITCHIN' SISTERS PATCHWORK

**Dates: Apr 19, May 3, 17, 31, June 14**  
**Time: 9am to 12 noon**  
**Cost: \$65.**  
You can make a coaster to a quilt, the choice is yours. Chris will guide you all the way. Ideal for beginners or the more advanced.



### FAB, FUN 'n' FIT

**Starts: 26th April at 9:30 - 10:15**  
**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 and balance.

### QUEENSLIFF TRIP

**Date: 3rd May 8.30am - 4.30pm**  
**Cost: \$40. + lunch**  
We'll go across on the Ferry, check out some sights, the shops and even a couple of Op shops. Hastings Bendigo Bank sponsored.



### OP SHOP TRIP

**Date: 31st May, 8.30am - 4pm**  
**Cost: \$10. plus Lunch**  
We're heading to San Remo and stopping at Op Shops along the way. Thanks to Hastings Bendigo Bank for their kind sponsorship.

