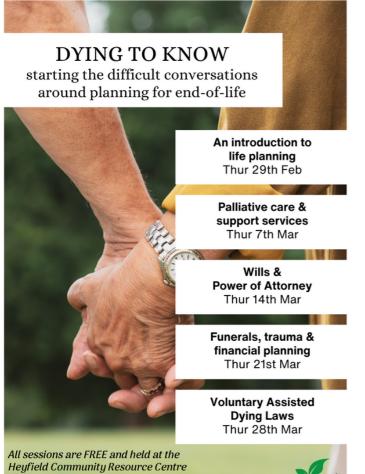
## Heyfield Community Resource Centre Term 1 courses and activities



Hastessions are rice and new at theHeyfield Community Resource Centre5 George St Heyfield, 10am - 11.30amBookings on 5148 2100 or encoordinator@heyfield.net light morning tea provided

### or email tea provided

# Dine-in Community Lunches are back!

After a couple of years break, we are thrilled to offer dine-in community lunches once again.

The lunches are a great opportunity to enjoy a fresh, homemade 2-course cooked meal in a relaxed location and also to increase social connections in Heyfield.

**Wednesday 14th Feb** - Roast chicken and vegies, with apple crumble for dessert.

**Wednesday 13th March** - Meatloaf, scallop potatoes and vegies, with golden syrup dumplings for dessert.

Lunches will be offered each month and will cost \$20 per person for a 2 course meal. Bookings are essential for catering purposes - 5148 2100.



### LEARN LOCAL skills for life, work and study

Register now for a short course and learn new skills to help you with everyday life, work and study.

### **Digital Matters with Thomas**

A short course ideal for beginners or those that need to refresh their digital skills. Learn to connect with friends and family, gain digital skills for employment and be safe and secure online:

- an introduction to connecting with others on zoom
- navigating safely online and managing privacy
- Microsoft Word & Excel
- sending emails, creating contacts, attaching files and images plus more

**When:** Every Tuesday for 5 weeks starting Tuesday 27th Feb, 6.30pm - 8.30pm.

**Where:** Maffra Neighbourhood House, 31A Thomson St, Maffra.

**How much:** This is an ACFE funded course with a low fee of \$50 for 5 sessions.

**Enrol:** Maffra Neighbourhood House 0422 335 155 or Heyfield Community Resource Centre 5148 2100

### **Money Matters financial wellbeing**

A low cost short course to help women develop an awareness of personal finances. Learn about:

- creating budgets and savings goals
- identify needs v wants
- managing debt
- attitudes to money

**When:** Every Friday for 3 weeks starting Friday 8th March, 9.30am - 12.30pm.

**Where:** Maffra Neighbourhood House, 31A Thomson St, Maffra.

**How much:** This is an ACFE funded course with a low fee of \$10 for 3 sessions.

**Enrol:** Maffra Neighbourhood House 0422 335 155 or Heyfield Community Resource Centre 5148 2100

#### Coming in May our award winning Kick Start Your Career in the Health Sector program with Central Gippsland Health! Regisiter your interest now and find out more coordinator@heyfield.net



MONDAY - THURSDAY 8.30AM - 4.30PM 5 George Street, Heyfield 5148 2100 www.heyfieldcommunity.org.au | coordinator@heyfield.net



## SOCIAL GROUPS - LEARN NEW SKILLS

### Happy Hookers & Knitters Nook

A social way to learn how to crochet or knit. Bring along an existing project or ask Lisa for some inspiration.

Happy Hookers Crochet - Thursdays, 10am - 12pm. Knitters Nook - Mondays, 12pm - 2pm \$2 per class.

#### HEYFIELD PLAYGROUP

Playgroup offers parents, carers, babies, toddlers and preschoolers time each week to socialise, and learn through play and have fun together. Enjoy a tea or coffee and bring a snack for your little one/s to have for morning tea. **Meets every Thursday during the school term, 9:30am - 11:30am, Gold coin donation per session.** 



### Senior Bytes - confident, tech-savvy seniors

Do you need help navigating technology? Come along to Seniors Bytes, a new social group for older members of our community to overcome digital challenges, learn new skills and support others to be confident, tech-savvy seniors.

Meets every Tuesday, 10am - 11.30am. Gold coin donation.

Be ConnectedNetworkEvery Australian online.Partner

## HAPPENING EACH WEEK

MONDAY	TUESDAY		THURSDAY	FRIDAY
Walking	Ageing with Attitude	Youth Group	Hoofers Walking	Heyfield Family
Basketball	Exercise	A place for youth	Group	History Group
12pm - 1pm at	9am - 10am, Heyfield	aged 12 and up to	9am during terms 1	Every Friday 9.30am
	memorial Hall, \$10 per	catch up after school	and 4 & 10am in terms	
Heyfield	class	in a safe, relaxed	2 and 3. Gold coin	- 12.00pm at the
Basketball		environment.	donation	Heyfield Community
Stadium.	Circle Dancing	Activities vary each	Yoga with Carol	Resource Centre
\$10 per session	Tuesday at the		Thursdays at the	
	Memorial Hall supper	week.	Memorial Hall, 9am -	
	room, 2pm - 3pm, \$10	4pm to 5pm. FREE!	10.30am, \$15 per	
	per class		class/ \$13 concession	

### First Aid classes with 3 Rivers Training.

3 Rivers Training delivers and assesses nationally recognised training on behalf of Allens Training Pty Ltd RTO 90909.

Courses have online theory & assessment modules for completion prior to our face-to-face session. Come and join Steph a local nurse with emergency department & general practice experience in an interactive and relatable learning session. *Group sessions available* 



#### For further information please call Steph on 0408 472 835

HLTAID009 Provide Cardiopulmonary Resuscitation \$65 HLTAID011 Provide First Aid \$155 HLTAID012 Provide First Aid in an

Education and Care Setting (enquire for dates) \$175

Click on QR code to book online

Term 1 dates:

Monday Feb 26th morning and evening session available

Tues March 19th morning and evening session available