

# Heyfield Community Resource Centre

## Term 1 courses and activities



**DYING TO KNOW**  
starting the difficult conversations  
around planning for end-of-life

**An introduction to life planning**  
Thur 29th Feb

**Palliative care & support services**  
Thur 7th Mar

**Wills & Power of Attorney**  
Thur 14th Mar

**Funerals, trauma & financial planning**  
Thur 21st Mar

**Voluntary Assisted Dying Laws**  
Thur 28th Mar

All sessions are FREE and held at the Heyfield Community Resource Centre 5 George St Heyfield, 10am - 11.30am  
Bookings on 5148 2100 or email [coordinator@heyfield.net](mailto:coordinator@heyfield.net) light morning 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!  
Register your interest now and find out more  
[coordinator@heyfield.net](mailto: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 pre-schoolers 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 Connected**

Every Australian online.

**Network**

**Partner**



## HAPPENING EACH WEEK

### MONDAY

**Walking Basketball**  
12pm - 1pm at Heyfield Basketball Stadium.  
\$10 per session

### TUESDAY

**Ageing with Attitude Exercise**  
9am - 10am, Heyfield memorial Hall, \$10 per class

**Circle Dancing**  
Tuesday at the Memorial Hall supper room, 2pm - 3pm, \$10 per class

### Youth Group

A place for youth aged 12 and up to catch up after school in a safe, relaxed environment.

Activities vary each week.  
4pm to 5pm. FREE!

### THURSDAY

**Hoofers Walking Group**  
9am during terms 1 and 4 & 10am in terms 2 and 3. Gold coin donation

**Yoga with Carol**  
Thursdays at the Memorial Hall, 9am - 10.30am, \$15 per class/ \$13 concession

### FRIDAY

**Heyfield Family History Group**  
Every Friday 9.30am - 12.00pm at the Heyfield Community Resource Centre

## 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