



# Bonnie Doon



## Community



## Centre

Attend | Participate | Belong

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# WHAT'S ON?

BONNIE DOON COMMUNITY GROUP INC.  
ABN 76 165 429 404

## JUNE / JULY 2022

Opening Hours:

Mon.: 10:00am—3:30pm | Tues.—Thurs.: 9:30am—4:30pm | Fri.: 10:00am—2:00pm

### WE PROVIDE THE FOLLOWING:

#### DAILY:

Opportunity Shop, Laminating, Emailing and Faxing Services, free Wifi, Book Borrowing  
**Drop in if you're passing and see what's happening**

#### REGULAR MEETING GROUPS:

##### **MONDAYS:**

- **MyDigi Help**- basic help with digital device problems (by appointment)
- **Monday Mingle** - social interaction, craft, games, chat and more. Cost: \$2 (11am to 12:30pm)

##### **TUESDAYS:**

- **Maths Tutoring**— all levels of math, qualified teacher, by appointment only
- **Play Group** - for kids aged 0 - 4 years of age and their mums, dads, grandparents, guardians

##### **WEDNESDAYS:**

- **Let's Talk** - mutual mental health support (10 am to 11am)
- **Coffee Club** - 3pm to 4pm, a good old natter over a cuppa
- **Youth Group** - 4pm—6pm

##### **THURSDAYS:**

- **Line Dancing** - 10:30am to 12noon
- **Computer Clinic** - 2pm to 3pm Self-help and digital problem solving
- **Book Lovers Club** - 1pm - 2pm. Sharing thoughts about your latest reading adventure

#### PROFESSIONAL SERVICES:

##### **THURSDAY, JUNE 2 & JULY 7: THE DOCTOR'S DAY**

Please call 5778 7722 to make an appointment to see *Dr. Will Twycross*

##### **MONDAY, JUNE 27 & JULY 11 & 25: PERSONAL COUNSELLING SERVICE**

Please call 0439 776 040 or email [lightthewaycounselling@gmail.com](mailto:lightthewaycounselling@gmail.com) to make an appointment with *Brianna King*

**We may not have it all together but together we have it all!**

**Youth Group—Wednesdays, 4pm to 6pm**

Food, fun and friends! Hang out with your mates, do some cool activities, and eat some delicious food. Join the fun during school term. Ages 12-17, No cost involved. Call Rachelle for more information 0419 898 362

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**CARER GATEWAY**

**CARER SUPPORT INFORMATION SESSION: THURSDAY, JUNE 2 @ 10:30AM**

If you are looking after someone with a disability, a medical condition, mental illness or who is frail due to age, this free carer information session is for you. Learn how Carer Gateway can help you receive support and access services. Find out about respite care, financial support packages and much more. No need to book.. **OUR REGULAR CARER GROUP WILL MEET JUNE 9 AND JULY 14 AT 3PM**

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**WALKING WANDERER GROUP: WALK, TALK & GAWK—MON. JUNE 20 & MON. JULY 18**

As everyone enjoyed our last walk exploring Merton cemetery, the June walk will lead us along similar adventures. We will meet at Creighton's Lane in Yarck and walk to the Yarck cemetery. This is a 9km round trip along the rail trail.

In July, we intend to follow Gary as he leads us on a mystery walk.

For both walks, we ask that you wear appropriate clothing and shoes and carry some water.

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**FREE SCHOOL HOLIDAY ACTIVITY FOR PRIMARY SCHOOL AGED KIDS**

**STREETDANCE WORKSHOP—WED., JUNE 29 @ 10:30AM - 12PM**

We are inviting 20 children between the ages of five and twelve years to get up on their feet, have stacks of fun and improve their physical health and self-esteem all at the same time. Facilitated by experienced health and wellbeing provider, Proactivity, the morning is sure to entertain the kids as they take part in three specifically designed key areas: Warm-up & Grooves, Upbeat Routine, Fun and Games. The warm-up and grooves are to get the body loose, while at the same time nurturing everyone's confidence to join in. The upbeat routines are choreographed to be the biggest hits played on the radio so the kids can instantaneously sing along and tap their feet. The workshop is then finished off with our favourite key area, games! Please book early to avoid disappointment.

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**NEW NEW NEW**

**ACOUSTIC SUNDAYS—JUNE 5 AND JULY 3, 2PM– 5PM**

We are very happy to host an auditory delight as local musicians perform at the Old Library on the first Sunday of every month. Come along and while away a lazy winter's afternoon. Cost is only \$2, tea and coffee provided, and you are welcome to bring a plate to share. Musicians who would like to perform please contact Dennis on 0400 595 022– or Ian on 0417 549 889

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**PLAY GROUP**

**PLAYTIME**

A great way to meet other families in a happy stay and play environment. Suitable for children 0-4 years of age and their mums, dads, grandparents and any other person looking after kids.

The program for the rest of term 2 is as follows:

**June 7:** Surprise Week

**June 14:** Dinosaurs (bring dinosaur animal toys to show and tell and brushes or dusters to find dinosaur bones in the sandpit)

**June 21:** Baby Animals Yoga (some yoga mats available or bring your own)

**Bring your ideas for term 3**

### **MUSICAL TRIVIA NIGHT—THURSDAY, JULY 14, 7PM**

Are you in need of a fun social night out? Look no further! Our musical trivia night is sure to bring a smile to your face, a tap to your toe and a strain to your brain as local muso, Dennis Hammond, fires off questions related to the music from the 60s through to the 90s. Please bring your own drink and nibbles to share. As we don't have limitless space, we ask that you book your spot.

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### **MONDAY MINGLE**

#### **SCENTED CANDLES IN A CUP—MONDAY, JUNE 6 @ 11 AM**

Using non-toxic, biodegradable soy wax you will make a candle in a container such as a glass, jar or cup. Wax and wick materials, a choice of containers and essential oils will be supplied. You are also able to bring your own vessel and/or oil if you wish. The cost for this one hour course is \$5 and booking is essential.

#### **COOKING—MONDAY, JULY 11 @ 11 AM**

It's the middle of winter, you may love or hate it but one thing is for sure: the cold and foggy weather invites you to enjoy comfort food. Lisa has a surprise dish in store for you. All you have to do, is follow her guidance and help prepare a comforting dish which you then share with your fellow cooks. The cost is only \$2 and you are guaranteed to have an enjoyable morning!

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#### **PLASTERING: REPAIRS, TOOLS AND TECHNIQUES— THURSDAY, JUNE 16 AT 11AM**

Learn how to fix up those little disasters that damaged your plaster wall. Brendan, an experienced plasterer, is happy to discuss common problems with older plaster walls, show you the best tools to use and share trade tricks to effectively repair holes and cracks. The cost for this informatory session is only \$2, booking is essential.

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#### **BONNIE DOON SOCIAL TABLE — THURS., JUNE 30 & JULY 28 @ 6PM, BONNIE DOON PUB**

Once a month, we are going to meet for our 'Social Table' at the Bonnie Doon Pub just to enjoy a meal and each others company. If you want to sit with us, let us know and we'll include you when we book our table (5778 7722)

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#### **SENIORS' LUNCH—MONDAY, JUNE 27 AND JULY 25 @ 12 NOON**

Menu to be decided, give us a call if you have a bright idea! The food is free but places are strictly limited and booking is essential. Sponsored by Mansfield Shire.

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Connecting with other people,  
sharing and learning new skills,  
being active, joining a group or even becoming a volunteer;  
that's what it's all about at the  
**BONNIE DOON COMMUNITY CENTRE.**

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### **POETRY CAFÉ— THURSDAY, JULY 7, FROM 2PM TO 4 PM**

Could you picture yourself sitting by a cosy wood fire, enjoying local poets reading their original works? Then this is for you! Ranging from rip roaring bush poetry yarns to romantic anecdotes, the afternoon promises something for everyone. If you are a poet, come along and read your work to an appreciative audience. Tea and coffee provided, please bring a plate to share for afternoon tea. There is no cost involved.

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### **WORKING BEE— SATURDAY, JULY 9, FROM 10AM TO 12NOON**

After two years of lockdowns and limited services, the Community Centre is in dire need of a little bit of extra care. The inside and outside of the building, as well as the grounds, are crying out for your attention. There are plenty of small and not so small jobs around to accommodate all abilities. From cleaning the cupboards or the garage to raking leaves and pruning roses, from washing windows to trimming vegetation... there's plenty to go around. Come for two hours or just 15 minutes, every effort is appreciated. There will be cake!

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### **PILATES—8 WEEK COURSE - STARTS THURSDAY, JULY 21 AT 5:15PM**

The Pilates course consisting of eight weekly sessions, each one hour in duration and costs \$80, payable at the first session (no refunds). Please bring a mat, blanket and water and wear comfortable clothes. Booking is essential! As there are limited spaces available, we will operate on a first come—first serve basis.

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### **PRESERVING FOOD: DISCUSSION AND IDEAS EXCHANGE—TUESDAY, JULY 26 @ 11AM**

This is an interactive workshop where food preservation techniques are discussed. We are joining the playgroup mums and kids for a fun morning of exchanging ideas, recipes and tasting home-made preserves. Bring your samples and let's move one step closer to self-sufficiency.

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## **ANNOUNCEMENTS**

**NEW COUNSELLOR:** We are happy to have Brianna King join our volunteer force in her capacity as registered counsellor. Brianna is passionate about assisting adults and teens from all walks of life in their journey of healing and growth toward a happier and more fulfilling future. Her counselling style is eclectic and attuned to the clients' particular needs. Gently, she is able to help uncover the root causes of issues and concerns and then customise a therapeutic plan which will assist to make profound changes with lasting effects. Get to know Brianna at an **AFTERNOON TEA ON THURSDAY, JUNE 9 AT 3PM**. Please refer to the front page of the 'What's On?' for details about availability and how to make an appointment. Brianna is providing her service free of charge to local people.

### **FREE POSITIVE PARENTING SEMINARS @ MANSFIELD YOUTH CENTRE:**

1. Raising resilient children with proven parenting strategies—Wed. 1 June, 12:30pm to 1:30pm
2. Help your children break free from anxiety—Wed. 1 June, 6:00pm to 7:30pm

Both seminars are being held at Mansfield Youth Centre, 7 Erril Street

For more details please contact the presenter directly: Darron Crocker, Parenting Support Consultant – Victoria (Mon-Thurs), Triple P International Pty Ltd, T: +61 7 3236 8514 | M: 0477 304 381

## **General Enquiries and Bookings**

Apart from our regular meeting groups, all programmed activities are **subject to sufficient numbers** of participants; therefore, it is important that you let us know your intention to join in. To book or to enquire about programs, activities, events and services, please call the Community Centre on 5778 7722