



Port Fairy Community House

5568 2681

Term 1 2019
Jan 29—April 5

Pre-Schoolers Yoga

Merrill Spicer

Releasing energy with jumping, hopping, skipping, and clapping. Designed for active 2—5 year olds. Mums and carers can join in or sit and rest. Yoga involves a story, stretching and breathing with the storyline.

10.00 – 11.00am Wednesdays

Feb 20 - Mar 27

(6 sessions)

\$60

Community Garden

Come and get your hands dirty in the Community Garden. Every week includes hands on gardening, growing and harvesting. Learn about your garden through discussion with other like-minded gardeners. Come along once or come along every week.

10.00am – 12.00pm Mondays

House membership only

Crafter-noon with Missie Bee

Noni Brislin

Come feed your brain some creativity juices with projects that you will be mega proud to take home while catching up with other Crafters too! All materials included with multiple projects on offer. Lots of inspiration.

2.00 - 5.00pm

Feb 23

\$40

Port Fairy Community Market

@ Railway Place

January 1, 5, 12, 19, 26

February 9, 23

March 2, 23, 30

April 13, 20, 27

May 11, 25

STALL HOLDERS:

Bookings are essential
Details via our webpage

Art: Painting and Drawing

Chris Dobson

Painting, drawing, and colour theory practice in an informal setting. Suitable for all emerging and practising artists. This 6 week course will include use of pencils, paint, and pastels, on paper. All in a fun and playful environment.

10.00am – 12.00pm Mondays

Feb 4, 11, 18, 25, Mar 18 & 25

(6 sessions)

\$100 + \$30 materials

Beachcombing Walks

John Miller

Learn more about the local beach environment. Discover and identify animal, mineral and plant matter washed up on the beach overnight. Followed by an optional coffee and chat. Dogs on leads welcome. BYO hat and sunscreen.

Meet at South Beach car park

8.00am Thursdays

Pre-Schoolers Art

Merrill Spicer

This is a fun hour for mums, carers and children. Starting with a craft activity that has a literacy and numeracy component woven in. We will also have painting and playdough as free play.

10.00 – 11.00am Thursdays

Feb 7 - Mar 28

(8 sessions)

\$76

Seaside Singers

Lynda Beekhof

Join this community choir for singing, harmonising and friendship. This is a choir for anyone who loves to sing or would like to learn how to sing.

7.30 – 9.00pm Mondays

Feb 4 - Apr 1

(9 sessions)

\$72

Take 5- It's easier than you think

Noni Brislin

Happy 2019! Let's keep the holiday feeling going with an afternoon of relaxation and take home tips to give yourself that all important 'take 5' break more regularly! Wear comfy clothes and water bottle is optional. Suitable for both Ladies and Gents.

2.00 - 3.30pm

Feb 2

\$30

All learners enrolling in a course or activity must be a current member of Port Fairy Community House. Membership: \$10 an individual, \$15 a family. Course fees are due prior to commencement

Sri Lankan cooking

Chamari Ariyadasa

Chamari will teach you the basics of cooking Sri Lankan flavours. This introduction will start in the kitchen where you will join in the preparation and cooking of a range of dishes. The session will include a sit down meal to enjoy and share.

10.00 - 1.00pm

Feb 25

\$40

Gentle Yoga

Gianna Sponchiado (GauriYoga)

Gentle Yoga is practical, student centred and creative in how it is taught. A very gentle meditative style of Hatha yoga and fun. This class is designed for people of all backgrounds, abilities and beliefs. Particularly suitable for those with limited flexibility.

9.30 – 10.45am Fridays

Feb 1 - Mar 22

(7 sessions)

\$90

Stress busters

Jacki White

Everyone experiences stress in their life. What is important is not whether or not you suffer from stress but how you deal with it when you do. Learn to identify the stressors, develop skills to meet challenges and build resilience.

7.30 - 9.00pm

Feb 13

\$20

Meditation

Gianna Sponchiado

This meditation format provides clear and practical techniques to gain and maintain harmony and balance. Incorporates deep relaxation and breath work by drawing on a range of meditation practices.

7.30 – 8.30pm Tuesdays

Feb 5 - Mar 19

(7 sessions)

\$90

Focus on Reduce, Recycle, Reuse

War on Waste discussion group

Monthly get together / drop in to discuss topics related to reducing waste and impact on the environment. Learn what others in the community are doing, share ideas and explore things you can do at home.

7.30 - 8.30pm, 3rd Tuesday of the month. Gold coin donation
Feb 19, Mar 19, Apr 16.

Guest speaker - Feb 19 Rebecca Ryan from Bee Kind Eco Store.

Guest speaker - Mar 19: Judith McKay discussing dehydrating food and ideas for excess produce.

Make your own wax wraps

Judith McKay

Reduce your dependence on plastic by learning how to make your own beeswax wraps and create a container to store them in. Materials supplied but feel free to bring your own.

1.00 – 3.00pm
Mar 25
\$20

Natural pest control in the garden

Chamari Ariyadasa

Managing garden pests by learning about pests, diseases and disorders. Identify natural enemies, and apply control methods through integrated pest management (IPM). Chamari has more than 14 years experience as an Agriculturist.

9.30 – 12.30pm
Mar 2
\$40

Gardening Creations: from the re-imagined and re-used.

Noni Brislin

Here's a pretty nifty nugget of information- you can grow a plant in almost ANYTHING! There is a couple of tricks to ensure it grows happy and healthy in its unique home, but the fun lies in WHAT it can be grown in! So let your imagination run wild as we transform objects we no longer use for their original purpose into fabulous garden creations and sculptures! Wear clothing appropriate for gardening. All materials included.

2.00 - 4.00pm
March 16th
\$40

*Keep an eye on our
Facebook page for our
POP UP Preserving
workshop, coming once the
fruit is ripe!*

Improve your Sleep

Jacki White

Do you suffer from lack of a good night's sleep, insomnia or wake up feeling tired? This workshop will help you gain insight into your own sleeping habits. Learn to identify factors you can change in order to improve your sleep. Gain practical tools to help you overcome insomnia and how to have a better quality of sleep.

7.30 - 9.00pm
Mar 13
\$20

Beginners Italian

Jill Opperman

Are you planning a trip to Italy or would like to stretch your mind with a new language? Come and learn useful phrases and much more.

9.30 – 10.30am Wednesdays
Feb 6, 13, Mar 6, 13, Apr 3
\$75

Intermediate Italian

Jill Opperman

For those continuing to learn this wonderful language and more about the culture. Join us for some great conversations.

10.30 - 11.30pm Wednesdays
Feb 6, 13, Mar 6, 13, Apr 3
\$75

Advanced Italian

Jill Opperman

This is for those who have advanced skill levels wishing to continue. Jill has a range of activities and techniques to keep you learning.

11.30 – 12.30am Wednesdays
Feb 6, 13, Mar 6, 13, Apr 3
\$75

More Felting

Maureen Stone

Build on your felting knowledge. Bring your projects and ideas to work on. Get expert advice on techniques as well as design. Beginners are always welcome.

10.00am - 12.30pm
Feb 22
\$20.00

Walking Group - Heart Foundation

Morgan McAlinden

Great social group with all paces catered for. Optional catch up cuppa afterwards. Meet outside Driftwood Coffee & Eatery on Bank St, all year. Sorry no dogs.

9.30 - 10.30am Fridays
House membership only

COMMUNITY GROUPS AUSPICED BY PORT FAIRY COMMUNITY HOUSE:

Belfast Bookers

Maureen Joyce 0418 210 011

Port Fairy Garden Group

Julie Burt 0437 244 100

Tai Chi

Netta Hill 0402 439662

Textile Art Group

Doris Madden 0419 353334

Maureen Stone 0427 218 129

Water Aerobics

Martina Murrihy 0429 195 508

Ukulele Group

Tony Bishop 0400 214 503

Port Fairy U3A

Maureen Joyce 0418 210 011

For more information on these activities, please phone the contact listed.

Guitar—from the beginning

Julie McErlain

Learn the basic routines for playing chords, simple bass lines and easy melodies. These classes are for all ages. Fun and encouraging.

2.00 – 3.00pm Friday
Feb 15, 22, Mar 1, 15, 22, 29
(6 sessions)
\$90



Teen Yoga

Claudia Zanette (GreenYogaLab)

Helping teens maintain contact with their physical, emotional and ecological selves. GreenYogaLab facilitates the discovery of the True Self and the interconnectedness with the web of life. Suitable for teens from 12 to 18 years old. Teen Yoga will cover breathing exercises, yoga postures and elements of journaling, crafting, self expression and guided meditation.

5.00 – 6.30pm Tuesdays
Feb 5 - Feb 26
(4 sessions)
\$55.00

VISIT OUR WEBSITE www.portfairycommunityhouse.com.au

Call us on 5568 2681

NEW office hours: Tuesday to Friday – 9am to 3pm
Every second Saturday 7am – 12pm
Railway Place, Port Fairy

Email: carol.c@portfairycommunityhouse.com.au