



Social and Community Connections

Murchison Garden Group

4th Wednesday of the Month 7:30pm \$1.
February 28 and March 28 Guest speakers, garden walks, displays, DVD screenings & more. Call Beth 0458 262 240

Community Café

Monday and Wednesday 10:00 - 11:00am, \$1.
\$1 cappuccino, latte, hot chocolate or tea. Homemade slices and cake on sale, indoor and outdoor seating available.

French Cooking Class

*Experience authentic French provincial cooking and learn to make it yourself Please contact office for more information

Bread Roll Making

Friday February 23rd 10am - 12noon \$5
Learn an simple and effiecnt way to make rolls at home with Glenda. \$5 for ingredients.

Men's Shed

Wednesdays 1:00pm - 2:30pm, \$2.
This enthusiastic group is a chance to meet and talk with other men and work on small projects for different community groups. Resumes Feb 7th. Contact Alan for details 0407 849 440.

Murchison Mens Shed

BBQ

Join us for our Monthly BBQ first Wednesday of the month Details, Call Alan 0407 849 440

Murchison Book Club

4th Friday of the month, 10am, Gold Coin.
January TBC, February 23rd, March 23rd Booklist available from murchison.org.au from mid December or pick up from Neighbourhood House.

Monday Activity Group

1st and 3rd Monday of the Month, 1:00pm, \$2.
Feel free to join in for lunch beforehand, two course meal for \$5. Variety of activities, games, DVDs, speakers, craft, short trips details.

Simply Lunch

Monday and Wednesday from 12pm, \$5.
Join us in a two course meal, everyone welcome, \$5 per person. Bookings appreciated! Resumes Monday February 5th.

Cuppa and Chat

Tuesdays 10.30 - 11.30am, Gold Coin.
Meet new people & time out with a social group.

Women on Wheels

Wednesday Feb 21, 28 & Mar 7, 14 - 9:30 - 11am, \$20
Get to know more about your car - how to change a tyre, monitoring fluid levels, simple car care, and more. This will be hands on and lot of chance for question and answer, enolments required.

Monthly Movies

Tuesday Feb 6th, Mar 6th - 1pm sharp, \$2
Watch a recent release film with others, film followed by afternoon tea

Writers Group

2nd Friday of the Month, 10am, \$1.
Share your story, try something new or just enjoy the company of other writers.

Computer Troubleshooting

Wednesday 10-11am, \$2
Bring in your computer problem and we will try to help you to work it out.

Murchison
Neighbourhood House

Public Holidays

January 26th - Australia Day
March 12th - Labour Day
March 30th - Good Friday

Health and Wellbeing

Walking group

Wednesdays 10:00am, Gold Coin.
Leaves 10am Wednesdays during the school term from the Neighbourhood House. Group members welcome to stay for cuppa and the end of the walk.

Modified Strength Training

Tuesdays 11:00 - 12:00, \$2.
Exercise your total body at once and develop greater strength. Equipment is provided, sessions conducted by Primary Care Connect. Resume Jan 9th

Carers Group

Tuesday March 20th, 10:30-11:30, Free
If you see yourself as a carer to someone, come along and help to establish a monthly carers group to meet your needs.

Come & Try Water Aerobics

Thur's Nov 30th - Dec 21st, 6 - 7pm, \$4.50.
Murchison Swimming Pool, cost is free to current season pass holders.

Community Bus to Shepparton

This community service runs from Murchison to Shepparton and back every Thursday, drops off in K-Mart precinct or at appointments as required. Bus leaves the Murchison Neighbourhood House at 9am or other points by prior arrangement. Cost \$5 per person, booking essential.



Crafts

Friday Craft

Fridays 12:00 - 3:00pm, \$3

Activities change weekly, please contact for current list of what to bring/projects. Group members available to offer support and advice on patchwork projects as required.

Mosaics

Tuesdays 1-3pm Feb 20 & 27, Mar 6 & 13, \$20

Learn different techniques while making simple projects, basic material supplied for creating 3 simple projects. Enrollment required.

Quilting Frame

Available for \$15 per hour.

By arrangement only. Please call for details.

Yarning & Sewing with Helen

Fridays 10am - 12noon, \$2.

Learn to knit or crochet, sew with a machine, draft or read a pattern.

Draw & Paint Weekly

Tuesdays 10 - 12noon, \$2.

Get inspired to begin new projects, BYO materials or purchase a basic painting kit from our tutor.

Everyday Service

Printing & Photocopying

Photocopying, scanning and laminating available Monday - Fri 9:30am - 2:30pm.

B&W: A4 20¢, A3 40¢ - Colour: A4 40¢, A3 80¢

Room For Hire

Room For Hire for meetings or classes. Please ask about our generous rates

Maternal & Child Health

Fortnightly service by appointment only, for more information phone 5832 9312.

Immunizations

4th Tuesday of each month, 12:15 - 12:30.

Ph 5832 9731 for more information.

Toy Library

Wednesdays - Thursdays 9:30 - 11:30, \$10.

Annual Membership just \$10. Save money on new toys by borrowing from our wide range.

Murchison Website

Not only a place to find out what is happening at the Neighbourhood House, but who to contact in local groups, and see what is happening in our community calendar. Listings by community Groups are most welcome! Follow the prompts to list your event for everyone to see.

3610 Newspaper

3610 Murchison & District Newspaper is printed bi-monthly. Issues released to our community. Delivered FREE to homes in the Murchison and Dhurringile areas, copies available for pick up from selected business.

Information and Referral

If you would like to find out more about local services or programs, office staff may be able to help with written or verbal information. Office hours are 9:30am - 2:30pm weekdays.

St Vincent de Paul

Fridays 3:00 - 4:00pm

Volunteers from St Vincent de Paul are available for help. Appointments not necessary.

Internet Cafe

Monday - Friday 9:30 - 2:30, \$2p/h.

Open during office hours - \$2 per hour

WANTED

Reporters & Photographers

We're looking for articles, preferably accompanied by photos, which explain the success of the local community, clubs, businesses, events, or activities. Because a story must be of interest to its readers, help is available if needed to complete an article.



Now Selling Online

Watch for our ads on Gumtree, and in local Buy Swap & Sell sites. Donations of saleable goods can be left in the shop during store hours or in the large grey donations bin at the entrance to the shop at any time.

All monies made stay in Murchison and is used to maintain and upgrade facilities at the Murchison Neighbourhood House