



Social and Community Connections

Murchison Garden Group

4th Wednesday of the Month 7:30pm \$1.
Guest speakers, garden walks, displays, DVD screenings & more. June 27 Therapeutic Gardens. No July meeting. Call Beth 0458 262 240

Community Café

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

Men's Shed

Wednesdays 1:00pm - 2:30pm, \$5.
This enthusiastic group is a chance to meet and talk with others, work on small projects for different community groups. Contact Alan 0407 849 440.

Murchison Book Club

4th Friday of the month, 10am, Gold Coin.
July 27th, August 24th, September 28th, October 26th
Booklist available from murchison.org.au or pick up from Neighbourhood House.

Cuppa and Chat

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

Monday Activity Group

1st and 3rd Mondays of the Month, 1 - 3pm \$5
Variety of activities, games, DVDs, speakers, craft, short trips and lunch. Home pick up available. Group run from Murchison Community Centre. Bookings required, begins July

Simply Lunch

Mondays and Wednesdays from 12pm, \$5.
Join us in a two course meal, everyone welcome, \$5 per person. Bookings appreciated phone 5826 2373.

Monthly Movies

Tuesdays Jul 24, Aug 28, Sept 25 - 12:30pm, \$2
Watch a recent release film with others, film followed by afternoon tea.

Writers Group

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

Computer Troubleshooting

Wednesdays 1:30 - 2:30pm, \$2
Bring in your computer problem and we will try to help you to work it out.

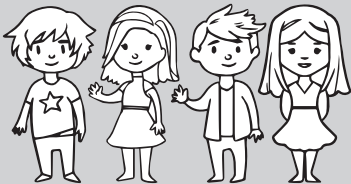
WE HAVE GONE PLASTIC BAG FREE



BYO bag into the PreLoved Shop or buy one of our homemade bags.

Weekly bag making sessions Fridays 9-11am. Sewing machine available for use, people to help with cutting and ironing welcome.

SCHOOL HOLIDAY



ACTIVITES

July 2nd - Rock Art
July 9th Scarecrow & Seeds
\$5 each activity

10-11am daily, suitable for primary school aged children. Bookings essential, adult sign in and out required.

Help us plan for term 3 school holidays, send in your ideas to the Neighbourhood House before 01/09/2018.

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 11am-12noon, Wednesdays 1-2pm, \$4.
Exercise your total body at once and develop greater strength. Equipment is provided, sessions conducted by Primary Care Connect. Term 2 ends June 26th, program resumes July 17th.

Carers Group

Tuesday Jul 17th, Aug 21st, Sep 18th, 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.

First Aid training

HLTAID
CPR 6-10pm Aug 15th \$70
HLTAID004
Level 2 first Aid 6-10pm Aug 15th \$165
HLTAID003
Level 2 update 6-10pm Aug 15th & 22nd \$85

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.



keep
up to date
with
program changes
by checking out
our website.
murchison.org.au

Crafts

Needle and Thread

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.

Quilting Frame

Available for \$15 per hour.
By arrangement only. Call 5826 2373 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, \$5.
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.

Immunisations

4th Tuesday of each month, 12:15 - 12:30.
Ph 5832 9731 for more information.

Murchison Community Plan

check out when meetings are scheduled and up to date information about progress to date on murchison.org.au

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, \$2.
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.



Linen Sale

SB Sheets \$1
DB, QB, KB Sheets \$2
Pillowcase 20¢

*Offer ends July 31st,
excludes doona covers.

Shoe Sale

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All Shoes \$2*
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*Offer ends August 31st

All money made stays in Murchison and is used to maintain and upgrade facilities at the Murchison Neighbourhood House