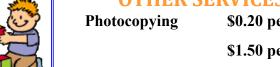
# **PLAYGROUP**

Day: Thursdays

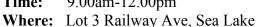
10.00am-12.00pm When: Gold coin donation Cost:

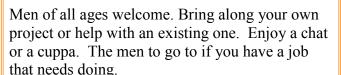


Come along, bring your kids and join in the fun in our relaxed and friendly playgroup. Meet new people and have a cuppa whilst your kids are playing together. You can even borrow from the Toy Library whilst you're here.

#### SEA LAKE MEN'S SHED

Mon, Wed and Fri Days: Time: 9.00am-12.00pm





#### **CRAFT GROUP**

Days: 1st and third Wed of the month

10am to 2pm Time:

Have a craft project on the go? Need some assistance with it or just want to socialise while your working on it? Then come along to our craft group



#### FIREARM SAFETY COURSE

Days: 2nd Tuesday of each month

7pm Time:

This free course is required in order to get your gun licence.

Please contact the house for more info and to register. Courses may be cancelled if enough bookings haven't been received prior to course commencement

#### OTHER SERVICES AVAILABLE

**\$0.20** per B&W copy

\$1.50 per colour copy

**Printing** \$0.50 per B&W copy

\$1.50 per colour copy

Laminating \$1.00 per A4 page

\$2.00 per A3 page

Fax **\$1.00** per page

\$3.00 per hour Internet

**Typing** \$5.00 per page

Resumes \$2 per page for existing

\$20 per page for new

**Activity Room** Ring for hire details

PA Hire \$50 for private use

Free for community groups

**Community Bus** \$0.80 per km which includes

fuel. 14 seats with driver.

**Data Projector** \$20 hire fee

Neighbourhood House also assist individuals or community groups to apply for grants and funding. They just need an idea and need within a community to apply for appropriate funding. Previously this has provided Mole scan Clinics, Men's Shed funding, the Community Bus, equipment for sporting organisations, etc. If you have something in mind, ask NHH for assistance.

Sea Lake Neighbourhood House

is Auspiced by Mallee Track

**Health and Community Service** 



Phone: 50701448 Fax: 50702290

Mobile: 0407135881 Email: nhh@sldhs.com.au

Sea Lake Neighbourhood House is a not-for-profit organisation that aims to provide a centre where residents can come together, learn new skills and be involved in their community. The house ensures that Sea Lake has access to a range of opportunities and services by providing a variety of programs, activities, general interest classes, personal development and support, social and recreational events. We welcome any input into our services and are happy to help in anyway they can.





## Neighbourhood House Hours are:

Monday 9am to 5pm Wednesday 9am to 4pm Friday 9am to 5pm

# HEALTH & WELLBEING

#### LAP SWIMMING SWAN HILL

Enjoy swimming but can't in the cooler months? Or prefer to exercise in a way that is easier on the joints and perfect for recovery. Can either swim laps or participate in water aerobics class. Min of 3 people required. Monday mornings depart Sea lake at 11am return to Sea Lake at 1.15pm.

Cost - \$5 for travel + (\$4.70 for lap swimming) OR (\$8 for water aerobics).

#### WALKING GROUP

Regular walking can make a difference to health and wellbeing even if it is only half an hour. Its also free and easy. Bored walking by yourself? Hard to get motivated. Then join this group to walk and socialise at the same time while exploring different walking routes. Leave from NHH on foot or by bus to nearby various locations. Wed - 10.30am to 11.30am.

#### MEET AND EAT SOCIAL GROUP

Frid - 10.30am to 11.30am.

Once a month, get on a bus and explore nearby town with a group of people, have a nice meal and relax and socialise. Last Friday of each month. Leaving Neighbourhood House at 11.30am and bookings are essential. Bring kids, partner, friends or just yourself! Or meet us at a location.

Fri May 30 - Spoons Riverside Swan Hill

Fri June 27 - Berriwillock Crown Hotel

Fri July 25 - Birchip Hotel

Fri August 29 - Sea Lake Top pub

Fri Sept 26 - JavaSpice Swan Hill

Fri Oct 31 - Sea Lake Bottom pub

Fri Nov 28 - Culgoa pub

Cost - \$5 plus your meal and refreshments

# ACTIVITIES

#### **SLR PHOTOGRAPHY WORKSHOP**

**Monday 23rd June** Day:

Time: 6pm to 9pm \$25 per person Cost:

This workshop focuses on getting the most out of your SLR camera with Phil Downes. Places limited

#### **MOLEMAP - BALLARAT**

Wednesday 20th August Date:

Leave at 8.30am - Return at 4.30pm Time:

\$375 + \$15 travel Cost:

Detect skin cancer early with Molemap which captures both the internal and external structure of skin lesions as well as providing a high resolution medical record of your skin surface. This aids as a reference point to monitor changes in your skin. Bookings are being taken NOW. Places are limited

### **SOCIAL SQUASH**

**Day:** Friday mornings

Cost: TBC

Anyone interested in playing squash on a Friday morning? There is a social competition starting in Birchip or if enough interest could start our own

here in Sea Lake. Need to know ASAP.

#### **BRIDGE PLAYERS**

Anyone interested in playing Bridge? Some interest has been expressed, just need some more players. All levels of ability welcome

#### MIXED NIGHT NETBALL

Monday nights. Enter your own team or individually and be put in a team. Registrations being taken now.

Register by Friday 30th May.

**Date:** Mon 2nd of June. 8 weeks + Finals

Time: 7pm.

Cost: \$15/player. If filling in then \$2 for

that game.

# **ACTIVITIES CONT'**

#### RESPONSIBLE SERVING ALCOHOL

**Date:** Monday 2nd June

**Time:** 6 - 9pm

**Cost:** \$65 or Free is for a volunteer purpose Need minimum of ten people to go ahead.

WICKED

#### WICKED—MUSICAI

Wed 16th July Dates: Leave 8.30am Time:

Return 8pm.

\$150 (deposit of \$110 required). Price: Bus trip to see the very popular musical 'Wicked'. People interested in going need to have names and deposit to NHH by 17th June.

#### **YOUTH ACTIVITIES**

#### Swan hill Cinema Excursions - Cost \$20.

20th June - How to Train your Dragon 2 (pg) 27th June - Tinkerbell: the pirate Fairy

4th July - Rio 2

#### **School holiday Activities**

7th July - Movie Marathon (10am to 4.30pm) \$5 9th July - Cooking Class (12pm to 2pm) - \$15 11th July - Pioneer Settlement - Cost \$40

## THE MALLEE MASQUERADE BALL

Date: Sunday 29th of June

**Time:** Bus will leave Sea lake at 7pm.

Where: Birchip Leisure Centre

**Cost:** \$20 which includes entry, supper and bus.

16-18 year olds

Dress: Dress deb/suit or formal attire

Senior youths in the area are invited to attend a Masquerade Ball in Birchip. Don a mask to add

some mystery to the event. There is a red carpet entry, photo booth and a band present. A Belle and Beau of the ball will be crowned on the night.

RSVPs are essential.