

## PLAYGROUP

**Day:** Thursdays  
**When:** 10.00am-12.00pm  
**Cost:** Gold coin donation



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

**Days:** Mon, Wed and Fri  
**Time:** 9.00am-12.00pm  
**Where:** Lot 3 Railway Ave, Sea Lake



Men of all ages welcome. Bring along your own project or help with an existing one. Enjoy a chat or a cuppa. The men to go to if you have a job that needs doing.

## CRAFT GROUP

**Days:** 1st and third Wed of the month  
**Time:** 10am to 2pm

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  
**Time:** 7pm

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

Photocopying	\$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
Internet	\$3.00 per hour
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**



# SEA LAKE NEIGHBOURHOOD HOUSE

200 Best St, Sea Lake, 3533  
Phone: 50701448 Fax: 50702290  
Mobile: 0407135881  
Email: [nhh@sldhs.com.au](mailto: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. Frid - 10.30am to 11.30am.



### MEET AND EAT SOCIAL GROUP

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

**Day:** Monday 23rd June

**Time:** 6pm to 9pm

**Cost:** \$25 per person



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

### MOLEMAP - BALLARAT

**Date:** Wednesday 20th August

**Time:** Leave at 8.30am - Return at 4.30pm

**Cost:** \$375 + \$15 travel

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—MUSICAL

**Dates:** Wed 16th July

**Time:** Leave 8.30am  
Return 8pm.

**Price:** \$150 (deposit of \$110 required).

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.

**Ages:** 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.

