



*Meaningful Connections in Welcoming Spaces*

# *Weekly Health & Wellbeing Activities*

**Term 2 Calendar, 14 April 2024 - 29 June 2024**

<i>Monday</i>	<b>Yoga   9am - 10am   DM Community Hall   \$10 Adult / \$5 Conc. Per Class   Tutor Augustina Vigano</b>
<i>Monday</i>	<b>Pilates   6pm - 7pm   DM Community Hall   \$10 Adult / \$5 Conc. Per Class   Tutor Kylie Edwards</b>
<i>Tuesday</i>	<b>Strength Circuit   6.30am - 7.15am   DM Pavilion   \$10 Adult / \$5 Conc. Per Class   Tutor Kylie Edwards</b>
<i>Tuesday</i>	<b>Table Tennis   7pm - 8.30pm   DM Community Hall   Gold Coin Donation   Volunteer Led</b>
<i>Wednesday</i>	<b>Yoga   6pm - 7.30pm   DM Community Hall   \$10 Adult / \$5 Conc. Per Class   Tutor Amanda Perry-Bolt</b>
<i>Friday</i>	<b>Marsh Fit   9am - 10am   DM Pavilion   \$10 Adult / \$5 Conc. Per Class   Tutor Kylie Edwards</b>
<i>Saturday</i>	<b>Tai Chi   10am - 11am   DM Community Hall   Free   Volunteer Led Group   Contact the Cottage</b>

For more information visit [deansmarsh.org.au](https://deansmarsh.org.au)

## Activities, Workshops & Events

### Dance Classes

**Tuesdays Fortnightly**  
April 23rd, May 7th & 21st  
June 4th & 18th

Mind Your Groove  
with Liza Freddie  
5pm - 6pm  
Deans Marsh Community Hall  
Pay As You Feel

### Scrabble Sessions

**Third Tuesday of the Month**  
Tuesday 21 May  
Tuesday 18 June

12.30pm - 1.30pm  
Deans Marsh Community Hall

Join in a game of scrabble.  
Play singularly or in teams.  
All ages & abilities welcome  
BYO Lunch,  
Tea, coffee & treats provided.

### Weaving Workshop

**Sunday 2 June**  
Come & learn to make a woven,  
twined basket with Caroline  
Hawkins (as seen at the Festival)  
10am - 3pm  
BYO Lunch. Tea, Coffee  
& Morning tea provided.  
\$45 Adult / \$30 Concession  
Bookings Online at  
deansmarsh.org.au

### History Chats

**First Tuesday of the Month**  
Tuesday 7 May  
Tuesday 4 June

The Store Deans Marsh  
10.30am  
\$5 Coffee & Cake Deal

### Film Nights

**Last Sunday of the Month**  
4pm - 6pm  
Deans Marsh Community Hall

Sunday 28 April  
Moon Rise Kingdom  
(Wes Anderson) PG 15+

Sunday 26 May  
Secret Life of Pets  
(Illumination) Family

Free Entry | BYO Camp Chair  
Gold Coin Popcorn & Hot Drinks

### First Aid Course

**Monday 6 May**  
Deans Marsh Primary School  
Year 5 / 6 Classroom

6pm - 7.30pm - CPR Refresh  
6pm - 9.30pm - Senior First Aid

Bookings online at  
deansmarsh.org.au

### Community Dinner

**First Friday of the Month**  
Friday 3 May & 7 June

Dinner served from  
6pm - 7.30pm  
BYO drinks & glassware  
Deans Marsh Community Hall

\$15 conc. \$20 adults & \$5 kids  
Take-away available \$15  
Payment on the night  
by cash or card please.

### Cottage Art w/ SPaRK

**Mondays 4pm - 5pm**  
29 April - 3 June

Introduction Art Classes  
for Yr 3s and above...  
Deans Marsh Footy Shed

Come and explore the skills of  
drawing, printing and more  
with Veronica & the SPaRK  
artists.

\$10 per class - \$60 for 6 Weeks  
Book at deansmarsh.org.au

### Volunteers Week

**Thursday 23 May**  
Celebrating all our amazing  
volunteers!  
SAVE THE DATE  
Stay tuned for more details!

### Youth Group

**Friday 17 May**  
Coffee Training at The Cottage  
(Plus Movie & Dinner)  
4pm - 8pm

**Sunday 2 June**  
Yeodene Paintball Excursion

Futher details confirmed via the  
DM Youth Group What's App  
Chat Group.  
For more information contact  
Cottage on 0499 851 334

### Digital Drop In

**Last Wednesday of the Month**  
24 April & 29 May  
2pm - 3pm

Pop into the Cottage and ask  
your puzzling Digital questions  
& get help from a local  
Digital Mentor.

Contact the Cottage or  
just pop in!

### Caring for Carers

**Wednesday 29 May**  
1.30pm - 3.30pm  
DM Community Cottage

Neighbourhood Houses  
Barwon Carers Workshop  
Contact the Cottage for Info.

### Book Club

**Books Available from  
the Cottage.**  
2 books on rotation.  
Catchups determined by group via  
a Whats App chat & email  
\$5 Per Annum

### Winter Solstice

**Fri 21, Sat 22 & Sun 23 June**

Join us for another special  
weekend celebrating the  
shortest day of the year  
in Deans Marsh!

Enjoy cultural celebrations,  
music, food, drinks, art,  
workshops & entertainment.

Stay tuned for more details!

### Visit the Cottage

**9.00am - 3.00pm**  
**Tues, Wed & Thurs**  
**10am - 3.00pm Friday**  
**10 Pennyroyal Valley Rd**  
Drop in and say hello!  
Printing, Internet, Scanning,  
IT Support, Support Referrals  
Coffee, Tea & Biscuits

**M | 0499 851 334**  
**E | cottage@deansmarsh.org.au**  
**W | deansmarsh.org.au**