

Term Two Program

20 April – 26 June 2026



Hours & Services

Our Office

33 Station Road, Foster VIC 3960
(PO Box 176)
Phone 5682 1101
Email office@mgch.org.au
Office Hours - Monday to Friday 10am - 3pm

Services

Services Australia Agency, helping connect digitally to Medicare, Centrelink and other Government Services.
Monday to Friday 10am - 3pm

Foodbank Frozen meals, bedding, and essential household items during office hours

Other Services

Internet & Computer access by appointment
A3 & A4 Printing, laminating, photocopying & scanning available during office hours
Local jobs board updated weekly
Free Wi Fi available anytime
Hearing loop available for loan
Book exchange

For more information on these services as well as local learning courses visit our website

Manna Gum Community House is a not-for-profit organisation governed by a community-based Board and offers a range of services including adult education, family activities, special events, emergency relief, and access to government services. House membership is \$5 per year for an individual and \$10 for families.

Community House User Groups

Stockyard Creek Quilters Group

Monday 10am-3pm
Contact Anne Lustgraaf, Phone 0428 851404

Alcoholics Anonymous

Phone 0408 122 222 or visit www.aa.org.au

Violin tuition

Contact Claudene-Marie Adams, Phone 0481 302 925

U3A Prom Coast University of the Third Age

Phone 0427 862 342

Chair Yoga

Friday 10am-11am Contact Nat, Phone 0400 512 364

Manna Garden Group

Monday 10am-12pm. New Members Welcome
Contact Juneen Schulz, Phone 0427 809 509

Meditation - Soil to Stars - Thursday 5.30pm-6.30pm

Sarah Atkinson, Phone 0431 833 648

You can book online!

Scan the QR code for all of our activities and programs through Social Planet



For more information visit mannagumcommunityhouse.org.au

Classes, Skill Building & Community

Technology

Tech Club

Wednesdays 1pm–3pm during school term, Manna Gum Community Lounge
Cost: FREE

A free, casual drop-in session to answer any questions about technology for phones, tablets and computers. We can help and provide some guidance on common topics like internet safety, social media, email, apps and settings and more.

Tutor: Becca Brockett

Food

Community Lunch

Supported by St Vincent de Paul
Third Wednesday of the month,
12pm–1.30pm

On the third Wednesday of the month we transform our hall into a pop-up café and host a Community Kitchen lunch made from fresh local foods in partnership with the local community gardens. Come early and help prepare the meal! All welcome.

Community Cafe

Monday & Tuesday
10am–2pm
and now Thursday 10am–1.30pm

Enjoy a hot drink and a complimentary homemade sweet treat. Browse locally-made preserves and crafts for sale. Relax in our spacious, child-friendly backyard with outdoor seating, a cubby, and sandpit. Dogs on leads are welcome. Enjoy toasties and various hot meals available by donation.

All donations through the Community Cafe help fund Manna Gum's community programs.

Wellbeing

Tai Chi for Health

Tuesdays at 11am – Sandy Point Hall

Tai Chi is a gentle way to improve your strength and stability, being mindful of your movement, breathing, posture and falls prevention.

Contact Joyce—tel 0402 663 055

Death Cafe

Friday 22 May
10.30am–12.30pm
Cost: FREE

Join us for an open, safe and supportive conversation around death and dying.

Tea, coffee and biscuits will be provided. Bring a plate to share, if you like

Contact Cheryl Opie—tel 0428 820 100

Carer Catch Up - Foster

Second Tuesday of the month
11am–1pm
Cost: Free event for unpaid carers only
Morning tea provided.

Are you caring for a family member or a friend? Join our Carer Catch Up at Manna Gum Community House.

Our Carer Catch Up group will provide a safe space for carers to come together monthly, where you can talk about your caring role, or just catch up with like-minded people.

New carers are always welcome, so if you know other people caring for a loved one, you are welcome to bring them along. Free event for unpaid carers only; Morning tea provided.

RSVP for catering: 1800 242 696 (press 5, ask for Iris in Carer Programs) or
Email: Iris.Gaillard@lchs.com.au or
Text: 0400 107 541

La Trobe Community Health Service

Accredited

Perform CPR and Apply First Aid (Level 2)

Saturday 23 May
8.30am - 11.30am CPR only
8.30am - 3.00pm Full Course

Cost: CPR \$70, First Aid L2 \$140

Workplace Nationally Accredited Course. This course teaches how to recognise and provide immediate and effective First Aid treatment to any person suffering a sudden injury or illness. Includes CPR.

Tutor: John Barrie

Healthguard First Aid Training Services
RTO #21156

Youth

Our Place

Youth space for ages 12+
Mondays 3.30pm–6pm during school term. Cost: FREE

At Our Place you will be warmly welcomed to come and relax in a safe and respectful environment. Snacks, drinks and a meal provided. Art, music, craft and local projects. Young people can take part if they choose. All activities are youth-led.

To register and for more information contact ourplace@mgch.org.au

Supported by GippSport, South Gippsland Shire Council, Qube & Marinus Link



Families

Foster Playgroup

Wednesdays 10am–12pm
During school term. Cost: FREE

For parents, grandparents and carers—everyone is welcome to join this playgroup for the Corner Inlet area.

Playgroup is the perfect place to create friendships and help your child gain valuable social skills. Bring a piece of fruit and a gold coin.

The Hub

Mondays 9.30am–11.30am during school term at Toora Primary School Gymnasium. Cost: FREE

The Hub is a gathering of parents & children who meet each week at Toora Primary School during the school term. It provides an opportunity to socialise, support and engage with other parents and carers in the Corner Inlet community. There is no cost to attend, and an onsite supervised playgroup is available for parents with preschoolers.

Facilitator: Beth Arnold
Contact Beth programs@mgch.org.au
Supported by the MacKenzie Family Foundation

Creative Arts



Drawing from the Garden

Saturday 9 May, 10am–1.30pm
Cost \$30 / \$25 concession

Join artist, Kim McDonald to explore different ways of observing and drawing in the garden environment. Immerse yourself in the Manna Community Garden (outside when weather permits) and respond visually in this relaxed, accessible workshop. BYO sketchbook and drawing materials, some supplied.

Facilitator: Kim McDonald

Paper Crane Mobile with Ann-Maree

Wednesday 20 May, 6pm–8pm

Cost: \$30 / \$25 concession

Fold a colourful collection of paper cranes, be guided through wax coating for longevity, and string them into your own mobile to take home. Stay tuned to hear more about the Paper Crane Peace Project. Suitable for all experience levels. All materials supplied.

Facilitator: Ann-Maree Gentile



Soap Making

Saturday 30 May, 2pm–4pm

Cost: \$25 / \$20 concession

Have you ever thought about making your own soap? Join Kate Smiley for a demonstration of soap making.

Learn how ingredients come together to create beautiful soap and take home a generous block to slice and cure at home. A fascinating and practical workshop, no experience necessary, all materials supplied.

Facilitator: Kate Smiley



Origami Garland with Ann-Maree

Saturday 20 June, 10am–1pm

Cost: \$35 / \$30 concession

Join Ann-Maree to decorate, fold and wax your own origami garland, a beautiful handmade decoration to brighten your space. All materials provided; feel free to bring along any decorative paper you'd like to incorporate. A gentle, colourful, creative workshop suitable for all experience levels.

Facilitator: Ann-Maree Gentile

Gel Plate Printing with Botanicals

Wednesday 27 May, 6pm–8pm

Cost: \$40 / \$35 concession

In this workshop, local artist Kate Smiley will be stepping through a hands-on introduction to gel plate printing. Using botanical textures and simple mark-making, create a series of unique prints to take home. A gentle, accessible workshop suitable for all experience levels. No experience necessary, all materials supplied.

Facilitator: Kate Smiley

Create a Hand Painted Plate

Saturday 13 June, 10am–12pm

Cost: \$40 / \$35 concession

Join local artist Kate Smiley to hand paint your own ceramic plate using underglaze. Work with colour and design to create a unique functional piece. Your finished plate will be glaze fired and ready for collection approximately two weeks after the workshop. No experience necessary, all materials supplied.

Facilitator: Kate Smiley

Garden

Garden Tool Maintenance with Trevor Wheeler

Thursday 28 May, 10am–12pm
Cost: \$25

A hands-on workshop at Manna Community Garden, demonstrating sharpening and maintenance of a variety of garden tools including secateurs, shovels and pruners. BYO a garden tool, ear protection and safety glasses, if you have them.

Tutor: Trevor Wheeler



Winter Pruning Workshop with Donna Robinson

Thursday 11 June, 10am–12pm
Cost: \$25 Concession/Members Manna Gum & Buckley Park, \$35 Non members

Get hands-on and learn the essentials of summer pruning with experienced professional gardener Donna Robinson.

Join Donna Robinson for a practical, hands-on pruning workshop at Manna Community Garden. You'll learn essential pruning tools and techniques, and how and why we prune in winter. Please bring your own secateurs, notepad and pen. After the session enjoy lunch at the Manna Gum Cafe!

Facilitator: Donna Robinson

Language

English as second language

Cost: FREE

New to Australia? Want to improve your English? For people with English as their second language
Do you need assistance in improving your skills in reading, writing, speaking, listening.

Manna Gum Community House can assist you in improving your English skills. Please ring the office, 5682 110 to organise suitable dates and times.

Victorian Law Week Event

Demystifying Your Insurance Policy

Join Gippsland Community Legal Service for a hands-on workshop to decode your insurance policy and identify if you are underinsured. Bring your own policy documents for a guided review and learn the essential steps for lodging successful claims after a disaster.

Thursday 21 May 1pm-2.30pm

Cost: Free

French Conversation

Wednesdays—except Community Lunch days, 1.30pm—2.30 pm
Cost: Gold coin donation
Tutor: Noelle Bonnin

A weekly French conversation group. Suitable for people with some prior knowledge.

Free Events

Mycelia Community Events at Manna Gum Community House

Energy Exchange #2 - Switch On: Easy Efficiency Wins

Thursday 30th April, 10am—11.30am Free event, to register <https://mycelia.org.au/events/>

Explore why energy efficiency matters in our local climate and cost context. This session introduces practical, low-barrier actions that deliver real impact - from draught-proofing to appliance choices - and explains how efficiency supports long-term sustainability.

Landlords Guide - Acting Early on Energy

FREE COMMUNITY LUNCH + INFO SESSION For Local Rental Providers, Thursday 30th April, 12pm - 1.30pm

SEATS ARE LIMITED, REGISTER: <https://events.humanitix.com/energy-upgrades-for-foster>

Assisting landlords and real estate agents to meet new minimum energy efficiency standards for rental and rooming accommodation

Wild About Wildlife

Manna Gum Community House, Sunday 3 May, 10.30—12pm, Free

Join us for an engaging Wildlife Information Session from Prom Coast Wildlife Care. Discover how Wildlife rescue, care and release happen in our local area. Learn the basics about what to do if you see an unwell, injured or orphaned Wildlife on our roads. Learn about the journey of an orphaned wombat Joey - from rescue, stages of care and eventually through to release whether you're a local resident or a holiday maker who enjoys spending time in this beautiful area, you'll find this session informative and inspiring. Come along, ask questions, enjoy a cuppa and meet like-minded people in our community who care about Wildlife.

Paper Cranes Over Foster

Monday 4 May, 12pm-2pm, Manna Community Garden or Manna Gum Cafe (weather dependent)

Join us for our first paper crane peace-folding session, a collective gesture of peace, hope, and connection in uncertain times. Come together to fold paper cranes from recycled materials including old magazines, sheet music, and coloured squares. Part of an ongoing community art project, this is a relaxed and welcoming session. BYO lunch or have lunch at the Manna Gum Cafe. Free and all materials provided. Would you like to host your own session at your school, work, or community?

Contact Beth at programs@mgch.org.au

Candlelight Vigil

Manna Gum Community House, Wednesday May 6, 6pm—7.30pm, All welcome

Every year on National Family Violence Remembrance Day, Safe Steps brings the community, sector leaders and key stakeholders together to honour and remember loved ones and provide a space to share stories of resilience, ignite hope and motivate change.

National Family Violence Remembrance Day is the first Wednesday of May each year, as part of Domestic Violence Prevention Month.

This year, the Safe Steps Candlelight Vigil will take place on Wednesday 6 May 2026.

Led by courageous survivors and passionate advocates, the Safe Steps Candlelight Vigil unites Victoria in a powerful tribute and empowers anyone experiencing violence to reach out for support when they can, helping to interrupt intergenerational trauma and prevent further loss of life. Learn more: safesteps.org.au/candlelight-vigil

Hearing Australia @ Manna Gum Community House

Tuesday 19 May, 9.30am—12.30pm

Hearing Australia is coming to Foster to provide FREE 15 minute adult hearing checks.

Call or visit Manna Gum to register a time slot for a free check.

