

# Term One Program

28 January – 2 April 2026



## Hours & Services

### Our Office

33 Station Road, Foster VIC 3960  
(PO Box 176)

Phone 5682 1101

Email [office@mgch.org.au](mailto: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**

### You can book online!

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



**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](http://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

**For more information visit [mannagumcommunityhouse.org.au](http://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 Café

**Monday & Tuesday**  
**10am–2pm**

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 5684 1006**

### Death Café

**Thursday 26 February**  
**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**

### Meditation - Soil to Stars

**Thursdays 5.30pm–6.30pm during school term.**  
**Cost: \$5 members / \$10 casual**

Combining gentle movement with guided meditation, Soil to Stars Meditation is a space to carve out a moment of well being for your Self and cultivate awareness practices for deep inner connection.

**Facilitator: Sarah Atkinson**

## Accredited

### Perform CPR and Apply First Aid (Level 2)

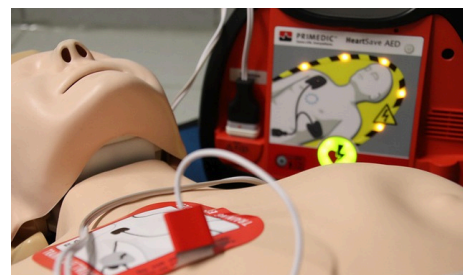
**Sunday March 15**  
**8.30am - 11.30am CPR only**

**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 11+**  
**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.

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





## Families

### Foster Playgroup

**Wednesdays 10am–12pm**  
**During school term**

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.



### Little Kin Music

**Term 1 2026: Starting 2nd Feb (second week of term):**

🎵 **MONDAYS @ 9.30am** - Fish Creek Hall  
Supper Room, 13 Falls Rd, Fish Creek

🎵 **THURSDAYS @ 9.30am** - Foster  
Uniting Church Hall, 20 Station Rd  
Foster

**Cost per family (multiple siblings welcome)**

**Standard: Casual \$15 / 5-class pass \$75**  
**Term pass (8 weeks – 1 class free) \$105**

**Concession: Casual \$5 / 5-class pass \$25**  
**Term pass (8 weeks – 1 class free) \$35**

**Free spots are also available if you are in need and unable to afford the fee - please just get in touch.**

Little Kin Music runs weekly music and movement sessions for children and their grown-ups — join us for songs, rhymes, rhythm, movement and play! Sessions are fun and inclusive, and everyone is welcome.

**Supported by South Gippsland Shire Council and Manna Gum. Bookings essential.**  
**Contact Caitlin 0428 302 938.**



### Supported Playgroup

**Thursdays 1.30pm–3.30pm during school term.**

A supported playgroup is a great way for parents to enjoy precious family time with their child while they grow and develop, and to meet other families, enjoy a cuppa and relax.

Based on Play and the importance of having fun with your child this playgroup is run by supported playgroup facilitator, Michelle and is held in a safe and nurturing environment.

**Contact Michelle 0497 926 100**  
**Provided by South Gippsland Shire Council**



### The Hub

**New day and time!**

**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](mailto:programs@mgch.org.au)**  
**Supported by the MacKenzie Family Foundation**

## Creative Arts

### Creative Hand Lettering

**Thursday 19 March, 6pm–8pm**  
**Cost: \$30**

Join local artist Kate Smiley to explore calligraphy, hand lettering and creative mark-making. Learn spacing and layout techniques for journaling and letter-writing in this gentle, accessible workshop. Perfect for anyone who enjoys writing or visual expression. No experience necessary, all materials supplied.

**Facilitator: Kate Smiley**

### Printmaking and Simple Bookbinding

**Sunday 10am–12pm, fortnightly from February 15 (a series of 4 workshops)**

**Cost: \$80**

Join local artist, Kate Smiley, for a four-session series exploring gel plate printing and simple book binding. Create your own prints using botanical textures and mark-making, then bind them into a handmade book or journal.

This slow, hand-based workshop focuses on process and creativity in a calm, supportive environment. Suitable for beginners or experienced artists. Materials and Equipment supplied.

**Facilitator: Kate Smiley**



### Drawing from the Garden

**Saturday 28 March, 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**



## Basic Sewing

### Taking expressions of interest

A workshop for people who are new to sewing. Learn how to use a pattern, how to put fabrics together and about functions of the sewing machine including tension and stitch adjustments.

Please contact the office to express interest

**Tutor: Joyce Wright**



## Language

### 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.

### How to book

Please call our office for detailed information about our courses. Bookings are required for most activities.

**You can book online!** Scan the QR code for all of our activities and programs through Social Planet



## English as second language

**8 x 2 hour sessions**

**Cost: FREE \***

Learn to read, write and speak English with confidence in individual classes or small groups. Assistance with preparation for the IELTS English Language test. Ring to organise suitable dates and times.

## Garden

### Rock Painting

**Monday 16 February, 10am—12pm**

**Cost: Gold Coin Donation**

Join the Manna Garden group for a fun and informal session painting rocks using acrylic paints. Learn how to look after your rocks by sealing them and find out how creative you can be!

**Tutor: Janne McPhie**



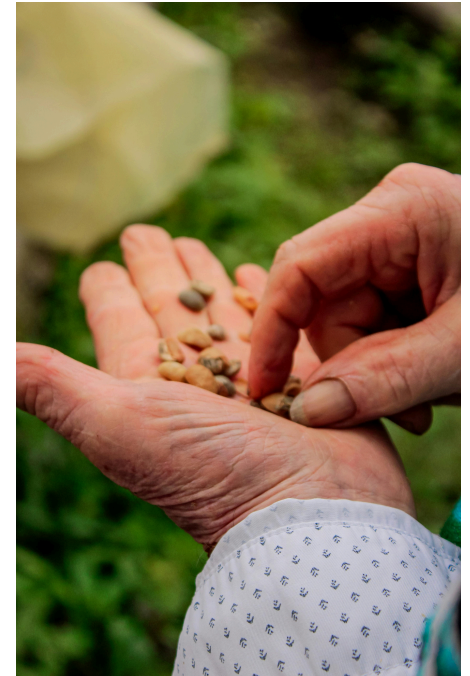
## Seed Saving

**Monday 23 February, 10am—12pm**

**Cost: FREE**

Have you ever wondered how to save your own seeds? Join Juneen in the Manna Gum Community Garden to step you through this wonderful process.

**Facilitator: Juneen Schulz**



## Support & Information

### **Help with forms**

Our volunteers are able to help if you need assistance completing an online form like a passport application or a Working With Children Check. By appointment only, please contact the office.

### **Connecting with My Aged Care**

**Tuesdays 11am**

A free weekly drop-in session hosted by the Positive Ageing Service team from South Gippsland Hospital. Open to anyone who is wanting more information about how aged care services work, and how to access them. It is suitable for anyone over the age of 65 (or over 50 for Aboriginal or Torres Strait Islanders) as well as families and carers.

