

OKINES

Community House

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

Servicing the Southern Beaches including Lewisham - Forcett - Carlton -
Dodges Ferry - Primrose Sands

NEWSLETTER
TERM THREE
2018

Open for business

A place to do your 'business' is now open for business!

Okines was delighted to receive a Community Infrastructure Grant from the **Tasmanian Government - Department of State Growth** to provide a permanent composting toilet, improved signage and much needed garden office space.

Much better than having to try and keep your legs crossed as you make a mad dash across the oval, or tracking mud through the House to use the indoor ones. The new composting toilet is open when the House is and on Garden & Food Co-op days and events.

Construction on the container is almost completed which has transformed a cluttered space into a highly functional garden office and community workshop. These improvements will be a welcome addition for staff & volunteers alike.



Biggest Morning Tea

Another successful Biggest Morning Tea event was held during May with approximately thirty five people attending. Participants enjoyed a delicious morning tea and the general knowledge quiz provided lots of laughs.

An amount of \$524 was raised for the Cancer Council which goes towards every aspect of cancer including prevention, research and support.

We are extremely grateful to the local businesses who contributed prizes and our thanks to volunteer Denise Lynch for co-ordinating this year's event.

Welcome focus on food

Welcome to UTAS social work student Jo Yaxley who is undertaking her work placement at Okines for the rest of this year. Jo's focus over the next few months will be to identify a co-ordinated approach towards providing access to nutritious food for everyone. If you have any ideas you would like to contribute Jo would love to hear from you on 6265 7016 or info@okinescommunityhouse.com.au

A stitch in time

Staff and volunteers from Okines recently teamed up with Grade 6 students from the local Dodges Ferry Primary School to undertake sewing sessions over a six week period as part of the school's Clubs Program.



A big thank you goes to the local **Commonwealth Bank** who provided a grant for Okines to purchase four sewing machines and materials to enable these classes to go ahead. Students developed measurement & design skills by making cushions for the school reading room as well as re-usable bags for people collecting groceries from the Okines' Food Assistance Program.

KEY DATES - see inside for more details

DIGNity: 6 September 2018

The DIGNity garden program will re-commence after the winter break.

AGM: 21 September 2018

Members of the public are invited to attend the Okines Annual General Meeting.

Seniors Week: 15 –21st October 2018

- Intergeneration iTech Session, Monday 15th October 2018
- Tai Chi, Wednesday 17th October '18
- Hip Hop for Seniors Wednesday 17th October 2018
- DIGNity Supported Gardening, Thursday 18th October 2018

ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is available by mail, email, Facebook & website or by calling in to the office.

Not for profit community groups are welcome to submit notices or general articles. Inclusion of articles is under the discretion of the Manager and Board of Management who reserve the right to edit the material to suit presentation and available space.

**Contributions can be submitted via email to info@okinescommunityhouse.com.au.
Closing date for the next issue is **Friday 21st of September, 2018****

Did you know you can receive the Okines Newsletter by email? If you are interested please contact info@okinescommunityhouse.com.au

Food Co-op



The Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seeds, spices, dried fruits and sweeteners. We support local producers as much as possible with more being offered this year. Some of the local produce we carry includes preserves from Shiela, Sue and Sally & Chris Johns, honey from John Duncombe, and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

Opening hours:

Sunday 9.30am – noon

Tuesday 2pm – 5pm

FIRST Monday each month 12 – 2pm (in line with the Garden Tucker Day)

A great idea for convenience is the Food Co-op's pre-order & pre pack option. This is an awesome alternative for those that can't make it to the Co-op during opening hours. It is also a great option if you are in a bit of a hurry. Just let us know your order by [noon on Monday](#) and we will have it ready for you to pick up from the Co-op either the next trading day or arrange a time to collect from Okines office during normal House opening hours - no wait no fuss.

See the Okines Food Co-op website for all details:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

Food Co-op cont.

You can also email: okines.food.co-op@gmail.com or phone the Community House on 62625 7016
New members are always welcome. Membership is \$20/\$15 concession per year. Active members receive an extra discount on all goods in exchange for 4 hours/month volunteer work for the Co-op, Garden or House.

SPICING THINGS UP FOR WINTER



Most of us have spices in our kitchen cupboards somewhere and they often get added to recipes and culinary creations. Interestingly, there are many health benefits of spices, not to mention they improve the taste of so many foods. We have a great selection of fresh spices in the Food Co-op and I've been taking much delight in creating mixes for you.... such as Garam Masala, Golden Mylk Spice Mix and our own Chai Spice Mix.

Garam Masala

Garam Masala is a blend of spices commonly used in Indian and South Asian cuisines. Our Okines Garam Masala blend includes coriander, cumin, cardamom, black pepper, cloves, cinnamon and nutmeg, the seeds and spices are toasted, ground and then mixed together. The cinnamon adds warmth and sweetness, peppercorns add heat, coriander adds a spicy floral aspect, cumin adds warmth and together, all the spices add depth and complexity to recipes both sweet and savoury. Garam masala is beautifully aromatic and delicious.

Golden Mylk

This ancient Ayurvedic drink is one of the best ways to incorporate turmeric into your daily diet. Golden Milk/ Mylk is actually a really delicious, restorative and warming drink. It's perfect at night to warm you up and wind you down or in the morning as a caffeine free kickstarter. Either way you feel like you are drinking a golden cup of goodness! Some of the health benefits of golden mylk are: it helps build immunity; gives relief from a cough and colds; it's a good remedy for digestive problems; an excellent blood purifier.

Ginger Tea

Ginger with its anti-inflammatory and antioxidant properties makes a great tea and is easy to make. Measure 1/4 teaspoon of ground ginger into a cup and add boiling. Sweeten with honey or sugar if desired. Ginger tea is great for your digestion after a meal.

Events and activities term 3, 2018

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life. ***multiple classes**

Monday 9am to 10am

Commencing 13th August 2018 (This is a slower class).

Tuesday No Tuesday class this term

Thursday: 9am to 10am

Commencing 9th August (A foam roller class).
(casual rate \$20 per class)

Venue: Okines Community House

Contact: Salomé on 0437 405 213 for more information.

***Please bring an exercise mat**

Salomé is an accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer.



From Within Pilates

YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice.

Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.

Venue: Okines Community House

Day: Mondays **Time:** 6.30pm to 8.00pm

Fee: \$15 per session

Contact: Jackie on 6265 7716



CRAFT CLUB

Craft club is held on Mondays 10.30am to 12.30pm during which participants can enjoy coffee, chats & craft.



Venue: Okines Community House

Day: Monday **Starts:** ongoing

Time: 10.30am to 12.30pm **Fee:** \$2

Contact: 6265 7016 or info@okinescommunityhouse.com.au

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

We are a group of enthusiastic men and women who have great fun singing together on Tuesday evenings.

Day: Tuesdays

Time: 7pm to 9pm

Fee: \$5 per week

Venue: Okines Community House

Contact: M Haynes 0417 462 310



FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some punch to your fitness routine? Come along to kick butt Tuesdays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

STAYSTRONG - Tutor - Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.

Venue: Okines Community House

Day: Tuesday:

Starts: ongoing

Time: 6.15pm to 6.45pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



STRIKE - Tutor Karyl Michaels

Kick-start your week and add some punch to your fitness routine. Fizzical Fusion Strike is a low impact, full body kickboxing workout choreographed to music. Strike, punch, kata and kick your way to increased strength, coordination and flexibility.

Venue: Okines Community House

Day: Tuesday: **Starts:** ongoing

Time: 6.50pm to 7.20pm **Fee:** \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



Events and activities term 3, 2018

TUESDAY

ADULT FURNITURE DESIGN APPRECIATION WORKSHOP

Want to learn more about International Furniture designs? Come to my workshop and listen, see, touch, participate and discuss the elements and principles of furniture design. Opportunities will be given to draw and photograph vintage and authentic stools by International designers.

Venue: Okines Community House
Date: Tuesday 31st July & 7th August 2018
Time: 9.30am to 11.30am
Cost: \$16 each workshop
Contact: Mardi 0427 487 461 or mardi@bluerhapsody.com.au

WEDNESDAY

IYENGAR YOGA - Tutor Gabe Gartrell

Gabe is a highly trained Iyengar Yoga teacher. Iyengar yoga is known as a physical practice, with precision on the alignment of the body. Iyengar yoga poses once mastered are meditative automatically. Gabe teaches in Hobart & in Dodges Ferry, she was recently invited to teach workshops for Yoga Teachers by Yoga Australia. She has conducted other workshops for students and professionals around the State. Gabe has written pieces on yoga for several publications..



Venue: Okines Community House
Start: classes run year round except for school holidays & public holidays
Day: *multiple classes
Tuesday 6.15am to 7.30am (progressive class, not suitable for beginners)
*Wednesday 6pm to 7.15pm (general class, suitable for beginners)
Saturday 8.30-10am (Restorative, gentle and mindful class) Saturday restorative classes are once a month in the first Saturday of each month (price \$20)
\$18 casual attendance or \$160 for a 10 class pass.
\$20 for the Saturday Restorative class.

Contact: Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.



the yoga effect
be well, give back

WEDNESDAY



PAINTING

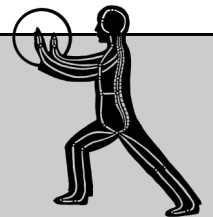
The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone who is interested in joining us are invited to simply come along

Venue: Okines Community House
Date: Wednesday ongoing
Time: 10.30am to 1.30pm
Cost: \$5 includes morning tea
Contact: Natalie & John on 6265 7443 or Cherie on 0488139742

TAI CHI - Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and we suggest you wear comfortable clothing

Venue: Okines Community House
Day: Wednesday during school terms
Time: 10am to 11am **Fee:** \$4
Contact: 6265 7016
info@okinescommunityhouse.com.au



THURSDAY

OKINES BOOK CLUB

The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is a membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House
Day: Second Thursday of the month - 9/8, 13/9 & 11/10/18
Time: 12.00pm to 2.30pm
BYO plate of food to share
Contact: 6265 7016

Events and activities term 3, 2018

THURSDAY

THURSDAY

DIGNITY SUPPORTED GARDENING

DIGNITY supported gardening is a weekly gardening program run by Jessie Bynon Occupational Therapist for people who:

- enjoy gardening but don't feel confident to garden at home alone anymore,
- don't have a garden any more,
- Have moved to an aged care facility but would like to garden,
- Would like to socialise with other gardeners,
- Or are carers, friends or family members of aging gardeners

This program is not therapy, it is not clinical, it is simply gardening!

Time: 10.30am –1.30pm **Starts:** 6 September 2018

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training using dumbbells and choreographed to music. Tone and strengthen and increase everyday calorie burn.

Dumbbells provided.

Venue: Okines Community House

Day: Thursday: ongoing

Time: 6.15pm to 6.45pm **Fee:** \$5

Contact: Karyl on 0468 389 659
fizzicalfusion@gmail.com



Fizzical Fusion STRETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination and feel good.

Fizzical Fusion Stretch is a full body workout with a mix of dynamic and static stretching. Stretch your body from head to toes using a variety of safe exercises that can be easily adapted to individual needs and concerns.

Venue: Okines Community House

Day: Thursday: **Starts:** Ongoing

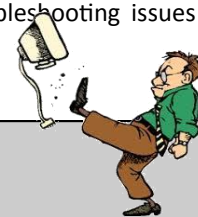
Time: 6.50pm to 7.20pm **Fee:** \$5

Contact: Karyl on 0468 389 659
fizzicalfusion@gmail.com



INTRODUCTION TO COMPUTERS

If the thought of learning to use a computer makes you a bit nervous but you are keen to get in and have a go we have the computer classes for you. Okines offers basic computer training (particularly good for seniors) in a relaxed, supportive environment. Lessons are designed to progressively build your confidence to undertake tasks such as finding your way around the computer, using the internet, and troubleshooting issues when they arise. .



Venue: Okines Community House

Starts: 2nd August for 6 weeks

Time: 1.30pm to 3.30pm **Fee:** \$5 per session

Contact: 6265 7016 or info@okinescommunityhouse.com.au

PRESENTATIONS ON EUROPEAN FURNITURE, MUSEUMS AND GALLERIES

I will be presenting my travels in 5 exciting power-point presentations, running for 1 hour each:

- Centre Pompidou - Permanent and temporary exhibitions,
- Versailles, The Louvre and Strasbourg Modern,
- Vitra Campus,
- Milan Fair, Vitra Campus and Thonet Museum,
- Denmark Design Museum.

Time: 7.30pm – 8.30pm **Starts:** 2 August '18 for 5 weeks

Fee: \$5 each week (all \$20)

Contact: Mardi 0427 487 461 or mardi@bluerhapsody.com.au

FRIDAY

EATING WITH FRIENDS

Come along to our very successful Eating with Friends Program held on the last Friday of each month. Eating with Friends brings together people to enjoy a nutritious two course meal with friends.



Venue: Okines Community House

Day: 27/7, 31/8. 28/9 & 26/10/2018

Time: 12pm to 2pm

Fee: \$7 for 2 course meal **Contact:** 6265 7016 or
info@okinescommunityhouse.com.au

Bookings are essential

PLEASE advise us at the time of booking if you have any special dietary requirements.

Events and activities term 3, 2018

FRIDAY

SENIORS WEEK

SPINNING GROUP

The spinning group is a wonderful social activity. The group meet every Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on. New members most welcome to come along and join a very friendly group of spinners.

Venue: Okines Community House

EVERY Friday of the month

Time: 10am to 3pm **Fee:** \$5

Contact: Eileen 6265 8472 or
Karen 0415 416 266



INTERGENERATION iTechnology Session

Are you baffled by your iPhone or iPad? Do you have a question that has been bugging you about your android phone, tablet or any similar smart device, we would like to help you out. Okines will have some tech savvy students available to sit down with you over a relaxing afternoon tea & talk through any questions you might have. We would appreciate bookings for catering purposes.

Venue: Okines Community House

When: Monday 15th October 2018 **Time:** 1pm to 3pm

Contact: 6265 7016 or info@okinescommunityhouse.com.au

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

A regular favourite, always receives great feedback. Tutor Kerry Howlett will guide you through all the steps including finding or creating a design, cutting and breaking tiles (the fun bit!), gluing and grouting, with the end result being your own masterpiece to take home.

Venue: Okines Community House



Date: Saturday 25th August 2018

Time: 10am to 2pm

Fee: \$45 & BYO lunch to share

Contact: 6265 7016 or info@okinescommunityhouse.com.au

TAI CHI

Tai Chi is an effective exercise for senior health and wellbeing and can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. No special equipment is required and please wear comfortable clothing

Venue: Okines Community House **Day:** Wed 17th October 2018

Time: 10am to 11am **Fee:** no charge for Seniors Week

Contact: 6265 7016 or info@okinescommunityhouse.com.au

HIP HOP for Seniors

This is one for the bucket list. This workshop is inspired by the famous "Hip Op-eration" crew who are currently the world's oldest dance group with an average age of 81 (you can look up this amazing group at this website <http://www.hipop-eration.com/>). This dance crew use hip hop dance as a way of challenging society's attitudes towards seniors and also to build stronger connections with young people. We love everything this dance group stands for & best of all we think you are going to find this dance session a lot of fun. This introductory workshop is free of charge and definitely suited to both men and women. All you will need to do is wear some comfy clothes & bring a sassy attitude.

Venue: Okines Community House

When: Wednesday 17th October 2018 **Time:** 1pm to 3pm

Contact: 6265 7016 or info@okinescommunityhouse.com.au

DIGNITY SUPPORTED GARDENING

This program is gardening and other creative activities with the support of a Fibre Artist, Garden Coordinator, Occupational Therapist & Social Worker.

Time: 10.30am – 1.30pm, Thursday 18th October 2018

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au

Also, seniors are invited to our Eating with Friends lunch on Friday 26th October 2018, 12pm to 2pm, \$7 for 2 courses, bookings essential 6265 7016

Annual General Meeting

Friday 21 Sept. 2018 at 9.30am

If you are passionate about your local community and are seeking opportunities to make a difference we encourage you to nominate for a position on the Okines Board of Management. You can visit our website and Facebook page or email us at info@okinescommunityhouse.com.au or phone: 6265 7016 for further information.



DIGNITY

GARDENING WEAVING TOGETHERNESS COMMUNITY



Okines Community Garden • Dunalley Neighbourhood House • Tasman Community House
Every Thursday Every second Wednesday Every second Friday



Come plant, potter, pick or prune, weave baskets and friendships – or just come and sit amongst it.

We welcome all people to this supported gardening program.

Enjoy a free shared lunch

Creative activities are lead by a local fibre artist and gardening activities by garden coordinators. An Occupational Therapist and a Social Worker will be there to provide support and advice if you need it.



For more information:

(03) 6265 7016

admin@growoccupationaltherapy.com.au

<https://www.facebook.com/DIGNITYgardening>

<http://www.growoccupationaltherapy.com.au/dignity-gardening/>



This is a project funded by the Tasmanian Community Fund in partnership with the Centre for Rural Health, University of Tasmania.

TAX HELP

Please note that unfortunately Okines have not been provided with a Tax Help Volunteer this year and as a result will not be offering this service.

Please contact 13 28 61 to find your nearest available Tax Help Centre.



We apologise for any inconvenience



D'FERRY FLICKS Presents:

Screenings 3rd Saturday of the month at
Dodges Ferry Primary School
6:30pm for 7pm start

Brought to you by
the Dodges Ferry Film Society



July 21 – Lars and the real girl (2007)
M | Comedy, Drama, Romance | 1h 46min

A delusional young man strikes up an unconventional relationship with a doll he finds on the Internet.

Director: Craig Gillespie

Stars: Ryan Gosling, Emily Mortimer, Paul Schneider



August 18 - Mustang (2015)
PG | Drama | 1h 37min

In a Turkish village, five orphaned sisters live under strict rule while members of their family prepare their arranged marriages.

Director: Deniz Gamze Ergüven

Stars: Günes Sensoy, Doga Zeynep Doguslu, Tugba Sunguroglu

Tea, coffee, supper & snacks available for sale

Annual Membership \$35/ \$25 Conc.

Please join on the night

BRING A SOFT CUSHION FOR MORE COMFORT

An initiative of Okines Community House Inc



BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on:

Tuesday 24th July 2018.

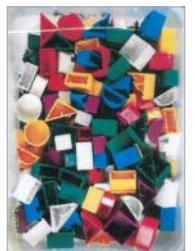


Breakfast is offered Tuesday and Thursday mornings from **8.15am**. Okines would like to gratefully acknowledge the support of the local **Richmond Bakery** who donate bread each week to breakfast club.

We would also like to acknowledge the great work of the team from **Raine & Horne Sorell Office** in volunteering on our Breakfast Club roster as well as providing fresh fruit platters each week. We encourage you to support these businesses by choosing local whenever possible.

TOY & BOOK LIBRARY

Okines Community House has a Toy & Book Library which includes a selection of books, toys and baby items available for collection during our normal opening hours .



Events & Activities Calendar Term 3 - 2018

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 13th August 2018, casual \$20, contact: Salome on 0437 405 213

CRAFT CLUB

10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016

VOLLEYBALL

6.30pm to 8pm Monday evenings at Dodges Ferry Primary School Gym.

YOGA FLOW

6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716

GARDEN TUCKER

Cooking from the garden every first Monday of the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 9th August 2018, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 9/8/18, Contact: 6265 7016

INTRO TO COMPUTERS

1pm to 3pm, 6 weeks commencing 2nd August '18, Contact: 6265 7016

PRESENTATION ON EUROPEAN FURNITURE, MUSEUMS & GALLERIES

7.30pm to 8.30pm, 5 weeks, \$5 per session, commencing 2nd August '18, Contact: Mardi 0427 487 461

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION – STRETCH

6.50pm to 7.20pm, \$5 contact Karyl on 0468 389 659

DIGNITY SUPPORTED GARDENING

Re-commencing 6 September 2018 Thursdays, 10.30am-1.30pm shared lunch provided

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Progressive, \$18 per session or \$160 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

ADULT FURNITURE DESIGN APPRECIATION WORKSHOP

9.30am to 11.30am, Tuesday 31st July & 7th August 2018, \$16 each session, contact Mardi on 0427 487 461 or mardi@bluerhapsody.com.au

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

6.50pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, Contact: M Haynes 0417 462 310

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 27/7, 31/8 & 28/9 & 26/10/18
\$7 for 2 courses, Bookings essential: Contact: 62657016

SPINNING GROUP

10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Eileen on 6265 8472 or Karen 0415 416 266

OKINES BOARD MEETINGS

Third Friday of every month starting at 9.30am, all welcome.

OKINES ANNUAL GENERAL MEETING

Friday 21st September 2018, 9.30am, all welcome.

WEDNESDAY

PAINTING

10.30am to 1.30pm, Cost \$5 per class includes morning tea, Contact: 6265 7443 or 0488 139 742

TAI CHI

10am to 11am, ongoing, \$4/class Contact: 6265 7016

LOAVES & FISHES FOOD ASSISTANCE

1pm to 4pm, every Wednesday

IYENGAR YOGA

6pm to 7.15pm, General class, \$18 per session or \$160 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

WEEKEND WORKSHOPS

MOSAICS

10am to 2pm, one day workshop Saturday 25th August '18, Cost: \$45, BYO lunch to share, contact: 6265 7016

IYENGAR YOGA

8.30am to 10am, 1st Saturday of every month Restorative session, \$20 per restorative session, Contact: Gabe 6265 7907 or 0457 024 267

SENIORS WEEK EVENTS

. INTERGENERATION ITECH SESSION

1pm to 3pm, Monday 15th October 2018 (Seniors Week activity)

. TAI CHI

10am to 11am, Wednesday 17th October 2018

. HIP HOP FOR SENIORS

1pm to 3pm, Wednesday 17th October 2018

. DIGNITY

10.30am to 1.30pm, Thursday 18th October 2018

. EATING WITH FRIENDS

1pm to 3pm, Friday 26th October 2018, \$7 for 2 courses bookings essential 6265 7016

Okines Community Garden

On Monday June 4th the Community Garden collaborated with Southern Beaches Coastcare to host "Its Our Backyard". In an effort to offset their carbon footprint, construction company GJ Gardner Homes purchases carbon credits through an organisation called 15 Trees. 15 Trees provided us with 450 trees and shrubs (grown by Wildseed in Sorell and purchased by GJ Gardner Homes) to be planted within our community in an attempt to sequester more carbon from the atmosphere. Over the past two years hundreds of native trees and shrubs have been planted in and around the Community Garden with volunteers and school students, thanks to this carbon offset program.



This year a timely conversation with Gwen Egg of Southern Beaches Coastcare led to the idea of hosting a native plant education day with plants to giveaway, in the hope that we can spread the word on the value

of native birds and furry friends. Approximately 100 people came through the garden to chat with Coastcare experts on weed identification and eradication, species selection plus planting and propagating advice. Every visitor went home with a selection of carefully chosen native trees and shrubs to plant in their own backyard and the knowledge to do so with the best chance of success. Those people lucky enough to visit the garden around lunchtime left with bellies full of a selection of wild foods including wallaby sausages and damper cooked on the campfire plus weedy green salad, native sand dune green salad, native spinach pesto and more! Due to the success and popularity of this day we hope to offer something similar again in the future.

Dodges Ferry offers an alternative to Dark Mofo in



Light DOFO. On Friday 22nd June our annual winter solstice Lantern Parade once again drew hundreds of hardy folk into the darkness to celebrate the passing of the shortest day of the year. The Community Garden has made a tradition of honouring the longest and darkest night and this year was no exception with the second appearance of the "Seven Sisters".

The Seven Sisters represent Pleiades, one of the brightest clusters of stars in the sky, most visible on the longest night of the year. The Seven Sisters stories were central to the knowledge of ancient civilisations across multiple cultures, from ancient



of replacing weedy species with natives which are far better suited to our climate and help increase biodiversity providing much needed habitat for our

Okines Community Garden cont.

Greece to Australia's first people. During our winter solstice celebration the symbology of the Seven Sisters helps us to honour our global histories, and celebrate the natural world, which is obviously pretty important to us at the garden!



This year we saw almost every Dodges Ferry Primary School student get involved in the lead-up to the event, with classes coming to the garden to help



redecorate the amazing whale lantern built last year by local artist Jodi Chivers, and create beautiful lanterns during class time which helped make the garden a truly magical space in the dark.

A large bonfire, fire twirling, a cosy screening of a short film in the terrapin, music by the fire and soup kitchen, and the food coop treat stall were among the other highlights of this year's event.



At the risk of missing someone out I would like to thank a bunch of people who were vital in making this year's parade such a

successful family event. Without the enthusiasm and dozens of volunteer hours from a stack of awesome local people this event just would not happen. Thank you to Megan Woodcock, Desi and the Seven Sisters, Rosella, Davros, Ben, Brody and Michael, Tim and Warren, Estella, the DFPS Choir and Ang, Nat, the food coop folks for yummy treats, all the teachers who came on board and made the most beautiful lanterns with their students, Linly, David, Amy, Anne and Ken, the Richmond Bakery, Hill Street for extra pumpkins, all the wonderful soup makers and soup servers and any of you who washed up a mug, all of you helpful folk who hung around to help pack up, Jenae Hall for sharing her gorgeous animation "By the Ocean", and of course Jodi Chivers and Michelle Pears who set up the shadow puppet area as well as the Southern Beaches Regional Arts.



Being involved in such a great gathering of community makes me realise how lucky we are here in our little village by the sea.



STEINER PLAYGROUP

- Expressions of Interest -

Calling for interest in attending a Steiner Playgroup for children 0-8 years old at Okines Community House.

- Activities would include:
- Seasonal activities
 - Gardening
 - Arts & Crafts
 - Nature Walks
 - Baking
 - Singing/Story Telling

Phone 6265 7016 or email info@okinescommunityhouse.com.au



FREE COMMUNITY EVENT

National Disability Insurance Scheme (NDIS)

INFORMATION SESSION

When: Monday, 23 July 4pm-5:30pm

Where: South Eastern Community Care Activities Centre,
12 Somerville Street, Sorrell (opposite Banjos)

SEC Care is pleased to invite members of the community to learn more about the NDIS. The event is suitable for people considering the NDIS, people transitioning to the NDIS, carers, support staff, educators, health professionals and interested members of the community. The session will cover NDIS eligibility, accessing the NDIS, support on planning, plan development, what a plan can include and how to access a service provider. There will be time for questions with an NDIS Community Engagement Officer.

A light afternoon tea will be provided

Registering to attend is not essential, but is desired. Please call SEC Care on 6269 1200.

If transport is limiting your ability to attend, please contact Sacha on 6269 1260 for assistance.



OKINES COMMUNITY HOUSE

Seniors Week

15th - 21st October '18



Intergeneration iTech Session:

Find the answer to all those pesky iPad, iPhone, android phone & tablet questions you have while enjoying a relaxing afternoon tea.

Date: Monday 15th October 2018

Time: 1pm - 3pm

Tai Chi for Seniors:

An effective exercise for senior health and wellbeing. Helpful for a range of disorders including anxiety, arthritis, joint stiffness and stress.

Date: Wednesday 17th October 2018

Time: 10am - 11am

Hip Hop for Seniors:

One for the bucket list. This Hip Hop workshop for seniors is great for both males and females, come along and bust a move.

Date: Wednesday 17th October 2018

Time: 1pm - 3pm

DIGnity:

Gardening program with creative tasks and garden activities supported by a Fibre Artist, Garden Coordinator, Occupational Therapist and Social Worker.

Date: Thursday 18th October 2018

Time: 10.30am - 1.30pm

Location: Okines Community House
540 Old Forcett Rd,
DODGES FERRY

Contact: 6265 7016 or
info@okinescommunityhouse.com.au

wellways



Grassroots Mental Health Project Survey 2018

We need to hear from you!

Are you a Neighbourhood House worker or visitor? Wellways are looking for your honest feedback on the Grassroots Mental Health Project. The information we gather will be used to help shape the next two years of the project. Surveys are anonymous.

The survey can be taken online: www.surveymonkey.com/r/grassroots

Or you can scan the code at the right on your smartphone.

Or fill out a paper survey (ask your local Neighbourhood House).



SCAN HERE

Any questions?

North: Allan Johnson 6333 3111

South: Al Hines 6169 0604

wellways.org | 1300 111 400



Forcett Hall Ladies clothing sale / swap

July 28 @ 11:00 am - 2:00 pm

Saturday 28 July 11am – 2pm at the Forcett Community Hall

\$5 entry to cover a light lunch and tea / coffee

To book a stall, call Susan on 0409628031

Clothing, shoes, handbags and accessories for sale!



DON'T MISS THE BUS

Appointments will be available on the BreastScreen Tasmania

Mobile Unit in **SORELL**

From: 6 August—24 August 2018

Location: Sorell Community Health Centre, Cole Street, Sorell

**BREASTSCREEN IS
A FREE SERVICE.
TO MAKE AN
APPOINTMENT CALL**

13 20 50

Population Screening & Cancer Prevention



Winter Wardrobe WipeOut

When: 29 July 2018 Time: 10:00am to 13:30pm Where: Sorell Memorial Hall, Cole St

Wondering how to spend a Sunday on a winters day?

Why not come along to our Winter Wardrobe Wipeout?

All profits from organising this event, including a

Gold Coin donation on entrance will be donated to Give Me 5 For Kids.

Interested in a stall? Please contact Debbie 0413 927 608 or Irene 0439 579 228

Stalls: \$15 per table, any proceeds made from your stall are yours to keep. Stall set up 9:00am

Hurry stalls are limited!

Burn Brighter this Winter

Is your chimney smoking excessively?

A smoky chimney may mean you are not burning your wood efficiently, wasting money.

Excessive chimney smoke is also an environmental and health issue.

Simple tips to Burn Brighter this Winter:

- Always burn with a flame - don't let your fire smoulder
- After reloading, open the air control and burn your fire on high for 20 minutes, especially before going to bed
- Only burn dry, seasoned wood
- Ensure your flue is clean

Burn Brighter this Winter is a community education project about operating your wood heater more effectively to warm your home, save money, reduce smoke pollution and save lives.

For more information: www.epa.tas.gov.au



Department of Primary Industries,
Parks, Water and Environment



Time to get excited for
the all new Wednesday
Futsal Tasmania

SOUTH EAST FUTSAL TERM 3 ROSTER

Get together 6 of your friends &
join in the Futsal fun kicking off
at Sorell school gym.

**WEDNESDAY 1ST AUGUST -
26TH SEPTEMBER**

U/7 - U/13

\$8.00 per player per game

To enter your team contact
romeo@australianfutsal.com
p: 0438 735 562

Find us on Facebook +
Instagram at Futsal Tasmania



Chronic Pain Self Management Program

TASMANIAN
HEALTH
SERVICE



A six-week group program - 2 ½ hours each week

Join the program to discover skills, tools, and techniques to help manage
your health and overcome pain!

You can learn how to:

- manage pain & fatigue
- get better sleep & eat well to improve your health
- communicate effectively with your health team
- pace yourself
- set reachable goals

Venue: **Sorell Community Health Centre**
57 Cole Street, Sorell

Time: **10 am - 12:30pm**, each Thursday 6 weeks

Start date: **September 6th - 2018**

Finish date: **October 11th - 2018**

Register by calling: **61661400**

No cost to attend, but we do ask for a gold coin
contribution towards tea/ coffee.

The Chronic Pain Self Management Program is suitable for anyone with long term pain.
Supporters and carers are welcome to attend with you!

Want to know more? Please phone the number above.
Dates don't suit? Again, phone the number above. Share your contact details and we'll let you
know when we offer another program.





Salvation Army

223-227 Carlton River Road
CARLTON 7173

Op Shop:

Monday - Saturday
10am - 2pm

Community Breakfast every Sunday 9.30am to
11.30am @ The Salvation Army Carlton

Every Tuesday 1pm-3pm Over 40's chat group.
Cards, board games or bring your own crafts to complete as we share snacks, coffee, tea. A laugh and a chat.

Every third Friday of the month is
Family Movie Night
6pm to 9pm

Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month
9.30am to 1pm (starting March 2018)
- New Stallholders welcome -

Doorways Emergency Relief
Monday, Wed & Fridays
10am to 2pm

Toy & Book Library available

For information on any of these activities
Ph, 0410 160 280

Southern Beaches Regional Arts

Show and Tell Meets

Every second Tuesday in the month from

February -December,

at the Lewisham Tavern!

6pm for a friendly meal! 7pm for "Show and Tell"!

Feature artist every month!

Bring your art to show!

Contact 0407 851 706

PITTWATER ART GROUP



- Painting in all mediums -

Come visit my Site <http://gailburnart.webs.com/>

Tuesdays: 2hr sessions 10am-12noon

(*Plus two x 3hour sessions. 10am - 1pm)

Venue: Supper Room Memorial Hall
Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

Food Assistance

Loaves & Fishes Tasmania redistributes surplus fresh food via community food programs to people in need around Tasmania. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events.

Thanks to the excellent work from **Loaves & Fishes Tasmania** Okines Community House are pleased to be able to provide access to healthy food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

If you are in need of these items, they will be available by calling into Okines Community House on:

Wednesdays
1pm - 4pm

Please BYO bags



PRIMROSE SANDS Community ACTIVITIES

Playgroup

Mondays 10.30am to 12.30pm

Bingo

Every Wednesday fortnight 4/7, 18/7, 1/8, 15/8, 29/8 and 12/9/2018

Cards

Held every second Wednesday 12pm to 3pm at Primrose Community Hall, BYO plate optional. For more info. phone Maree on 6265 5304

Staystrong: strength and flexibility fitness classes

Held every Tuesday and Thursday from 4.40pm to 5.20pm at Primrose Community Hall, cost is \$10. For more info. phone Karyl on 0468 389 659

VOLLEYBALL

Monday evenings
Dodges Ferry Primary
School Gym
6.30pm - 8pm



Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

Thursdays
12.45pm - 4pm



Social outings, club lunches, Christmas
and New Year lunches and activities.
Also provides a support network for
members and their families.
ph. 6265 8208

BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

Dodges Ferry Badminton Club provides a
fun and welcoming environment for
players of all levels.

www.facebook.com/dodgesferrybadmintonclub

Pittwater Photography Group

We meet each Wednesday
for Friendship, Fun, Food
and Adventures with our
Cameras. From Beach to
Bush to Back Roads...

We carpool and share the
petrol cost. Membership is just \$10 per year
through the PITTWATER COMMUNITY CENTRE,
34 Hoffman St, Midway Point 7171
Enquiries Deb Cameron 0417161020
or email pittwaterphotographytas@gmail.com



Southern Beaches Coastcare

Community Caring for Coast and Country



Check out what we've been doing at:

www.southernbeachescoastcare.org

Find us on [facebook.com/sbcoastcare/](https://www.facebook.com/sbcoastcare/)

We hold monthly working bees to care for the local
environment and meet most months at Okines
Community House to plan our activities. Contact us,
become a member or join our email stream to receive
notice of our activities and minutes of our meetings at:

southernbeacheslandcoastcare@gmail.com

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832

BINGO

@

Primrose Sands Community Hall

Every Wednesday

Fortnight

Wednesday 4th July

Wednesday 18th July

Wednesday 1st August

Wednesday 15th August

Wednesday 29th August

Wednesday 12th September


BINGO eyes down 7pm
\$\$ Jackpots \$\$

Full Moon Weaving

Full moon Weaving with Gwen Egg is happening at the
Okines Community Garden on 25 September, 25th
October and 23rd November 2018. This workshop is
offered by donation of \$10-\$20.

With all materials provided,
Gwen will gently yet expertly
guide you in a weaving
project



New, Improved NILS Loans!

- ◆ up to \$1200
- ◆ expanded range of items



NILS Network of Tasmania Inc

The NIL\$ Network provides interest-free loans of up to \$1200 for essential household items, such as fridges, washing machines, beds and hot water systems.



NILS is also now available for:

- Car Registration
- Car Repairs and Car Tyres
- Computers (no restrictions)
- Dentures and Orthodontic Treatment
- Household Repairs and Maintenance
- School trips
- Carpets and curtains (restrictions apply)

Interested in finding out more about NILS?

☎ phone us on **1300 301 650** for the cost of a local call
(or pick up a brochure at Okines Community House)

To be eligible for a loan you must:

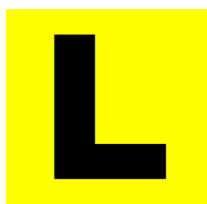
- * Have a current Health Care Card or Pension Concession Card
- * Have lived at your current address for at least six months
- * Be able to repay the loan.



linc Tasmania
learn discover access

GET YOUR **L1 Learner Licence**

@ Okines Community House



Sit the L1 Test for car or motorbike

I will sit with you during the test and Help to explain the questions in a way that YOU understand.

Ages 16+ No Income limits

FREE Service

Contact Fiona on 0448 443 686 to book your Test!

SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing? Any aspect of theatre?

We are always looking for more people.

Sorell on Stage meets twice a week,

Thursday and Sunday.

Sorell Memorial Hall 7pm.

mid January – November.

Contact 6106 0071

CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the car park in front of the Dodges Ferry Tavern from

8.30am - Contact Lorraine by email:

loron@iinet.net.au

MEN'S BREAKFAST

St George's Church Hall, Sorell,
third Wednesday of each month
at 7.30am. Phone 62481878

- Guest Speaker -

New members welcome.



OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
540 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)
PO Box 91, Dodges Ferry, TAS 7173

Administration:

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

***House is open after hours for various activities see program for details.**

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 4pm

Thursday - 12.15pm to 2.45pm

Mobile: 0457 024 267

email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 12-2pm

email: okines.food.co-op@gmail.com

OFFICE FACILITIES CHARGES

Internet & Computer: Computers are available for internet access during operating hours. There is NO COST for using the Internet however, printing does have a fee as per photocopying charges.

Laminating: A4= \$1.00 each A3= \$2.00 each

Black & White Photocopying/Printing:

Using our paper A4 (1 side) = 20c

A3 (1 side) = 20c

Own paper A4 (1 side) = 10c

A3 (1 side) = 10c

Colour Photocopying/Printing:

Using our paper A4 (1 side) = 50c

A3 (1 side) = \$1.00

Own paper A4 (1 side) = 25c

A3 (1 side) = 50c

Fax Machine:

To send a fax is 50c, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 20c for each page received.

Scanning

To scan a document is a cost of 50c

Centre Hire: Various rooms available at reasonable prices, contact 6265 7016 for further details.



*** OKINES BOARD MEETINGS ***

Okines Community House Board of Management meets the third Friday of every month at 9.30am. The Board is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information email info@okinescommunityhouse.com.au or ph: 6265 7016.

Information, Support and Referral services can be accessed at Okines Community House. We have a range of information, pamphlets and books and can listen and support you with issues of concern and refer you to other services if need be.

LIST OF LOCAL PLAYGROUPS

MIDWAY POINT

Pittwater Playgroup

Tuesday 10am – 12noon

Thursday 10am – 12noon

No joining fee

\$2 plus piece of fruit

Held at Pittwater Neighbourhood

Centre, Hoffman Street

Contact: 6265 1155

DUNALLEY

Wednesday 9am – 11am

School Terms only

No joining fee

\$1 per child (includes morning tea)

Held at Dunalley Neighbourhood House

Contact: 6253 5579

LAUNCH INTO LEARNING

SCHOOL PROGRAM

Contact Dodges Ferry Primary School on

6265 8116 for more information

PRIMROSE SANDS

Monday 10.30am - 12.30pm

Toy & Book Library:

Membership of the library is a one-off payment of \$5.

A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

Grab a coffee & support Okines Community House

Only \$2 for a delicious cappuccino, latte or hot chocolate, takeaway cups available.



Playgroup is an informal session where parents, carers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.