



TERM 1, 2024

# OKINES

## COMMUNITY HOUSE



*Funded by the Crown through the DEPARTMENT of COMMUNITIES TASMANIA*

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

## Welcoming in the new year and farewell to a local legend



We would like to welcome everyone back to Okines Community House as we enter the exciting new year of 2024. Being the Chinese new year of the Wood Dragon, and the International year of the Camelid (Camels, Alpacas and Lamas) we are reflecting on the meaning of both and looking at how we can share their influence in the community. The Wood Dragon is said to be generous, compassionate, and altruistic, they care about others and want to make a positive difference in the world. Camelids are of economic, social and cultural importance around the globe, especially among highly vulnerable communities. In challenging environments, camelids are indispensable for their ability to endure harsh conditions and provide crucial support to communities. What fantastic mascots to represent community spirit and resilience in 2024. On that, we wish everyone a fantastic year ahead and hope to see you at Okines very soon.

We would like to honour our very own local legend, Karen Shaw who has finished up at Okines in December 2023. Karen was a constant strength in the office at Okines Community House for 13 years. She was always welcoming, and always happy to listen with an empathic and non-judgmental ear to visitors and staff alike, no matter how busy her day was with her own demanding duties. Her understanding of the complexities of the House, Garden and Co-op was exceptional. She was the 'go-to' person for anyone unsure of what was happening at Okines or how best to go about their tasks, including how to solve everyone's IT issues. She listened to our woes our joys our mundane everyday issues, always keen to jump up and assist with the printer or computer with patience and respect. Special mention must be made for her years of contribution towards the Breakfast club and the Lantern Parade.

Karen was a fine colleague who will be greatly missed by all at Okines. We wish her great prosperity in her new role and look forward to seeing her in and around the community.

From all the Staff, Volunteers, Board Members and greater community  
Bye Bye Karen and THANK YOU !

# Acknowledgement of Country

*Okines Community House Inc. acknowledges that as a community, it is a privilege to live, work and meet on the land, sea and waterways of the Mumirimina people. We pay deep respect to the traditional owners of these places, to the many Aboriginal people who did not make elder status due to the impacts of invasion and colonisation and to those that continue to care for Country. We extend that respect to all Aboriginal and Torres Strait Islander peoples today.*

## Okines Trailer Hire

### MINIMAL FEE

Need to do a quick trip to the tip or pick up a delivery but you don't have a trailer? Okines has a trailer for the community to hire. Some basic conditions do apply.



Last year, our trailer was unfortunately stolen. However, through the incredible generosity of an anonymous donor and the diligent fundraising efforts led by Sarah at Sirens Coffee, we feel incredibly fortunate to announce that we have successfully acquired a new one.

For bookings and hire fee information please contact Okines office on 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## OKINES BIKE REPAIR SHED:

Have you checked out the Okines Bike Repair Shed yet? The bike shed has a variety of bikes available including children's, men's and women's.

Currently open two days a week, the bike repair shed also hosts workshops and special events throughout the year.

The bike shed are currently in need of some more volunteers, if you are interested please contact staff at Okines by phoning 6265 7016 or emailing [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## BIKE SHED OPENING HOURS

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Monday 11am to 3pm

Thursday 11am to 3pm



## THANK YOU

Okines Community Kitchen - Sorell  
Community Network, Jane Howlett MLC,  
Eaves family, Brian Mitchell MP, Local  
Richmond Bakery

Christmas hampers - Sorell Lions Club,  
Dodges Ferry School Association

Trailer - Anonymous donor, Sarah from  
Sirens and Wendy Campbell

Breakfast Club - Local Richmond Bakery

Soirees - Matt Bayes from M.T Blues  
Music

All of our wonderful volunteers who give their time generously to help our space thrive. We greatly appreciate you all.



# BOARD UPDATE

Happy new everyone

The Okines Board has restructured the staffing at Okines Community House. We welcome to the team Nelle Degrassi as Assistant Manager. The position of Administration and Projects Officer will be filled in the near future. Nat Siggins remains as the Manager of the house.

We also have a number of new board members and welcome them all to their role.

We are looking forward to an exciting 2024 with open communication being a very important part of the process.

If you are interested in volunteering at Okines please make contact with the office as there are a variety of volunteer positions available. The support of volunteers is vital to the ongoing success of Okines.

I am new to the role of President and look forward to being supported by the board members, staff and volunteers.

Regards

Christine Woodcock



## FUN FACT

Did you know, that there are over 23 diverse languages spoken in our community. How many do you know? Learning how to greet someone in their native language is a great way to show respect and make new friends  
Diversity is Awesome !



# OKines Community Bike Repair

The Okines's Community Bike Repair Shed continues to grow and serve the community with its philosophy of education, health, economic recycling, and economical repair of bikes.

Our most important resource is that of our volunteers. On average, we have five committed volunteers each open day (Monday and Thursday). Our greatest asset is one that does require continued support, with more volunteers as needs by the local and wider communities increase.

Our donations are five to ten bikes a week. The Sorell Police also contribute lost and unclaimed bikes to us. Our gifting of or sale of repaired bikes varies and ranges from five and above each opening day. We provided 12 bikes to the St John's Primary School in Richmond and there are about ten bikes currently on hire at very nominal rates to tourists and local holidaymakers.

Our educational roles encompass basic tenets of bike care as well as practical road safety, including encouraging our community to use helmets.

We have had educational engagements with the Dodges Ferry Primary School students, boys, and girls.

We anticipate this year of 2024 will see an expanded rotation of some of the grades 5&6 through the program.

We have donated twelve near new bikes and helmets to the DFPS, which will augment the schools acquisition of more new bikes and ensure that the schools PE program has a flying start.

We will be involved with the Health Departments statewide program, "Getting back on your bike" for senior community members who would like to re-learn how to ride a bike.

Bike Week is from the 1st to the 8th of March where we will provide free sessions on bike repair to the local and wider beach communities during this week.

We are supporting a teenager in his quest to acquire the Duke of Edinburgh Award and recently we have a lady join our team from England who has come all that way to assist us!

Thanks to the Okines Board, its management support, the Sorell Council, the DFPS, the Education Department, Torenus Timber, community members who have provided building materials, and our committed volunteers who have facilitated the building of a bike storage shed (fondly referred to as the Bike Emporium or Showroom). This facility protects the bikes ready to go back into the community and saves about an hour each open day as we do not need to take them in and out of storage.



*John and Glenn  
bike shed volunteers*



# CO-OP NEWS

A SNAPSHOT

## Farewell to 2023

The Okines Food Co-op wouldn't be possible without the support of its members and incredible volunteers. Thank you all for another wonderful year of generosity and cooperation and we look forward to working together in 2024!

## Want to be part of the Food Co-op in 2024?

The Okines Food Co-operative (co-op) at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods at affordable prices, with reduced packaging and without the need to travel to Hobart.

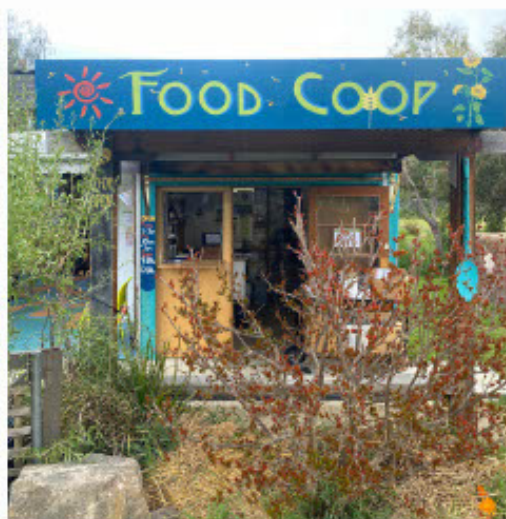
The Food Co-op is part of the Okines Community House network, however we have our own membership list of regular shoppers.

Drop in store during our opening hours to find out **how to become a member**. Can't drop in? Call or email us using the details below!

Membership fees:

Yearly membership is \$20 / \$15 concession

Life-time membership is \$100



## FOOD CO-OP OPENING TIMES:

FRIDAY 9:30AM-1:30PM

SUNDAY 9:30AM-1:30PM

TUESDAY 1-5PM

FIRST MONDAY OF THE MONTH  
11AM-1PM



## INTERESTED IN VOLUNTEERING?

Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive a 10% discount. **We're always in need of committed volunteers.**

Various volunteer tasks include:

Cashiering, restocking, sterilising, bottling, collecting stock from town, cleaning, cooking for events, contributing to the newsletter and much more.

Please get in touch by emailing our Volunteer Coordinator Dawn via [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com)



Our food co-op is a fun and friendly place to shop and volunteer, and somewhere to feel connected to community culture!

**Don't forget, this is YOUR co-op!**  
We encourage community feedback and ideas, so please don't hesitate to get in touch with us anytime.

FOR MORE INFO, CONTACT US AT  
[OKINES.FOOD.COOP@GMAIL.COM](mailto:OKINES.FOOD.COOP@GMAIL.COM)  
03 6265 7016



[OKINESCOMMUNITYHOUSE.COM.AU/  
WPMS/FOODCOOP/](http://OKINESCOMMUNITYHOUSE.COM.AU/WPMS/FOODCOOP/)



@OKINESFOODCOOP

OR DROP IN STORE DURING OPEN TIMES!

# CO-OP NEWS

A SNAPSHOT

'A coffee with good friends fills my cup in more ways than one'

## Co-Op Coffee Shop

Fridays 10am - 1pm



Come along , relax and enjoy a game of **scrabble!**

Last year local volunteer Brendan Fuller began the Okines Co-op Coffee Shop and successfully ran a series of Blackboard events, these included; topical forums, open discussions, musical improvisation and more. Many locals enjoyed the relaxed atmosphere whilst sipping on free coffee and sometimes yummy snacks. This year we are shifting to Friday mornings to coincide with the Co-op being open. We would like to welcome anyone to come along. BYO snacks!

Special CALL OUT to local musicians to join us for the inspirational Jams. For more info please call or text Brendan on 0468905340

Co-op Coffee Shop begins Friday February 9







## OKINES COMMUNITY GARDEN

Hello from Okines Community Garden, this is our first newsletter for the 2024. My name is Donna and I am the gardener here for those of you that are new to our community. With the help of a wonderful crew of volunteers, together we do our utmost to continually provide the necessary vegetables and fruit in season to nourish our local families. If you can spare any free time, you are welcome to volunteer with us in a friendly and easy going environment.

As any keen gardener out there would be aware, chores in a garden are never ending. Such activities include mowing, whopper snipping, making and turning compost, harvesting, planting and sowing seeds, fertilising, watering, mulching, pruning and weeding. You are free to choose what ever you prefer doing. Even one hour of your time would be beneficial and appreciated. Mondays and Wednesdays are our current work days.

We would like to say a huge THANK YOU to Ray from Lewisham who donates pigeon manure as well as Annette and various

others that donate coffee grounds, and community members who donate seeds, plants and other items to assist us. Also to all the community members that bring in their kitchen scraps for our composting system. A massive thank you to Greg and Carlos who have re-constructed our compost bays over the summer break, a fantastic Job! also thanking Noel and David for doing all the mowing for us. We greatly appreciate you all!

We were recently blessed with 25ml of much needed rain which boosted our corn, zucchini, tomato, pumpkin and bean crops. We also have multiple green vegetable and herbs available for harvest, such as parsley, thyme, mint, basil, chives and oregano. We endeavor to sow and plant on a monthly basis in our propagation house. Please feel free to come in anytime to pick veg and fruit from our garden, as it exists for our community. If affordable, a small donation would be appreciated and can be left in our donation box in the centre of the garden.

We will be conducting various workshops during 2024, beginning with the compost making in late summer, companion planting in autumn, seed raising in spring and herb propagation in early summer. These workshops are free to our community, so come along if you are interested in participating and maybe even learn new skills.

Happy gardening to you all in 2024 from myself and our special team of volunteers.



*Donna*



# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

When attending activities at the Okines space We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities. If you are unwell, showing signs of flu like symptoms such as a fever, coughing, or shortness of breath please consider others and do not enter the building or attend activities. Please remember Okines is a shared space. These rules are for the health and wellbeing of everyone.

## MONDAY - KNIT & NATTER

Knit and Natter is a weekly group open to all community members, where you can learn to knit or crochet from scratch, improve your skills or teach others what you know. Wool and needles can be provided.

**Venue:** Okines Community House

**Day:** Monday ongoing

**Time:** 10.30am to 12.30pm,  
tea and coffee provided.

**Fee:** \$2

**Contact:** 6265 7016 for more info

## MONDAY - PRANA YOGA AND PILATES

Gentle Restorative Yoga class.

Experience the transformative power of gentle restorative yoga, and leave each class feeling replenished, centered, and ready to embrace the week ahead with renewed vitality. These weekly classes are suitable for all levels, including beginners and those seeking a gentle approach to yoga. Casual Rate is \$20

**Venue:** Okines Community House

**Day:** Mondays

**Time:** 6.30-7.30pm

Bookings are required, please contact Jackie for dates and payment on 0467197499 or email jackiegraham@iinet.net.au

**\*Please bring own yoga mat**

## MONDAY - GARDEN TUCKER

Garden Tucker is returning on the First Monday of the month. Join us and participate in activities, help out in the garden and share lunch together.

**Day:** First Monday of the month

**Time:** 9.30am - 1pm

**Fee:** Gold coin donation for lunch

## MONDAY - GATHER COOK GROW

Join dietician Danae for a nutrition and cooking program to connect, gain knowledge and skills and socialise over a meal together. Book for one or all of the dates. Everyone welcome, different menu each week.

**Venue:** Okines Community House

**Day:** 19 & 26 Feb, 4, 18 & 25 March

**Time:** 10.30am to 1.30pm

**Fee:** \$5 per session

Bookings required 7 days prior, please email info@okinescommunityhouse.com.au or phone 6265 7016.

## MONDAY & TUESDAYS - COMMUNITY CONNECTOR

Free 50 min support sessions or just a quick chat, over the phone or face to face. Professional, compassionate & discreet social worker. Can assist with a range of support services.

**Day:** Mondays & Tuesdays (appointments)

**Time:** 9am to 1pm

**Cost:** Free

**Venue:** Okines Community House

**Contact:** 6265 7016

## MONDAY - RESTORATIVE QI GONG

Qi Gong (energy work) is a moving meditation that opens up the flow of energy (qi) through the body, connects the breath and calms the mind. These restorative sessions are a mixture of very slow and gentle meridian opening exercises and flowing qi gong practice.

**Venue:** Okines Community House

**Day:** Monday starts 5 February

**Time:** 11.15am-12.30pm

Bookings required visit [donnedreaming.com](http://donnedreaming.com) or text 0499221622. Casual attendance welcome.

## TUESDAY - QUILTERS & SEW-ERS

This is a wonderful group of people who meet every Tuesday to share in their love of quilting. If you sew and would like to join a quilting group please come along. We are not a teaching group but we do enjoy sharing ideas.

**Day:** Tuesdays resumes 6 February

**Time:** 10.30am to 1pm

**Fee:** \$2

**Venue:** Okines Community House

**Contact:** 6265 7016 \*Bring own lunch



## **TUESDAY - CONTEMPORARY PILATES - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)**

These classes work your whole body, from head to toe, connecting, mobilising, and lengthening different myofascial structures to improve your strength and flexibility. Innovative cues will guide your awareness to your quality of movement and strengthen the connection of your mind to your body with fun but challenging sequences throughout the class.  
\$180 or \$25 casual

**Day:** Tuesday (Thursday class also available)

**Starts:** (Tues) starts 6 Feb (no class 19 March)  
9 weeks

**Time:** 9am to 10am

**Cost:** \$180 or \$25 casual

**Venue:** Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings.  
Contact: Salomé 0437 405 213 or email [info@fromwithin.com.au](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)

\*Please bring own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.

## **TUESDAY - CARD GROUP**

This is a fun and vibrant group of people who meet every Tuesday to play cards. New members are very welcome. Feel free to pop in and enjoy a laugh and a chat over a game of cards.

**Day:** Tuesdays ongoing

**Time:** 1pm to 3pm

**Cost:** \$2

**Venue:** Okines Community House

**Contact:** [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## **TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP**

This is a group of enthusiastic men and women who have great fun singing together on Tuesday evenings. Explore your passion for singing in a fun and friendly environment.

**Day:** Tuesdays from 6 February 2024

**Time:** 7pm to 9pm, Cost: \$5

**Venue:** Okines Community House

**Contact:** M Haynes 0417 462 310

## **TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS**

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes

### **FIZZICAL FUSION STAYSTRONG**

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

**Day:** Tuesdays

**Time:** 6.15pm to 6.55pm, Cost: \$10

**Venue:** Okines Community House

**Contact:** Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

### **FIZZICAL FUSION STRIKE**

STRIKE is a low impact, full body kickboxing workout choreographed to music.

**Day:** Tuesdays

**Cost:** STRIKE is a free bonus class if you do the STAYSTRONG class first, otherwise \$5 per class

**Time:** 7pm to 7.20pm

**Venue:** Okines Community House

**Contact:** Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

## **WEDNESDAY - TAI CHI WITH SUE DUFFY**

Tai Chi is an effective exercise for health and wellbeing. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and please wear comfortable clothing.

**Day:** Wednesdays commences 7 February

**Time:** 10am to 11am

**Cost:** \$5

**Venue:** Okines Community House

**Contact:** 6265 7016

## **WEDNESDAY - PAINTING GROUP**

The Shoreline Art Group meet at Okines Community House every Wednesday. This class is very popular however a limited number of spaces have recently become available.

**Day:** Wednesdays ongoing

**Time:** 10.30am to 1.30pm

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** Cherie on 0488139742

### WEDNESDAY - FOOD ASSISTANCE

Thanks to the excellent work from Loaves & Fishes Tasmania Okines Community House provides access to food such as bread, vegetables and fruit. Items differ week to week, available to those in need, at no cost.

**Day:** Every Wednesday, no cost

**Time:** 1pm to 3pm

**Venue:** Okines Community House

If you would like further information please phone 6265 7016

### WEDNESDAY - OKINES COMMUNITY KITCHEN

Provides free veggies, groceries and a hot meal on Wednesday evenings. Open to everyone from **5.45pm-7pm**. Need some food and can't leave the house? We can also deliver food packs and leave it at your door! For more information on deliveries please phone 62657016

Donations of pantry items are very welcome and can make a difference to a family being able to pay rent or an essential bill, or buy medicine for their family, and still have food in the cupboard. This year we are all very aware that families are being hit by rising costs so any donations are greatly appreciated.

### THURSDAY - EASE and REBALANCE, THE MELT METHOD - Tutor Salomé Rosa

MELT Method Class - Come and experience the power of this hands off bodywork with its NeuroStrength moves. Increase resiliency in your whole body and improve your overall stability. Using special soft rollers, balls and bands.

**Starts:** (Thurs) 8 February (no class 21 March)

**Time:** 9am to 10am,

**Cost:** \$180 or \$25 casual for 9 weeks

**Venue:** Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings.

**Contact:** Salomé 0437 405 213 or email [info@fromwithin.com.au](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)

*\*\*Please bring own mat, elastic band and a little ball.*

### THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes.

#### FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

**Day:** Thursdays

**Time:** 6.15pm to 6.55pm,

**Cost:** \$10

**Venue:** Okines Community House

**Contact:** Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

#### FIZZICAL FUSION SHIMMY

SHIMMY is a full body workout using belly dance moves and music to free your inner goddess as you improve co-ordination, flexibility and body tone.

**Day:** Thursdays

**Time:** 7pm to 7.20pm,

**Cost:** SHIMMY is a free bonus class if you do STAYSTRONG first, otherwise \$5 per class

**Venue:** Okines Community House

**Contact:** Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

### THURSDAY - DIGnity Supported GARDENING PROGRAM

Get connected with nature and with each other at DIGnity Gardening. Come and help out in the Community Garden, join in with the art activities, or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor, Artist and Garden Coordinator. All ages and abilities welcome, this is a free weekly event.

**Day:** Every Thursday commencing 15 February - 30 May

**Time:** 10.30am to 1.30pm

**Venue:** Okines Garden Contact: Hannah via email [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com) or 0434 298 445



### THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books. There is no membership fee, and books are organised through the Libraries Tasmania.

**Day:** The 2nd Thursday of each month

**Time:** 12pm to 2.30pm

**Venue:** Okines Community House

**Contact:** 6265 7016

\*Bring a shared lunch

### FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends - Bookings essential. Please advise of any special requirements at time of booking.

**Day:** last Friday of the month

**Time:** 12pm to 2pm

**Cost:** \$7 for a 2 course meal

**Venue:** Okines Community House

**Contact:** 6265 7016

### FRIDAY - CHAIR YOGA WITH ELANA ROSE

Chair yoga focus on improving your flexibility, balance, circulation, range of movement, fitness, breath, strength and relaxation. The class is great for people who find it a challenge to get down to the floor, have joint issues or are recovering from illness or injury.

**Day:** Fridays

**Time:** 1.30pm-2.30pm

**Fee:** \$15 per class or 6 class pass for \$60

**Venue:** Okines Community House - Terrapin

**Contact:** elanaroseyoga@gmail.com or  
0412 451 192

### FRIDAY - SOUTHERN BEACHES SPINNERS & FIBRE GROUP

The spinning group is a wonderful social activity. The group meet every second and fourth Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on.

**Day:** Second and Fourth Friday of the month

**Time:** 10am to 1pm

**Cost:** \$3

**Venue:** Okines Community House

**Contact:** Eileen 6265 8472 or Brian 0487 380 296

### SATURDAY - POP UP REPAIR CAFE

Are you thinking? ..... Can I fix it? or Toss it away? No Way! = Repair it!

Bring the item that needs repairing along to our first Pop Up Repair Café @ Okines/Southern Beaches on Saturday April 13 between 2 & 4pm to meet a volunteer to work with you to fix it!

Current Repair Expertise available:

Bike repairs, mower repairs, general maintenance sewing, darning

It's free. Just like the deli in the supermarket you will be given a number and when the repairer is available - your number will be called.

While waiting enjoy a coffee/tea and cake [gold coin donation]

This Pop-Up Repair Café is in collaboration with Eastside Repair Café and Okines Community House.

If you'd like to volunteer as a repairer -with these skills: [ i.e electrical, jewellery, computer etc] or as a helper please contact: Okines Community House Ph: 6265 7016

Want to know more about Repair Café - Fix Your Broken Items ([repaircafe.org](http://repaircafe.org)).

**Day:** Saturday 13 April

**Time:** 2-4pm

**Venue:** Okines Community House

**Contact:** 62657016

### SUNDAYS - ART FUNDAMENTALS WITH NICOLA

An 8 week beginners art course for adults where you will take time for yourself to nurture your creativity, learn new skills and connect with others who value doing the same. I'll take you on a journey where you will learn to draw and paint what you see. No experience is necessary as we will start with the absolute basics in a relaxed, friendly environment.

**Day:** Sundays 4 February - 24 March

**Time:** 2pm-4pm (last 4 classes go till 5pm)

**Venue:** Okines Community Garden

**Contact:** nicolahollandart@gmail.com

# OKINES ACTIVITIES TERM 1, 2024

PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AN ACTIVITY THAT YOU HAVE BOOKED IN FOR AS WE HAVE PEOPLE ON WAITING LISTS ABLE TO TAKE YOUR PLACE.

## MONDAY

### KNIT & NATTER

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

### PRANA YOGA AND PILATES

6.30pm to 7.30pm, contact: Jackie for more information on 0467 197 499

### QI GONG

11.15am to 12.30pm contact donnedreaming.com or text 0499221622. Casual attendance welcome

### GATHER, COOK, GROW

10am to 2pm, \$5 per session, bookings essential phone 6265 7016

### GARDEN TUCKER

9.30am to 1pm, gold coin donation for lunch, First Monday of the month

### COMMUNITY CONNECTOR

9am - 1pm by appointment

## THURSDAY

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month 6265 7016

### DIGNITY GARDENING

10.30am to 1.30pm, contact Hannah via dignity.garden@gmail.com

### EASE & REBALANCE

9am to 10am, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

### FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, ongoing, \$10 casual, contact Karyl on 0468 389 659

### FIZZICAL FUSION SHIMMY

7pm to 7.20pm, ongoing, free bonus class if you do STAYSTRONG first, otherwise \$5 per class, contact Karyl on 0468 389 659 or fizzicalfusion@gmail.com

## TUESDAY

### CONTEMPORARY PILATES

9am to 10am, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

### QUILTERS & SEW-ERS

10.30am to 1pm weekly, \$2, Phone: 6265 7016

### CARD GROUP

Weekly card group, \$2, 1pm to 3pm, Phone 6265 7016

### RHYTHM & BEACHES SINGING GROUP

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

### FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

### FIZZICAL FUSION STRIKE

7pm to 7.20pm, free bonus class if you do STAYSTRONG

### COMMUNITY CONNECTOR

9am - 3pm by appointment

### STEINER PLAYGROUP

Contact steinersouthernbeachers@gmail.com

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, last Friday of the month \$7 for 2 courses contact: 6265 7016 bookings essential

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 1pm, 2nd and 4th Friday, \$3 per session. Contact: Eileen on 6265 8472 or Brian 0487 380 296

### CHAIR YOGA

1.30pm - 2.30pm every Friday Contact: 0412 451 192 or elanaroseyoga@gmail.com

### STEINER PLAYGROUP

Commencing Fridays 23 February

### SOIREES

23 February 6pm - 8pm  
29 March 6pm - 8pm

## WEDNESDAY

### FOOD ASSISTANCE

1pm to 3pm on Wednesdays

### COMMUNITY KITCHEN

5.45pm - 7pm contact 62657016

### TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

### PAINTING GROUP

10.30am to 1.30pm, \$5 per session, phone Cherie on 0488 139 742

## OTHER

### JAZZ BY THE SEA

Sunday 25 February 2pm - 4pm

### SOUTHERN BEACHES SUMMER SING

Sunday 25 February 10.30am-1pm @Dodges Ferry Primary School

### ARTFUNDAMENTALS

Sundays 2pm - 4pm (last 4 classes till 5pm)

Contact

nicolahollandart@gmail.com

### POP UP REPAIR CAFE

Saturday 13 April 2pm - 4pm

### SMALL TOWN MARKET

Sunday 24 March 10am-3pm Applications open now smalltownmarket@myyahoo.com

### INTERNATIONAL WOMENS DAY

Friday 8 March 1pm-4pm





Okines Community Garden  
544 Old Forcett Road, Dodges Ferry

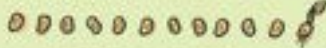
Every Thursday\*:

10.30am - 1.30pm

15th Feb, 2024  
until  
30th May,  
2024

\*NO sessions on 28th March (Easter)  
and 25th April (ANZAC day)

Get connected with nature and with each other at DiGnity gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor. All ages and abilities welcome. This is a free event.



Email: [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)

Phone: 0434298445

Website: [www.dignitygardening.com](http://www.dignitygardening.com)

Are you interested in volunteering in the Garden but don't know how to JUMP IN?

We have many opportunities for skill sharing and learning:

Weeding, planting, seed raising, pruning, composting, mulching, fertilising, seed collection and storing. Come and learn and share with our team.

## ShareWaste

Did you know that Okines is an official ShareWaste recipient? This means that you can bring your compostables (food scraps, grass clippings, shredded paper etc) to Okines Garden to put in our compost. We then use the compost to make more soil and grow produce which can be distributed to the community.

You can find out more about how ShareWaste connects people who want to recycle their food scraps with neighbours by visiting <https://sharewaste.com/>.



## GATHER COOK GROW

CONNECTING COMMUNITIES TO BE FOOD RESILIENT

Gather at Okines in the kitchen to cook together, learn more about eating healthy balanced meals and grow your food knowledge! Join Dietitian Danae with:



- Nutrition topics
- Cooking skills
- Food knowledge
- Using garden ingredients
- Sharing a meal

Take home pantry staples to build your own ingredient store at home!

Mondays 10am - 2pm  
February 19th, 26th  
March 4th, 18th, 25th

Cost \$5 per session.

Location: 540 Old Forcett Rd, Dodges Ferry

Everyone welcome, bookings required 7 days prior. Please call 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au). Please share any dietary requirements upon booking.

## DON'T THROW IT. GROW IT!



JOIN  
**SHAREWASTE.COM**  
FOR FREE!

MEET YOUR NEIGHBOURS  
RECYCLE YOUR ORGANIC WASTE  
GROW PLANTS AND VEGGIES

[sharewaste.com](http://sharewaste.com)

Facebook.com/sharewaste Instagram.com/sharewaste





# Breathing Tree Yoga



## Okines Chair Yoga

Friday 1:30 - 2:30pm

Chair Yoga will focus on improving your flexibility, balance, circulation, range of movement, fitness, strength, breath and relaxation.

This class is gentle, supportive and fun for everyone and will make you feel better.

Classes at Okines Community Centre,  
540 Old Forcett Rd, Dodges Ferry

\$15 per class or 6 class pass for \$60

[BreathingTreeYoga.com.au](http://BreathingTreeYoga.com.au)

[elana.rose.yoga@gmail.com](mailto:elana.rose.yoga@gmail.com)

Elana Rose - 0412 451 192

# PRANA YOGA AND PILATES



## Classes.

| Okines Community House

- Monday 6.30pm - 7.45pm
- Gental Restorative Yoga
- All levels welcome

☎ 0467 197 499

✉ [jackiegraham@iinet.net.au](mailto:jackiegraham@iinet.net.au)

Casual Class \$20

## Restorative Qigong Classes @Okines Community House

Mondays - 11:15 - 12:30

Qi Gong ( Energy Work ) is a moving meditation that opens up the flow of energy (qi) through the body, connects the breath and calms the mind.

These restorative sessions are a mixture of very slow and gentle meridian opening exercises and flowing qi gong practice.



No experience needed.  
Casual attendance welcome.  
visit [donnedreaming.com](http://donnedreaming.com) or text 0499221622  
to book your spot.

FREE  
EVENT



POP UP

REPAIR CAFE

OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry



SATURDAY 13TH APRIL

2 - 4pm

In collaboration with

EASTSIDE  
REPAIR  
CAFE

CLARENCE  
CLIMATE  
ACTION

ALL WELCOME

 Okines Community House



# Jazz by the Sea

**COME ALONG TO DODGES FERRY LAGOON PARK OKINES**  
**Sunday 25 February 2024 • 2PM-4PM**  
 Featuring: **Southern Lights Big Band**

Join family and friends and enjoy the live music!  
 Bring a picnic and BYOG BBQ onsite • soft drinks

**RAFFLE**

**GOLD COIN DONATION FOR CANCER CHARITY**

Hosted by the Lions Club of Sorell

Logos for The Cambodian Children's Charity, Lions Club, and other sponsors.



## KNIT & NATTER

Okines Community House

\$2 per visit

10:30AM - 12:30PM

540 Old Forcett Road, next to the Dodges Ferry Primary School.

*A weekly group open to all community members*

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you! Phone 6265 7016 for more information or email:

[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## Art Fundamentals with Nicola

An 8 week beginners art course for adults where you'll take time for yourself to nurture your creativity, learn new skills and connect with others who value doing the same.

I'll take you on a journey where you'll learn to draw and paint what you see. No experience is necessary as we'll start with the absolute basics in a relaxed, friendly environment.

Each class will build on the skills learnt the week before and you'll finish with your own unique acrylic painting on a stretched canvas.



Sundays 2pm - 4pm  
 (last 4 classes go until 5pm)  
 4 February - 24 March 2024  
 @ Okines, Dodges Ferry, Tas

Contact:  
[nicolahollandart@gmail.com](mailto:nicolahollandart@gmail.com)  
 facebook: Paint with Nicola



For more details or to book your spot, scan the code or go to the url below



Nicola Holland  
 Bachelor of Visual Arts  
 (acrylic painting)

Paint with Nicola

[www.eventbookings.com/b/event/art-fundamentals-with-nicola](http://www.eventbookings.com/b/event/art-fundamentals-with-nicola)

## QUILTING & SEWING GROUP



An invitation to all hand sew-ers and quilters. This group meets every Tuesday to share in their love of quilting and sewing.

**Tuesdays 10.30am to 1pm**  
**\$2 each week**  
**BYO lunch**

Okines is located at 540 Old Forcett Rd, next to the Dodges Ferry Primary School  
 For more info either phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)





# International Women's Day

Down with the Masks  
Free creative workshop  
Welcoming anyone who identify as female

Friday March 8  
1pm - 4pm

Come make masks with artist Edith Perrenot.  
Make the masks you want for your soul to be adorn with; pretty, terrifying, animalistic or frivolous. Materialise the mask you too often wear, show it to the world, take it off, make it to destroy it, parade it, that is left to your desire and your agency.

Edith Perrenot will facilitate a few possible techniques of mask making and support you to unfold your creativity. Bring clothes to make crafts in and clothes to wear with your mask if you wish to.

Afternoon tea provided

For more info or to book a spot please call : 62 657016

**@ Okines Community House**

Location: 540 Old Forcett Road , Dodges Ferry

STEINER PLAYGROUP @ OKINES

FRIDAYS STARTING 23RD FEB 2024

0-4 years of age, Steiner principals and activities

Express your interest by joining our FB group:

<https://www.facebook.com/groups/steinersinthesouthernbeaches/>

Or by emailing: [steinersouthernbeaches@gmail.com](mailto:steinersouthernbeaches@gmail.com)





# LET YOUR RADIANCE SHINE

## WOMEN'S WELLNESS SERIES: LYMPHATIC SYSTEM

9 MARCH 2024 , @OKINES COMMUNITY HOUSE

Have you ever wondered how to support the lymphatic system in your daily life to help regulate inflammation, immune function, and lymphatic function? The lymphatic system is perhaps the least studied & talked about system of the body, but with many impressive implications we can leverage throughout our yoga practice & beyond.

Improving lymphatic health is a great way to also improve your digestive, immune, and mental health. Lymphatic draining can reduce bloating, release excess fluid in the body, and balance the vital life force energy that flows through all living things. Understanding the pathways and body map of the beautiful lymphatic rivers running through our bodies allows us to encourage physical, emotional, mental and energetic relief and restoration.

### What to expect:

- Intro to the lymphatic system and some of its components
- Discover how to improve lymphatic circulation
- Learn how breath work and movement supports the lymphatic drainage
- Learn and practice breast self-massage, dry brushing
- Learn how essential oils and crystals can support lymphatic system
- Develop a self-care routine to improve lymphatic drainage
- Practice meditation and yoga for lymphatic system

ALL IS WELCOME - NO YOGA EXPERIENCE NEEDED!!!

• BOOKINGS ARE ESSENTIAL!!!

• WORKSHOP TIME: 9.30AM - 3.30PM , WORKSHOP FEE : \$120



### ELIF SARI

Elif has been teaching yoga since 2007, and travelling around the world facilitating retreats and teaching workshops on women's wellness. She is a registered kinesiologist, Acutonics & Sound Healing Practitioner, Integrative Womb Hara Massage Therapist and Crystal Dreaming Practitioner. She is also trained in Aromatherapy, Acupressure, Cupping and Moxibustion.

Elif runs her own Holistic Healing Hub

- SIMPLY THE SOURCE -  
in Primrose Sands.



FOR BOOKINGS AND MORE INFO:

0413 938 293 or [simplythesource@gmail.com](mailto:simplythesource@gmail.com)

# Southern Beaches SUMMER SING!

SUNDAY 25 FEBRUARY 2024

10.30AM - 1.00PM

DODGES FERRY PRIMARY SCHOOL

BOOKINGS ESSENTIAL: [WWW.TRYBOOKING.COM/CLTPT](http://WWW.TRYBOOKING.COM/CLTPT)

WITH JANE CHRISTIE-JOHNSTON







# OKINES COMMUNITY HOUSE

## GARDEN SOIREE

FEATURING LOCAL MUSICIANS

THIS MONTH'S ENTERTAINMENT

**FRIDAY JANUARY 26**

**FOCAULT A GOGO+ CELESTE MINKE**

**FRIDAY FEBUARY 23**

**HELEN'S IDEA + SEYMONSTER**

**FRIDAY MARCH 29**

**BEN SALTER+ WARREN MASON**

**6PM TIL 8PM**

**A FAMILY FRIENDLY EVENT RUN MONTHLY  
AT THE OKINES COMMUNITY HOUSE LAWNS  
BYO FOOD AND DRINKS, A CHAIR OR BLANKET  
& SOME CHANGE FOR OUR TALENTED MUSICIANS**





# SMALL TOWN MARKET

AUTUMN EDITION

SUNDAY MARCH 24TH  
10AM - 3PM

OKINES COMMUNITY HOUSE, DODGES FERRY

On the lands of the maimimina people, lutruwita

ARTISANS, LIVE MUSIC, FRESH PRODUCE, FOOD VANS, KID ACTIVITIES, WORKSHOPS, DEMONSTRATIONS AND MUCH MORE

Get in touch to get involved

@SMALLTOWN.MARKET  
SMALLTOWNMARKET@MYATHOO.COM

Come celebrate community, culture, and the change in season



# OKINES Community Kitchen

## Free veggies, groceries and hot meals

The Okines Community Kitchen is an inclusive space where anyone can pick up free veggies and groceries, enjoy a hot meal and a chat.

OPEN every Wednesday  
5:30pm - 7pm

Delivery of food may be available

540 Old Forcett Road  
Dodges Ferry

Okines Community House  
(03) 6265 7016



Let's do

# LUNCH

**EATING WITH FRIENDS (EWF)** at Okines Community House  
Held on the last Friday of each month - \$7 for a delicious 2 course meal  
**Bookings are essential.** please advise if vegetarian option required  
Ph. (03) 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)  
540 Old Forcett Rd, Dodges Ferry (next to the DF Primary School)

# Food Assistance

## Wednesdays

### 1pm - 3pm

at Okines Community House

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 food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

**PLEASE BYO BAGS**



# WHAT'S ON IN YOUR COMMUNITY



## Badminton

at the Dodges Ferry Recreation Centre

Badminton on Wednesday nights at the Dodges Ferry Recreation Centre (school gym) from 7.35pm onwards

\$6 includes shuttles, courts & nets (no roster)

2 hrs of great exercise

Come along, have a hit, and some fun

ALL WELCOME

Covid rules apply

For more information see <https://www.facebook.com/dodgesferrybadmintonclub/> or phone: 0438 520 744

Check Facebook for weekly updates



SEEKING NEW MEMBERS

## SENIOR CITIZENS INDOOR BOWLS CLUB

**DODGES FERRY RECREATION CENTRE (DODGES FERRY PRIMARY SCHOOL GYM)**

JOIN THIS FRIENDLY GROUP FOR A FUN & SOCIAL GET TOGETHER

Held on Thursdays, at a cost of \$3 each week

Arrive at 12.45pm for a 1pm start

Sessions run for approximately 2hrs followed by afternoon tea

All very welcome.

For more information phone Marc on 6265 8063



## JOB? TRAINING?

### LET'S TALK TRANSPORT!



Area Connect is a free and flexible transport option in regional areas to help you get to work or training where access to transport is limited or unavailable.



Get in touch to find out how we can help.




SCAN ME

1300 651 948  
[www.areaconnect.org.au](http://www.areaconnect.org.au)  
[info@areaconnect.org.au](mailto:info@areaconnect.org.au)



## Okines Breakfast Club 2024

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing Tuesday 13 February 2024, toast with a variety of spreads at no cost will be available.



Okines would also like to gratefully acknowledge the support of the the local Richmond Bakery for their generous donation of many loaves of bread each week as well as pastries for the Okines Food Assistance Program.



# OKINES BIKE SHED

REPAIR - DONATE - VOLUNTEER

MONDAY 11-3

THURSDAY 11-3

Need a bike, spare parts or bike repair?

Come by the Bike Shed for an array of bike styles, sizes, gear and racks. Services and bikes available for a small donation.

Run by a team of friendly volunteers.



540 OLD FORCETT ROAD, DODGES FERRY (03) 6265 7016



## FREE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- Over the phone or face to face appointments
- Conducted by an experienced counsellor
- 9am-3pm Mondays and Tuesdays each week

*No referral necessary*

Okines Community House

Phone: 03 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

540 OLD FORCETT RD, DODGES FERRY TAS 7173

*The Sea is Low Me Photography by Lucy Bradshaw*



ARE YOU THINKING OF SELLING?+

REWARD YOUR COMMUNITY

List and Sell your home with Raine & Horne Sorell, or refer someone and we will donate...

**\$500** to the

**Okines Community House\***

+ Incentives available for Rental Referrals also.  
\* Conditions Apply

10 Gordon Street, Sorell  
[sorell@sorellrh.com.au](mailto:sorell@sorellrh.com.au)  
(03) 6265 1000

**Raine&Horne.**  
Sorell, Tasman & East Coast

## No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans

**Now up to \$2,000**

No credit checks

Minimum repayment

\$20 per fortnight

Call 1300 301 650

[www.nilstasmania.org.au](http://www.nilstasmania.org.au)



# D'Ferry Flicks presents:

Screenings on the 3rd Saturday of the month  
At: Dodges Ferry Primary School  
**6.30pm for 7pm start**



## Feb 17: Moulin Rouge

M / Musical/Romance / 2001 / 127 mins

*A writer travels to Paris and visits the infamous night club, the Moulin Rouge where he falls in love the shows star performer, Satine.*

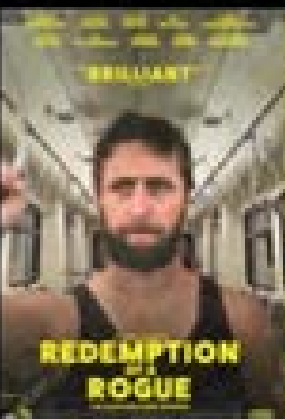
Director: Baz Luhrmann Starring: Nicole Kidman, Ewan McGregor, Richard Roxburgh.

## Mar 16: The Velvet Queen

M / Documentary/Nature / 2021 / 92 mins

*In the heart of the Tibetan highlands, an award winning photographer guides a writer in his quest to document the elusive snow leopard*

Directors: Marie Amiguet Starring: Vincent Munier, Sylvian Tesson



## Apr 20: Redemption of a Rogue

MA / Comedy/Drama / 2020 / 95 mins

*A prodigal son returns to his hometown to seek salvation. Stuck in a Groundhog Day like purgatory, Jimmy embarks on a journey of redemption.*

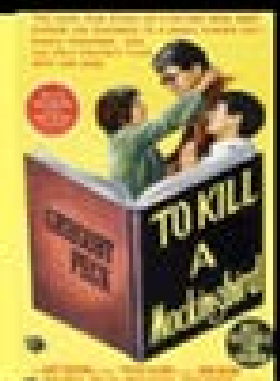
Director: Philip Doherty Starring: Aaron Monaghan, Patrick McCabe.

## May 18: To Kill A Mockingbird

PG / Thriller/Drama / 1962 / 129 mins

*Depression-era, widowed lawyer Atticus Finch sets out to defend a black man against an undeserved charge and tries to educate his children about prejudice.*

Director: Robert Mulligan Starring: Gregory Peck, Joe Megna





# WHAT'S ON IN YOUR COMMUNITY



Lend a hand,  
and make a difference.

## SOUTHERN BEACHES CLEAN UP GROUP



## Southern Beaches Landcare Coastcare

### COMMUNITY CARING FOR COAST AND COUNTRY

OUR VOLUNTEERS MEET MONTHLY TO PLAN PROJECTS, WORKING BEES AND OTHER ACTIVITIES TO PROTECT AND RESTORE THE NATURAL VALUES OF OUR SPECIAL COASTAL NEIGHBOURHOOD.

CHECK OUT OUR WEBSITE  
[WWW.SOUTHERNBEACHESCOASTCARE.ORG](http://WWW.SOUTHERNBEACHESCOASTCARE.ORG)  
FIND US ON [FACEBOOK.COM/SBCOASTCARE/](https://www.facebook.com/SBCOASTCARE/)



EMAIL: [SOUTHERNBEACHESLANDCOASTCARE@GMAIL.COM](mailto:SOUTHERNBEACHESLANDCOASTCARE@GMAIL.COM)  
OR PHONE GWEN ON 0484 617 832  
TO JOIN OUR EMAIL STREAM AND RECEIVE NOTICE OF OUR ACTIVITIES



SUPPORTED BY THE ROTARY CLUB OF SORELL

## Men's Breakfast

Meets 3rd Wednesday of every month

7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome

ENQUIRIES TO CRAIG - 0418 433 141

# Sorell Seniors

Are you 50+

Interested to meet others?

Curious about what happens in Hobart & surrounds, history, people, events, books, everything?

SORELL COMMUNITY HEALTH CENTRE  
57 COLE STREET, SORELL.

Come along fortnightly  
Fridays 10-11.45ish

Need more info?  
Phone Wendy 6265 1156



FOR THE  
By the community  
COMMUNITY

## Contact us

### LOCATION:

540 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden). PO Box 91, DODGES FERRY 7173

### OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

Webpage: [okinescommunityhouse.org.au](http://okinescommunityhouse.org.au)

Instagram: Okines Community House

### OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

email: [dig@okinescommunityhouse.com.au](mailto:dig@okinescommunityhouse.com.au)

Instagram: Okines Community Garden

### OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 1pm to 5pm

Friday - 10am to 1pm

email: [okines.food.co-op@gmail.com](mailto:okines.food.co-op@gmail.com)

### OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

Other times by arrangement, Ph: 6265 7016

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

### DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House Regular screenings are the third Saturday of each month, plus special events. Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.



### Internet & Computer access:

Computers are available for internet access during opening hours. There is NO COST for using the Internet or scanning however, printing does have a fee as per the following charges.

### Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

### Colour Photocopying/Printing:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

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

### Centre Hire:

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

### Trailer Hire:

Okines has a small 6 x 4 box trailer for hire at a very small cost, some conditions apply. Please contact 6265 7016

**\*Credit Card facilities now available**

### Book Library:

No cost to borrow, books are located both inside the house and in the garden. Seeds are also available at the outdoor library.

### Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate for only \$2 to support Okines Community House fundraising efforts.

### Information, support & referral services:

Okines has a range of information pamphlets and books and can listen and support you with issues of concern and refer you to other services if required.

### OKINES BOARD MEETINGS

Okines Community House Board of Management meets the third Friday of every month. If you are interested in joining the Board, have any questions about Okines & what we do or ideas for the future, please email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or call the office on 62657016.