

# Marrar Woon

## Activity

## Guide

July/Sept 2010



### Cheesemaking Course

It's on again! Carole Willman is a qualified cheesemaker, TAFE tutor and co-author of Australia's most popular home cheesemaking book "Home Cheesemaking". You will be taught how to make your own Romano cheese from beginning to end. This course is back due to popular demand so book early to ensure your place. Lunch provided.

**When:** Wednesday August 25

9:30am to 3:30pm

**Where:** Bowling Club

**Cost:** \$130



### Stress Relief Class

Are you or your family and friends often tense and in need of relaxation after a busy day or week? Has the daily grind of life worn you out? Then why not learn some simple and easy techniques to relieve the tension and reenergise yourself and others. Learn how to relax the tension around the head, neck and shoulders as well as feet and hands in a gentle and effective way. Make this enjoyable experience by sharing it with your partner or friends. No special equipment is needed, just your willingness to participate. Massage creams and oils supplied. Facilitator is Peter Mackie, Reiki Master and Wellness practitioner

**When:** Sat 31 July & Sun 1 August

**Where:** Marrar Woon

**Cost:** \$165

### Moving Monkey Play Gym

Help build upon your child's confidence, social skills and movement skills through active play. Children will understand how their bodies move, how different movements feel, how they need to move on to complete an action and discover things about the world.

The Moving Monkey Play Gym is a fun and stimulating environment for parents and children to learn about the importance of moving and physical activity.

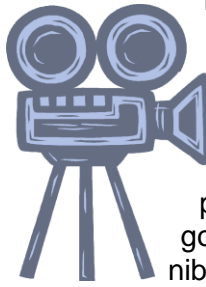
**When:** Tues 3 August at 9:05am for 6 weeks

**Where:** Apollo Bay P-12 Leisure Centre

**Cost:** \$30 for 6 sessions

For more information please contact **Tanja Brunner** on 5237 8500.

### Film Noir



The Film Noir classic "Double Indemnity" is a stylish Hollywood crime drama starring Barbara Stanwyck, Fred McMurray and Edward G Robinson. We will be viewing and discussing this particular style of movie from the golden years of Hollywood. Bring some nibbles to share with a glass of wine

that will be provided. Free of charge

**When:** Thursday 29 July 7:30 to 9:30

**Where:** Marrar Woon

### Living Energetically

This workshop is a fun and informative introductory day that explores the energetic nature of our lives. The day is designed to develop your awareness and allows you to experience and practice ways to harness and meaningfully direct your energy.

Learn how to:

- Experience increased energy levels and vitality.
- Achieve more clarity and inspired focus.
- Enjoy improved health and wellness.
- Create positive, effective connections with others.

This day will awaken you to how powerful you really are. I invite you to enjoy the day and to live an energetic life.

Facilitator – Karen Wilson

**When:** Sunday August 29

**Where:** Marrar Woon 9am to 5pm

**Cost:** \$75



Karen is a qualified Reflexologist, Reconnective Healer and NLP Practitioner with 11 years experience working with alternative therapies and energetic healing. Having worked as a Trainer in the corporate world for many years Karen now combines her passion for teaching with her knowledge and skills as an Intuitive Healer and practitioner. Time spent with Karen not only guarantees a lot of learning but also lots of laughter.

### Oki Do Yoga

Dynamic, relaxing, fun, challenging. Responsive to the changing needs of participants, this yoga lead by Andrew Hack balances strong and soft. Come along and stretch your mind and body. Suitable for everyone, wear loose and comfortable clothing.

**When:** Wednesdays 14 July-8 Sept 5:45pm to 7pm

**Where:** Senior Citizens

**Cost:** \$102 for 9 sessions Conc: \$61.20

**If you want to be a part of our mailing list, to save paper and our environment, please email [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au)**

### Paddock to Plate

Aire Valley restaurant is a hidden treasure just 30 mins from Apollo Bay. Watch chef Annabel Tellis demonstrate the cooking of their most popular dishes that include seasonal vegetables straight from their garden. Recently featured in the New York Times and Postcards TV series this is an opportunity not to be missed. You will be treated to tastings from a variety of dishes with fresh being the focus of their ingredients.

**When:** Monday 2 August

**Where:** Bus departs Marrar Woon at 11am and returns early afternoon.

**Cost:** \$20pp

### Skills from the Hills - a workshop for women

Would you like to explore and expand your knowledge and creativity? Would you like to get away for the weekend and share time with a supportive group of women? Would you love the chance for personal development but often find workshops too expensive?

Then Skills from the Hills could be for you.

'Skills from the Hills' is a women's retreat weekend with a difference. It is unique in that it invites each participant to contribute by facilitating a one-hour presentation or workshop. This encourages the idea that we all have something of worth to share and have the capacity between us to grow and develop ourselves, creating greater connections and possibilities in our lives. It presents a chance to build self-esteem and connect with others in a meaningful way.

**When:** Friday, Sat & Sun 20, 21 & 22 August

**Where:** somewhere in Apollo Bay

**Cost:** \$130.00

For more info and details please call Caro White on 0422 926 928

### Storytelling with Annabel & Jane

This session will feature "Fairy Tale Cake" by Jonathon Langley as read by Jane and Annabel. Come dressed as a character from any nursery rhyme and join in with the singing and dancing!

All ages welcome for what's sure to be a very entertaining time. Free of charge

**When:** Wed 8 Sept 11am – 12pm

**Where:** Marrar Woon



### Dog Obedience

Does your dog need to know who's in charge? Let Jenny Laird help you take control of man's best friend and make your life a lot easier. Dogs of all ages welcome

**When:** Fridays 30 July– 3 Sept 5pm to 6pm

**Where:** Tennis courts Rec reserve

**Cost:** \$60 for 6 sessions Conc: \$36. Payment must be made prior to the course commencement.



Working across the Surf Coast and Colac Otway Shires, the Eco Living project aims to improve the environmental performance of nine Neighbourhood Houses, as well as enabling them to become sustainability beacons in their communities. Our Eco Living Community Development Worker Andrew Lucas is based at Figtree Lorne Neighbourhood House. The other Neighbourhood Houses involved are:

Marrar Woon	Winchelsea
Anglesea	Deans Marsh
Colac	Torquay
Forrest	Gellibrand

### Draught Busting Workshop

Fight off the mid-winter chills with practical advice on making your home less draughty and cosier. See how you can save money, energy and greenhouse gas emissions buying easy to install draught proofing products. Presented by Andrew Lucas

**When:** Tuesday 10 August 2pm – 3pm

**Where:** Marrar Woon

**Cost:** \$5

### Eco Eating Film & Workshop

Calling all foodies, gardeners, educators, jack-of-all-trades, organisers and fun lovers! Want to source more local, fresh and organic food in Apollo Bay? Come along and be part of the solution in an evening of inspiring information including a screening of

*"The Power of Community".*

*When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half – and food by 80 percent – people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens.*

Learn about food miles, Community Supported Agriculture systems and sustainable food choices that are good for you and the planet. Free of charge.

**When:** Wed 18 August  
7pm – 9:30pm

**Where:** Marrar Woon





# Adult Education in the Community

## Barista and Food Handling

If you're looking for a job in hospitality or want to improve on your current skills this could be the course for you. Robyn Barrand will show you the safe way of handling and serving food, along with the fine art of producing a high quality coffee that will keep customers coming back and asking for more.

**When:** Saturday & Sunday 7 & 8 August

**Cost:** \$60 (includes \$5 for materials)

**Where:** Forrest Hall, for time details contact Karen on 5237 8590.

## Responsible Serving of Alcohol

This is an accredited course approved by the Liquor Licensing Commission. The course aims to provide liquor services staff with the knowledge & awareness necessary to responsibly serve alcohol in licensed premises. It is recommended that all staff involved in the service of alcohol complete this course to assist them in developing a harm minimisation approach to the work place & assisting customers to drink within appropriate limits. Facilitated by Gordon TAFE.

**Where:** Marrar Woon

**When:** 23 August, two sessions

**Cost:** \$85.00

Session 1 -10am to 1:30pm

Session 2 - 6pm to 9:30 pm

Please book on **03 52250680** minimum of 10 participants per session.

## How to Use a Chainsaw

This two day course will comprise of two units  
FPICOT2206A

Cross cut materials with a hand held chainsaw.

FPICOT2204A

Maintain chainsaws

Participants will receive a Statement of Attainment upon successful completion of these units. This course has been offered again due to demand, if you're interested please book your place early to ensure this course goes ahead.

**When:** Thurs & Friday 12 & 13 August

**Where:** Marrar Woon

**Cost:** \$180

All courses must be prepaid prior to commencement, or ring 5237 8500 to discuss payment options if needed

## Safe Working in a Confined Space

MSAPNPER205B

MSAPMPER200B

Through the combination of theory and practical training, this course provides participants with the necessary knowledge and skills required to work safely in confined spaces. Upon successful completion of this course each participant will receive a nationally recognised and accredited Statement of Attainment. (National Provider Number 110029)

**When:** Wednesday 11 August 9am to 5:30pm

**Where:** Marrar Woon

**Cost:** \$330.00 per participant

## Cert II in Visual Arts & Contemporary Crafts

This course commenced in 2009 at Forrest as part of a 2 year qualification. However places are available for next semester for those who may want to start working towards this certificate.

**When:** Fridays at Forrest NHH (school terms)

**Where:** Forrest Hall

**Cost:** \$390 per semester or Conc: \$65

## First Aid Level II

This is an accredited course where you will receive training in CPR, and First Aid Level I & 2. Upon successful completion of this course a certificate will be issued. Cost of the course is \$120 per person. If you're interested in participating please call Karen on 5237 8590. Date to be advised

## Marrar Woon Advisory Group

Would you like to have more input into your local Neighbourhood House?

Our next meeting is at Marrar Woon on Wednesday 21 July from 12pm to 1pm. If you've got any ideas or would like to know more about what's happening at our Neighbourhood House, please come along for a cuppa and a chat. All welcome



**Subsidised childcare** is available for students who enrol in ACFE funded courses, enquire on booking. For bookings call into Community Services or phone 03 5237 8500. All courses must be prepaid prior to commencement, or to discuss payment options please call us or visit.

## **Bus Trips**

### **Op Shop Tour**

This bus trip will wend its way around a variety of Op Shops around the coastline. Starting at Geelong through to Torquay, Anglesea and Lorne there are some great bargains to be found. A great day's shopping stopping somewhere along the way for lunch.

**Where:** departs Marrar Woon at 9 am and returns to the Bay around 5pm.

**When:** Wednesday 18 August

**Cost:** \$12 bus only

**Limited places - booking is only confirmed upon payment.**



### **Vic Market**

Due to popular demand this trip will be on a Sunday when the market has a more relaxed atmosphere and remains open until 4pm. Queen Street is closed and converted into an outdoor café area so you can take a break from browsing and recharge the batteries. The bus will be departing Marrar Woon at 8am in the morning and returning early evening.

**When:** Sunday 29 August

**Cost:** \$20 bus only

### **Chocolate, Cheese & Quilts**

Heading off to Princetown for a day away from the Bay. This trip will include a visit to the tasting room of GORGE Chocolates, demonstrations of cheese making and dairy practices, and tasting of award winning cheeses at Apostle Whey Cheese. Then off to the Gum Valley Patchwork and tea rooms where you will find plenty of patchwork supplies and a chance to have a cuppa and something to eat. Departing Marrar Woon at 9am

**When:** Thursday 12 August

**Cost:** \$12 bus only

### **Geelong for the Day**

Departing from Marrar Woon at 9am and returning around 5pm. This trip provides the opportunity to shop, lunch out and generally have a look around Geelong for the day. There's plenty on offer from the Wool Museum to a lazy lunch somewhere, there'll be approximately four hours of free time. Will stop off in Forrest if requested.

**When:** Monday 6 September

**Cost:** \$12 bus only

**For bookings for any of the courses except where otherwise indicated please either drop in to Community Services in Pengilly Avenue or call 5237 8500.**

## **Anyone for Chess?**

If you're interested in joining a group for beginners, or alternatively would like to share your skills and knowledge in this area please contact Karen on 5237 8590.

## **Community Groups**

### **Book Club**

Meets in the Lounge the first Thursday of the month from 2 to 4pm.

### **Bushwalking Group**

Heads bush the third Monday each month departing Marrar Woon on the bus at 9am returning around 3pm.

### **Choir**

Meets at the Senior Citizens every Tuesday night from 7pm until 8:30pm.

### **CWA**

Meets last Friday of the month from 1:30 to 5pm.

### **Gardening Group**

Meets the third Monday of the month from 2 to 4pm.

### **Kendo**

Meets at the Senior Citizens every Monday night from 6pm to 8pm.

### **Marrar Woon Yoga Group**

Meets every Monday morning from 10am to 11:30am.

### **ORCA**

Otway Ranges Climate Action Group meets every second Monday night at various locations – for more information call Karen on 5237 8590.

### **Patchwork Quilting Group**

Meets the first Tuesday of every month from 1:30pm to 5pm and the third Monday evening at 7pm.

### **Spinners**

Meets on the first and third Thursday of each month from 2pm to 5pm.

### **Tuesday Swimming Group**

Leaves Ramsden St at 9:15 for Lavers Hill returning at 1:40pm (currently on hold, should resume by August).

### **Weight Watchers Support Group**

Meets every Thursday night from 5:30pm to 6:30pm.

## **After School Care**

Every week day at Apollo Bay Children's Centre for children aged 5-12 years. Cost: \$15.00 per session, less with Child Care Benefit. Session runs from 3.20pm to 5.30pm with children collected from the office at Apollo Bay P-12 College and transferred to the centre. Children receive afternoon tea and can take part in art & craft activities, games and electronic media.

For all enquiries, please telephone Marie Sinclair on PH: 5237 8560.

