

## Boomerang Bags Lancefield

Boomerang Bags are made from material which would otherwise be thrown away. Boomerang Bags are available for people to take for their shopping instead of using plastic bags. Boomerang Bags can be reused or returned for someone else to take. With Victoria becoming plastic bag free in the future Boomerang Bags will help us to make the transition to taking our own bags to carry our shopping.

We want to make 500 bags to launch Lancefield's Boomerang Bags. We get together to cut, sew and screen print the bags on the 2nd & 4th Wednesday of the month 10–12 and one Sunday a month. You don't have to be a sewer. If you can't make a workshop you may like to contribute from home.

Call the House for more information. 5429 1214

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

Know what's happening in your community

### Scrapbooking, Card Making and Stamping

Jan 24 & 26, Feb 28, March 2 & 28

9.30—11.30 am

Take some time off for yourself.

\$10 entry includes Morning Tea,  
2 cards or 1 scrapbook page.

First class FREE!

No experience necessary.

Contact Charlotte on 0438 855 925  
for more details.



## Meditation

Thursday mornings 10am

Join our friendly & informal  
group to assist you in  
relaxing your body, mind  
and spirit . \$5



# Car Maintenance Basics

Want to know how to check your oil? Make sure  
tyres have the right pressure? Check your water and  
brake fluid levels?

Then this is the workshop for you.

To be held on Saturday 24 February, 10 am at  
Lancefield Automotive. \$5.

Book your place now.



## Introduction to Wordpress

Learn how to update & maintain a Wordpress website  
which will give you the skills to create your own site.

Friday mornings for six weeks, starting 16 February  
\$160 or \$60 for ACFE eligible,

ACFE criteria on booking form or call House for details.

## Yoga with Lisa

Mondays 6.30-8pm Starting 5 February  
Cost: \$20 Casual or \$15 for 8 weeks (\$120)

Lisa Moor has been teaching yoga for 20 years  
and is trained as a Yoga, Meditation/ Relaxation  
and Mindfulness teacher.

Her classes are always open and  
available to everyone with an  
emphasis on deep relaxation and  
mindfulness. From the time you  
arrive your breath will change pace  
and ideally you will leave feeling  
refreshed and deeply relaxed.



## Mother Goose

A program of rhyme, songs and  
stories for parents and infants.

Book now if you would be interested  
in a Mother Goose program running in Lancefield.



**Our Mission is to contribute  
to a happy, healthy and  
connected community.**

**Neighbourhood House Activities  
January — April 2018**

**For more information about activities or  
to book a place either phone the  
Neighbourhood House on 5429 1214 or visit  
[www.lancefield.org.au/lancefieldhouse](http://www.lancefield.org.au/lancefieldhouse)**

**2018 Community Calendars  
now available at The Town House.**

**Phone for information about;  
The Op Shop, The Town House,  
Lancefield & District Farmers Market and  
Lancefield Mens Shed.**

**Lancefield Neighbourhood House**  
78 High Street, PO Box 171, Lancefield 3435  
**Phone: 5429 1214**  
[lancefieldhouse@tpg.com.au](mailto:lancefieldhouse@tpg.com.au)

# Mosaic Classes

Learn and have fun with Mosaics.

Mosaics classes for all levels of experience. If you always wanted to do Mosaics this is your opportunity to start a fresh new artistic expression or if you have some experience with Mosaics come along and share your knowledge.

The classes will be held during the morning on either a Tuesday or Wednesday (register your preference).

The cost is \$15 per session of two hours.



## Sewing Classes with Pat Danko

Cost \$15 per session 10 am—12 pm  
Dates Feb: 17, 24. March: 3, 10, 17, 24.

The class will cover sewing at your skill level - beginners to experienced sewers. **I like to run the class at your level of knowledge so let me know at the first session what you can do.**

Topics may include;

- Scissors, pins, sewing machine needles, tailors chalk, seam rippers, tracing wheels, sewing machines.
- Reading and marking out a pattern.
- Fitting the pattern to your size & shape.
- Altering pattern.
- Laying out pattern on fabric & cutting out.
- Seams & Heming your garment
- Fitting zippers, closed and open ended and blind zippers.
- Button holes.



# DAMANHUR



Damanhur in Australia will be offering a series seminars on personal spiritual and eco development at Lancefield Neighbourhood House from 7-12 February.

### Wednesday 7th

Free Introductory evening

### Thursday 8th

9am-12pm - Healing, birth & death in Damanhur \$65  
2pm-5pm - Selfica technology \$65

### Friday 9th

9am-12pm - Damanhurian magic & theurgy \$65  
3pm-6pm - Synchronic Lines & Atlantian history \$65

### Saturday 10th

Option 1 - 9am-6pm - Music of the plants \$130  
Option 2 (2day course) - Power of the elements \$260

### Sunday 11th

9am-6pm - Power of the elements continued

### Monday 12th

Individual Healing sessions with Tridacna and Squalo

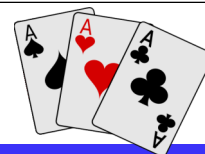
For more information about Damanhur visit:  
<http://www.damanhur.org>

For workshop information contact:  
Gwen 0407687998 or Jodie 0458811442

Bookings through [www.lancefield.org.au/damanhur](http://www.lancefield.org.au/damanhur)

## Euchre Afternoon

Tuesdays 12.30pm - 3pm



## Decorative Painting

Tuesdays 12 - 3 pm \$10

Learn the techniques that can be used on a vast array of projects

## Lancefield Singers

3rd Sunday of the month 2pm at Mad Gallery  
Every voice is welcome to join.

# Floral Art Workshops

## Introduction to Contemporary Floristry

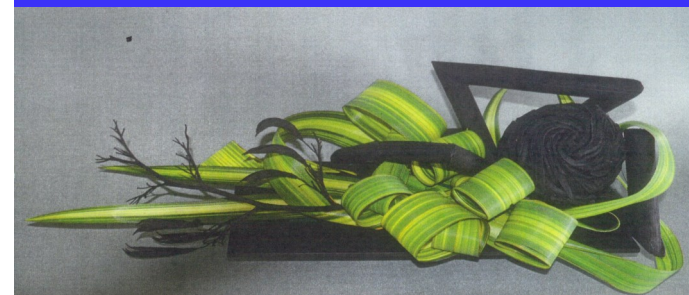
An amazing variety of materials can be used to make arrangements. Bring your own (unusual) container or vase and some materials such as pieces of wood, bark or a special item.

Friday February 3rd 10 -12 \$10

## Manipulating Foliage

There are many things in the garden that can be used to create your own fabulous displays.

Friday February 16th 10-12 \$10



## Crafty Wednesdays

Bring along your own craft work and enjoy the company, advice and sharing of creative ideas.

Beginners welcome.

Wednesdays 1-4 pm Gold coin donation



## Social Bike Riding

Friday mornings 9.30 am .  
Meet at Lancefield Park.  
An easy ride followed by a cuppa and a chat.



## Computer Clinic

Need help setting up your new computer or phone? Want to learn some more basic skills?

Ring the House to make a one on one appointment.

