

LANCEFIELD NEIGHBOURHOOD HOUSE TERM 2 2023

Saturday 22nd April	Farmers Market
Tuesday 25th April	Anzac Day Breakfast Lancefield Mechanics Hall
Tuesday 23rd May	Feed it Forward Lunch Lancefield Mechanics Hall
Saturday 03rd June	First Aid Lancefield Neighbourhood House
Saturday 27th May	Farmers Market

Op Shop

Monday - Friday 10:00am - 4:30pm
Saturday 10:00am - 1:00pm

Funds raised by the Op shop are used for projects to benefit our community

The Town House

Monday - Friday 10am - 4pm
Computer & Internet access
Printing and photocopying
Food share, garden and more!

Mens Shed

Tuesday & Thursday 10am - 3pm
Tools down lunch on Wednesday



What's on

Yoga with Tenille

Beginner Yoga 10:30am Saturdays

Beginner friendly classes with movement and breath work

Yin 6:30pm Thursdays

Slower moving, mostly practiced on the floor; relaxing the muscles and building flexibility, breath work and meditation.

\$20 per class or 10 classes for \$180.00

Postural Alignment

Tuesday and Thursday 11:30 - 12 & Tuesday 12:30 - 1

Exercise based therapy designed to target pain by postural realignment.

\$10 per class

Individual or online appointments also available

Art Classes

Tuesdays 12 - 3pm

Learn a range of techniques that can be used for many projects, includes painting and drawing.

\$10 per class

Art Therapy

Mondays 9:30 - 11:30am

A 10 week course to develop your creative outlets

\$15 per class

Boomerang Bags

Wednesdays 10am - 12pm

Join the community in keeping Lancefield Plastic Bag free! Produce reusable bags and have fun.



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