

LANCEFIELD NEIGHBOURHOOD HOUSE TERM 3 2023

July

Saturday 22nd

Farmers Market

Tuesday 25th

Feed it Forward Lunch

Lancefield Mechanics Hall

August

Tuesday 22nd

Feed it Forward Lunch

Romsey Neighbourhood House

Saturday 27th

Farmers Market

September

Saturday 16th

First Aid Training

Lancefield Neighbourhood House

ShareRide Social

Friday 14 July - Australian Sheep & Wool Show, Bendigo

Leaving 9:30 and returning 2:30. \$40 including entry

Friday 11 August - Lunch at Castello's Victorian Tavern

Leaving 11:30 and returning 2:00

\$15, food & drinks at own cost.

Friday 15 September - Borealis on the Lake in Daylesford

Leaving 5pm. \$45 including entry

Friday 13 October - Maldon visit

Leaving 10, returning 2:30

\$15, food and drink at own cost



To book visit our website:
lancefield.neighbourhoodhouse.org
or phone (03) 5429 1214



We are a Carer Friendly Place
Ask about our Carer VIP card
All courses free



Feed it Forward

Great opportunity to catch up with your local community, eat a delicious meal and contribute to a great cause. Bookings essential.

\$5 or \$10 to pay a meal forward

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.

Slow flow Restorative Yoga

Saturday 11:00am

Reconnect with your spirit within; gentle & suitable for everyone.

\$15 per class

Beginner Yoga with Tenille

Beginner friendly classes with movement and breath work.

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

Counselling & Reiki Healing with Tenille

Appointments available 1:30-6:30 Thursdays

\$80 - \$110 per hour

Bernadette Kelly Writing Workshops

Looking for expressions of interest for those who wish to take part in a four session workshop to learn tips and techniques to refine their writing.

\$80 for 4 sessions

Boomerang Bags

Wednesdays 10am - 12pm

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



(03) 5429 1214



admin@lancefieldhouse.org.au



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