

## August 2019 Calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Salvation Army</b>  <b>10-12- EMERGENCY RELIEF</b>                      -Material &amp; food  <b>10</b> - Drop In Centre Coffee &amp; cakes  <b>SELF SERVE LUNCH</b>  <b>10-1</b> - Monday market free food  <b>11am</b> -Bill's gentle Exercise  <b>11am</b>-Men's cooking group  <b>10-4</b> - Financial counselling by appointment 98892468                      7 Bowen St Camberwell</p> <hr/> <p><b>Kew N.L.C.</b>  <b>10.00am</b> Gardening  <b>1-3pm</b> Men's Shed  <b>12.45-2.45</b> Music Group                      NDIS &amp; My Aged also available call Lauren 98533126                      2-12 Derby St Kew</p> <hr/> <p><b>CROP WRITING</b>  <b>1.30pm - 3.30pm</b>                      Explore all forms of writing                      HCH - 32 Henry St                      Laurel 0411817304</p> <hr/> <p style="text-align: center;"><b>Boroondara Outreach</b>                      "Open your Art"-10-1                      Drop in Art class with Instructor</p> <div style="background-color: yellow; padding: 5px;"> <p><b>NEW Activity 10-1</b>  <i>Design, create and make your own fabulous outfit for a fashion parade later this year.</i>  <i>Everything supplied with help...</i>  <i>Dresses, shirts, ties, skirts, shawls etc</i></p> </div> <hr/> <p>DANCE GROUP <b>'IN THE GROOVE'</b>                      NEW Dance group run by a Pro  <b>11am -12</b>                      Kew Uniting Church                      23Highview Grove Kew</p> <hr/> <p><b>PEER 'magazine' Group</b>  <b>BE ZINE 10.30-12.30</b>                      Peer run Group                      (alcohol &amp; drug support)Creating a self-published magazine                      Casual and informal and fun!                      Hawthorn Community House                      32 Henry St Hawthorn                      Call Vanessa 0478326888                      Jan 0478327000</p>	<p style="text-align: center;"><b>Boroondara Outreach</b>                      'GOOD GRUB'-FREE LUNCH  <b>10.30am-12 noon</b>                      TAI CHI  <b>10.30-11</b>                      Kew Uniting Church                      23 Highbury Grove Kew                      Natalie 0409 019 269</p> <hr/> <p style="text-align: center;"><b>CROP MUSIC</b>  <b>12.30-2.30</b>                      @ Kew Uniting Church                      23 Highbury Grove Kew  <i>All instruments supplied.</i>  <i>If you love listening or playing music....All welcome</i></p> <hr/> <p style="text-align: center;"><b>Kew N.L.C.</b>  <b>10-12 noon</b> volunteer opportunities  <b>10-1pm</b> Chinese speaking group  <b>1-3pm</b> CRAFT exchange  <b>1-4pm</b> Computer Skills  <b>1-4pm</b> Art project space                      NDIS &amp; My Aged care are also available                      Call Lauren 98533126                      2-12 Derby St Kew</p> <hr/> <p style="text-align: center;"><b>Boroondara Outreach</b>  <b>Community Choir</b>  <b>3pm-4.30pm</b>                      Kew Uniting Church                      All abilities welcome.                      Professional choirmaster.                      Natalie 0409 019 269</p>	<p style="text-align: center;"><b>Kew N.L.C.</b>  <b>10-3 Men's Shed</b>                      NDIS &amp; My Aged care also available                      Call Lauren 98533126                      2-12 Derby St Kew</p> <hr/> <p style="text-align: center;"><b>CROP</b>  <b>Hawthorn Community House</b>  <b>1-3 Drop in &amp; Lunch</b>                      Hang out / Meet others /                      Enjoy yummy food                      &amp;  <b>12.30-2.30</b> Technology                      Individual assistance                      With Phones, ipads,                      computers                      Learn how to access 'MY GOV" and any other sites                      Laurel 0411 817 304                      32 Henry St, Hawthorn</p> <hr/> <p style="text-align: center;"><b>Salvation Army</b>  <b>10-12am- EMERGENCY RELIEF</b>                      Material and food  <b>10-2</b> - Case management                      NEW-- Positive Lifestyle program must book                      Free bread available                      98892468 7 Bowen St Camberwell</p> <hr/> <p><b>Pathways for Carers</b>  <i>A walk for carers of people with a disability or mental illness to share walks together to learn, share and support</i>                      4th Wednesday of the Month  <b>Meet 10am</b> Kew Neighbourhood Learning Centre                      2-12 Derby St Kew</p>	<p style="text-align: center;"><b>NOVA Art</b>                      10am - 4.15pm A studio art group                      Must Book Kate 98192629                      Hawthorn Community House                      32 Henry St Hawthorn</p> <hr/> <p style="text-align: center;"><b>Kew N.L.C.</b>  <b>10.15-11.15</b> Dance Time  <b>11.15-12.15</b> Mindfulness &amp;gentle exercise  <b>10-1</b> Men's Shed                      NDIS &amp; My Aged care are also available                      2-12 Derby St Kew Lauren 98533126</p> <hr/> <p style="text-align: center;"><b>Camcare Camberwell</b>                      Free community BBQ  <b>August 29th @ 12.30-2.0</b>                      Also Free weekly Food Market  <b>Weekly 12-12.30pm</b>                      51 Johns Ave Camberwell                      call Pari 9831 1900</p> <hr/> <p style="text-align: center;"><b>Boroondara Outreach</b>                      Ukulele Group 11-12.30                      Ukuleles' supplied                      Kew Uniting Church Highbury Grove</p> <div style="background-color: yellow; padding: 10px; text-align: center;"> <p><b>NEW TIME</b>  <b>CROP ART Project Group</b>  <b>Upcycling...</b>  <i>Creating new wares, new meanings</i>  <i>Giving new life to old wares</i>  <b>11-3</b>                      @ Hawthorn Community House. 32 Henry St Hawthorn                      Textiles, sewing, printing, painting, making                      Runs to exhibition in October for MHW                      Call Laurel 0411817304  <b>FREE Group</b>---All welcome</p> </div>	<p style="text-align: center;"><b>Salvation Army</b>  <b>10-12- EMERGENCY RELIEF</b>                      (Material and food)  <b>10</b> - Drop In Centre Coffee and cakes  <b>10-12- Migrant pronunciation group</b>  <b>11-12</b> - Tai Chi  <b>12- LUNCH</b>-3courses \$2 donation  <b>10-2</b> - Case Management                      7 Bowen St Camberwell 98892468</p> <hr/> <p style="text-align: center;"><b>Boroondara Outreach</b>  <b>WOMENS GROUP 11am</b>  <b>2nd-Jewellery making</b>  <b>16th- 'Gut feeling' Melb museum</b>  <b>30th-creating with clay</b>                      23 Highbury Grv Kew                      Nat 0409019269</p> <hr/> <p style="text-align: center;"><b>PEER Recovery Group</b>  <b>10-11.30</b>                      Group led by people with lived experience of alcohol &amp; drug use                      378 Burwood Rd Hawthorn                      Contact Beth 98103035</p> <hr/> <p style="text-align: center;"><b>Kew N.L.C.</b>  <b>10-1</b> Computer skills                      2-12 Derby St Kew                      NDIS &amp; My Aged care are also available</p> <hr/> <p style="text-align: center;"><b>NOVA Art</b>                      10am - 4.15pm                      A studio art group                      Must Book Kate 98192629                      Hawthorn Community House                      32 Henry St HawthornNDIS &amp; HACC</p>
WEEKENDS				
<p style="text-align: right;"><b>Boroondara Outreach</b>                      Sunday Church Service  <b>August 18<sup>th</sup> @ 5 pm</b></p> <hr/> <p><b>Salvation Army</b>  <b>12.30pm</b>-Sunday lunch                      2 course Gold coin donation                      7Bowen St, Camberwell 98892468</p>				

**CROP Gym & Exercise card**

The CROP GYM CARD can be use Mon-Fri 9.30-4.30 and All day Sat/Sun at any YMCA in Boroondara  
 If you want assistance in getting started, shown around or someone to exercise with  
 Call Laurel 0411817304

GYM  
SWIM  
CLASSES