

Totes Eco!

Everyone and anyone is invited to support the effort to make St Andrews Market plastic bag free either by joining the group to make bags at Wadambuk from 1-4pm on a Thursday; making their own bags at home, and contributing them to the Totes Eco collection; or by dropping off spare, reusable shopping bags (not plastic) at either Wadambuk, the General Store or at the market on a Saturday.

If you are interested in this initiative call Gillian Fletcher on 0400 117 561.

Makers Market

Saturday 14 July 9am – 2pm

Saturday 22 Sept 9am – 2pm

All items are handcrafted original designs and include art, photography, cards, textiles, wood, ceramic, jewellery, sculpture, clothing, toys, home décor items and more. All makers are local to Nillumbik, new stall holders welcome!

Queenstown Historical Society and St Andrews Men's Shed also open on Market Days!

Language

Francophiliacs

Phone Tess Edwards 0448 144 449

2nd Tuesday of each month, 7pm

Social French conversation group for anyone interested in French language and culture.

Home & Garden

St Andrews Gardening Co op &

Food Swap

15/7, 19/8, 16/9 10 am to 11 am

We welcome new members to join our small group to share gardening tips, swap plants, visit local gardens and more. Food Swap is held once a month under the veranda at St Andrews Hall from 10 am – 11 am, generally the **3rd Sunday of each month**. For more information see the St Andrews Food Swap Facebook page <https://www.facebook.com/groups/1634531453463322/>

Stringybark Nursery

Our nursery is a volunteer-run group dedicated to propagating and distributing local indigenous plants. We collect seed and cuttings from St Andrews, Cottles Bridge, Strathewen, Arthurs Creek and Hurstbridge.

Our current opening hours are **Tuesdays 3.30-5.00pm and 2nd Sunday of each month 9.30-11.30am**. We are located off School Rd, St Andrews just behind the Community Centre. Our tube stock is \$1per plant, although we often have freebies.

We warmly welcome new volunteers. Call Sue on 0409 409 288 or Gayle on 0427 921 151 for more information.



WADAMBUK

St Andrews
Community Centre



Term 3 Activities 2018

16 July to 21 Sept

Monday Tuesday Wednesday Thursday
9:00 am to 1.30pm
Office closed Friday

Phone: 03 9710 1223
www.standrewscommunitycentre.org
standrewscommunitycentre@gmail.com

Health, Fitness & Wellbeing

Pilates & Yoga/Pilates Fusion

With Sally Hicks phone 0402 090 044

Mondays 9:30 am to 10:30 am

Thursdays 7 pm to 8:30 pm

\$15 casual beginning 16th July

Suitable for any ability, fitness level and age. Increase muscle tone and strength, flexibility, coordination and balance. Improve posture. Safe rehabilitation of injuries. Helpful for stress management and relaxation.

Ashtanga Yoga

With Tracy Cooper

Fridays 6 am to 7 am weekly

Term Bookings essential

Thursdays 9:00am to 10:30am weekly

Phone Tracy 0423 946 957

Full Moon Meditation Sessions

Every Tuesday at 11.30am

(Free for Diamond Creek Community Centre Members) \$8.00 – NON MEMBERS

Tai Chi

With Hannah Sky Phone 0409 564 262

Thursday 7:30 pm to 9:00 pm St Andrews Hall

\$15 casual beginning **19 July**

Tai Chi, often described as a moving meditation, has many established benefits for mind and body. As well as promoting mental tranquillity, Tai Chi is satisfying to learn, protects and mobilises joints, improves balance and the functioning of heart, lungs and immune system. It assists in maintaining bone density and muscle health. These classes are designed for both the short and the long term student. Beginners welcome.

Yoga Fusion

With Karina Chapman

Tuesdays 10:15 am to 11:15 am weekly

\$10 casual beginning **17 July**

\$100 term payment (10 week term)

Yoga is for everyone. Core abdominal strengthening, reset your posture and actively lower your stress levels through mindfulness. Suitable for beginner through to advanced levels. Come join us. Karina is a fully trained Yoga Instructor with 200hr teaching Qualification.

Phone 9710 1223

Resistance, Friday Fizz

With Karina Chapman

Friday 9:15 am to 10:15 am weekly

\$10 casual beginning **20 July**

\$100 term payment (10 week term)

This class will build your balance, strength, motivation and heart fitness. Easy to follow fun moves to keep you active through the whole year. Suitable for all ages, beginners very welcome. Karina has over 14 years experience as a Fitness instructor, love to meet you.

Phone 9710 1223

Art & Craft

Craft Circle

Thursdays 1:00 pm to 4:00 pm weekly

\$2 casual

Come for craft, coffee and a chat. Bring along whatever you're working on or start something new. phone 9710 1223

Workshops

Katzart are running workshops (Art classes) for beginners & advanced . 10am-4pm

21 July Graphite Pencil

For more workshops and details
www.katzartdesigns.com