

March Highlights

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|---------|-----------|
| 5 | 7-9pm |
| 6-7 | 11am-1pm |
| 7 | 9.30-11am |
| | 9am-1pm |
| 7 & 21 | 10am-1pm |
| 10 & 24 | 6-7.30pm |
| 20-21 | 11am-1pm |
| 28 | 10am-1pm |

Book Club
International Women's Day Quiz
Food Swap
Craft Market
Quirky Drawings
Ukes'n'More Ukulele Group
Harmony Day Photos

Social Painting Workshop

In the Rachinger Gallery

Until 7th
10-28

Icarus: an Overview
What Have You Got to Lose?



Janet demonstrating sword form Tai Chi



Grovedale preserves at the Craft Market



WHAT'S ON IN MARCH

MUSIC & SINGING

NEWS & THINGS

HEALTH AND WELLBEING



UKULELE GROUP

6PM | Tuesday 10 & 24 March

Call 5249 6100

Lead by Ukes'n'More, ukulele group welcomes uke players of all levels. A stimulating night of songs. Gold coin donation

CARERS CHOIR

Bringing Voices Together

Thurs 1-3pm

Jacqui 5258 4205

GARDEN CLUB

If you are interested in taking part in a garden working bee, please call 5249 6100 to register.

The Garden Handbook is now available from reception.



SEEKING VOLUNTEER ACTIVITY LEADERS

CARD GAMES, PUZZLES, MAHJONG, SEWING OR KNITTING, CARD MAKING OR OTHER SOCIAL ACTIVITY

If you are interested in leading a social group please give us a call on 5249 6100. All ideas and suggestions welcome.



Interested in facilitating a craft group?

We are seeking a friendly person to lead a new craft group at Eastern Hub.

INTERNATIONAL WOMEN'S DAY QUIZ

Drop in to Eastern Hub on Friday 6th or Sat 7th and test your knowledge of women's achievements.

CHI BALL TAI CHI

Smooth movement and flowing exercises based on Traditional Chinese Medicine.

Tuesdays 3.30-4.30pm

Karen 0499 998 984

COMMUNITY KITCHEN

cook, share, socialise

Thurs 12noon-2.30pm

Eastern Hub 5249 6100

FOOD SWAP

Bring your excess garden produce, preserves and seedlings to swap.

7 March 9.30-11am

Hdelange@tpg.com.au

ALL ABILITIES YOGA

Gentle movement, breath awareness and relaxation.

Thurs 10.30-11.30am

Jolanda 0405 192 892

HI ENERGY YOGA

Yoga for fitness and wellbeing

Mon and Thurs 6-7pm Sat 9-10am

Malcolm 0419 376 380

ABI CLUBHOUSE

Tues 10.30am-2.30pm

Jacqui 5258 4205

BRAINS CARER SUPPORT GROUP

Information, advocacy and support

Thurs 10am-1pm

Jacqui 5258 4205

STRONG FIT MUMS

Postnatal fitness designed by a mum

Mon 9.39-11.45am

Louise 0405 742 272

TAI CHI

Yang style Tai Chi and Qigong moving meditation.

Mon 6-7pm

Janet 0439 599 619

CHILDREN

PLAYGROUP

Parent run playgroups for young children.

Wed & Thur 9.30am-3pm

Eastern Hub 5249 6100

ART CLASS FOR CHILDREN

(aged 6-12)

With Katrina Fisher

Thurs 4-5pm

Katrina 0409 236 164

WILD CHILD YOGA

Thursdays 4.30-5.30pm

Kellie 0410 065 086

ARTS & CRAFT

CREATIVE BOOK ARTS

Exploring text and imagery

A writing and self publishing project for people of all abilities.

Friday 9am-noon, 12.30-3pm

Eastern Hub 5249 6100

STEPS TO CREATIVITY

An art class with a difference.

Artist and educator Julian Cornish will lead a structured program to develop your arts practice.

Thurs 6-8pm

Eastern Hub 5249 6100

QUIRKY DRAWINGS

WITH PEN & WATER

Sat 7 & 21 March 10am-12.30pm

For people who think they have no drawing skills.

\$25 per session

with artist Jennifer Pullen

Call 5249 6100 to register.

SOCIAL PAINTING WORKSHOP

A step by step guide to creating a painting on canvas in a single session with Diane Spicer.

Saturday 28 March 10am-1pm



ICARUS: AN OVERVIEW

Until 7 March

Geelong and the Bellarine from a viewpoint inspired by the story of Icarus. John Kelly's alternative views of Geelong.

COMING NEXT

WHAT HAVE YOU GOT TO LOSE?

10-28 March



OTHER ACTIVITIES

BOOK CLUB

a novel bunch

Love reading? Join Book Club!

First Thurs of the month 7-9pm

Gaye 0414 187 666

CRAFT MARKET @ THE HUB

Explore the diverse crafts on offer at the monthly craft market.

7 March 9am-1pm

Janet 0458 935 276

ITALIAN CLASSES

Learn the beautiful language with native speaker Rosemary.

Absolute Beginners

Wed 6-7.30pm

Beginners

Thurs 6.45-8.15pm

Advanced Beginners

Thurs 5.15-6.45pm



Eastern Hub acknowledges the Traditional Owners of the land, the Wadawurrung people of the Kulin Nation. We pay our respects to Elders past, present and emerging.



Viewing *They Cannot Take the Sky*

WHAT HAVE YOU GOT TO LOSE?



Artists respond to changes in natural, urban,
political and domestic environments

10-28 March

Exhibition launch 15 March 1-3pm

Leadbeater by Sofia Sabbagh



Eastern Hub Community Centre
285a McKillop Street East Geelong
5249 6100 ehg@karingal.org.au

QUIRKY DRAWINGS WITH PEN & WATER

for people who think they have no drawing skills

with Jennifer Pullen

\$25 per session
Saturdays 10am-12.30pm
22 Feb, 7 & 21 March

Call 5249 6100 to register

EASTERN HUB COMMUNITY CENTRE
285A McKillop Street East Geelong

Eastern Hub
Geelong

Eastern Hub
Geelong

Tai Chi



Yang style Tai Chi
Qigong moving meditation &
visualisation
Tai Chi Philosophy

Mondays 6pm
From 3 Feb for 8 weeks
\$10/session
Janet Croft 0439 599 619

Eastern Hub Community Centre
285a McKillop Street East Geelong 3219

Icarus: an overview

an exhibition by JOHN KELLY



10 Feb-7 March

Gallery hours:
9am-3pm Mon-Fri
9am-2pm Sat

Rachinger Gallery at Eastern Hub
285a McKillop Street East Geelong
5249 6100



BRAYKTHROO ART

SOCIAL PAINTING WORKSHOPS

Socialise and create your own acrylic on
canvas painting in a fun, relaxed atmosphere.
No previous art experience necessary.

CANVAS, ACRYLIC PAINTS, BRUSHES, PALLETS,
EASELS, APRONS, AND EVERYTHING ELSE YOU
NEED TO CREATE YOUR MASTERPIECE IS SUPPLIED.

STEP-BY-STEP INSTRUCTION

LAST SATURDAY OF EVERY MONTH 10AM TO 1PM

Call Diane on 0448801686 or go to www.dianespicer.com to inquire or
book your seat. \$45 (or pay what you can) INCLUDES ALL
BOOKINGS ESSENTIAL!

Steps to Creativity

Thursdays from 6 Feb 6-8pm
\$135 for 9 weeks
Call 5249 6100 to register

FOOD SWAP



Saturday 7 March
9.30-11am
All welcome