

# TROTT PARK NEIGHBOURHOOD CENTRE

ONLINE NEWSLETTER



## TERM 4, 2018

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Welcome to Term 4 at Trott Park Neighbourhood Centre. Take your time to browse the events and programs offered below. You may be inspired to take part in something new, make friends or join a group. We always look forward to your feedback, what you would like to see at the centre, your ideas for new programs and community minded events. Looking forward to you being part of our term 4.

Read on to find out more.

[VISIT OUR WEBSITE](#)

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## Crochet & Knitting Group

Come for a chat, a laugh, shared experiences and learn new skills while you work on your individual project. It's fun and informal Bring lunch or a light afternoon provided.

**Tuesdays starting October 23rd**  
**1:00pm - 3:00pm**  
**COST: Gold Coin Donation**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

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## Friday Family Games Night

All ages are encouraged to come along with family members, friends or just join in with another group. Bring a plate of supper to share. Weather permitting, we will fire up the pizza oven for some delicious wood fired pizza.

Table Tops

Giant Lawn Games

**Fridays starting November 2nd**  
**1st Fridays of the month**  
**6:00pm - 8:00pm**  
**COST: Free**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

## Dance Comm-UNITY

Experience the power of movement. Suitable for all the family. Bring a picnic tea and enjoy sitting in the beautiful grounds while we pump out some good music. With different themes each week from 60's to current. Feel free to dress up and get ready to shake your booty.

**Wednesdays starting November 7th**  
**6.30pm onwards**  
**COST: Free**

T 8387 2074  
*Bookings essential*



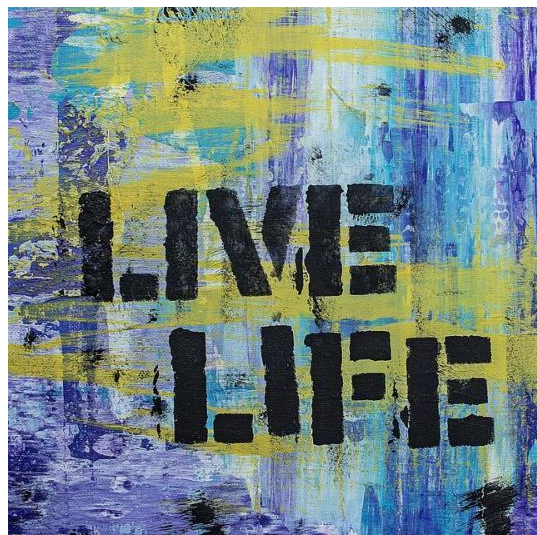
[MORE INFO](#)

## Enjoy Life to the Fullest

There are 4.8 million Australians living with bladder weakness. It's a common condition so you'll find that many are in a similar situation. Learn tips and techniques for bladder control and exercise to help prevent future bladder problems.

**Thursday 8th November**  
**1:00pm - 3:00pm**  
**COST: \$14 or \$10 if Registered with my Aged care**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

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## Eco Families - information session

Eco Families are groups of parents or caregivers who coordinate a series of gatherings that bring different families together to share the journey towards more sustainable lives. We are hoping to establish a group here at Trott Park Neighbourhood centre, so come along and find out what it is all about.

**Wednesday November 14th**  
**1:00pm - 3:00pm**  
**COST: Free**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

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## Christmas Gifts and Crafts using essential oils

Essential oils are found in the seeds, bark, stems, roots, flowers and other parts of plants and are beneficial in a wide range of emotional and physical wellness applications. Our workshops offer a taste of how essential oils can be utilised.

**Thursdays November 22nd, 29th & Dec 6th**  
**1:00pm - 3:00pm**  
**COST: Free**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

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## Pizza Oven - Christmas lunch

Christmas with a difference. Join us for a summer luncheon and celebrate Christmas while you relax outdoors and enjoy this special time of the year with delicious pizzas.

**Thursday 13th December**  
**1:00pm - 3:00pm**  
**COST: \$14.00 or \$10.00 if Registered with My Aged Care**

T 8387 2074  
*Bookings essential*



[MORE INFO](#)

FOR A FULL LIST OF OUR  
PROGRAMS & EVENTS VISIT  
OUR EVENT CALENDAR

[CLICK HERE >](#)



Trott Park Neighbourhood Centre | 34 Hessing Crescent, Trott Park | 8387 2074

[VISIT OUR WEBSITE](#)