


TCC
UNITY through CommUNITY



TCC
2024

Albury Community Health

Child and Family Health Nurse

The nurses are available by appointment on **Monday—Friday** at the TCC Ring **6043 1038** to book your appointment or for any concerns.

Breastfeeding Hub

Offers practical support and education with a focus on posture and positioning. **Mondays**
Appointment required ring: **6043 1038**

New Parent's Group

Mondays 9.00 am to 10.30am for six weeks. Find out about parenting, feeding, looking after yourself, routines, changes to the family, safety, health and keeping well.
To book phone **6025 4822** or **6043 1038** or speak with your local Child and Family Health Nurse.
Dads are most welcome too.

Churches

Freedom Church

Service: **Sunday** 10.00am—12.00 noon
Worship, prayer and Bible talk.
freedomchurchthurgoona@gmail.com

Thurgoona Presbyterian Church

We're a new family-friendly church.
Service: **Sunday** 4.00 pm TCC Hall
Creche, kids and youth programs
E: mike@alburychurch.org.au
www.alburychurch.org.au

Art/Craft/Stitching

Calligraphy Learn skills in the main traditional styles of “beautiful writing” 5 week course on **Mondays** from **11am to 3pm** in the hall.
Cost: \$15 per class Next course starts 29th July P: **0492 139 722 to book**

Jewellery Making Classes

A 6-week course learning to make jewellery such as earrings, broaches, necklaces, bookmarks, sun catchers and bracelets. Materials provided
Experienced tutor—starts 21st June TCC Sunroom **Fridays** 1.30—4.30pm
Cost \$100 P: **0492 139 722 to book**

Macrame Learn how to make decorative projects with fancy knotted string. 6 weeks course on **Saturdays**

Cost: \$30 per project or \$90 -six wks
Next course starts Term 4
P: **0492 139 722 to book a place**

Red Rubies Craft Bring along your favourite craft and enjoy the company of others. If you'd like to stay all day, bring your lunch too. Cost: \$3
Mondays 11.00 am—2.00 pm in the Sunroom—tea and coffee provided

Stitching on the Border

Welcome all cross stitchers— bring along your project and share the enjoyment of our craft in a friendly environment. Tea/coffee provided
2nd Saturday of the Month in sunroom from 10 am to 2pm Cost: \$3
Join FB group P: **0492 139 722**

Thurgoona Easy Art Lessons

Learn drawing techniques and watercolour painting for beginners and intermediate level artists.
Cost: \$15 per lesson. 6 weeks starts 14 Oct. **Mondays** 11.00 am—3.00 pm in the hall. Phone: **0492 139 722**

Children—Preschool

Junior Jivers: bookings essential
Fridays 10.00—11.00 am during NSW school term in the TCC hall.
Sing/dance/move/story for preschoolers and their carers—\$20/term/family—Bookings essential.
juniorejivers@alburychurch.org.au
Thurgoona Presbyterian Church

Little Kidlets Playgroup:

Little Kidlets playgroup runs during the NSW school terms **Mondays to Thursdays** from 10.00 am—12.00 pm
For more information on days, times and to make a booking please contact Sam P: **0458 557 151**
E: playgroup@thurgoonacommunitycentre.org.au

Community Groups

Albury Wodonga LEGO User Group (AWLUG)

For anyone interested in getting together to learn about having fun with LEGO. Meets once each month on **third Sunday** of each month 1.00—3.00pm.
On Facebook / awlugsec@gmail.com or phone **6043 1588**

Thurgoona Wirlinga Community Action Group (TWCAG)


For people who are concerned about developments and the environment in Thurgoona. Meets third **Thursday** of each month 5.15—6.30pm
thurgoonaCAG@gmail.com

Woolshed Thurgoona Landcare Group

Working together to regenerate, maintain and promote our local environment. Second **Tuesday** of month from 7.00 pm at Thurgoona Community Centre
enquiries@wtlandcare.org and Fbook

Dance

Merge Dance Co



Dance classes for different ages with a variety of styles. (NSW school term)
Enrol: [facebook.com/dancemergeco](https://www.facebook.com/dancemergeco)
Contact: **0438 818 600**
Classes run on
Wednesday, Thursday and Friday afternoons. Preschoolers to Senior adults—Styles include ballet, tap, jazz, acrobatics, hip hop, yoga, lyrical.

Twin City Stomp Line Dancing

Enjoyable and friendly with an experienced tutor.
Wednesday: classes during the timeslot 10.00 am-12.00 pm
Tuesday 7.00—9.00 pm
Cost: \$12 per lesson
As about beginners classes available
Contact **Bev Vinge 0407 947 353**

TCC Facilities are available for community and family events for hire ring 6043 1588

Computers

TCC Computer Room

Computers are available for use via booking. P: **6043 1588**

Financial

Financial Coaching

Improve your relationship with your money. Appointment based.

Terese Packer **0402 789 448**

www.teresepackercoaching.com

Fitness

Yoga Classes

Fitness and wellbeing for people of all ages and walks of life. Includes gentle stretching, breathing, relaxation. Build on strength, health and happiness. During NSW school term

Monday Time: 6.00 pm - 7.30 pm

Cost: \$15 per lesson **Janet 6043 2987** or **0404 126 269**

Young At Heart Fitness

with **Heather Cahill P: 0419 312 593**

Low -Med-High impact Cardio/ Strength/ stretch/boxing for fitness and mat Pilates. Bookings essential

Tuesday and Thursday mornings

Cardio and Strength 45min classes \$10
Boxing and Pilates \$15

Also **Zoom** Classes Monday @ 8.15 am
Tuesday and Thursday @ 9.00 am

\$6 per class or \$15 per week.

Pay no more than \$25 per week for classes or \$35 per couple

Reading and Writing

TCC Book chat/club Wednesday BYO Book Club

1st Wed of month @ 1.30

Chat about a book you are reading or have read, in a relaxed informal atmosphere.

Cost: \$3.00 per session.

Thursday Book Club

2nd Thursday of month at 1.30pm

Read and discuss the same book. Sets of books provided by Albury Library

Cost: \$3.00 per session.

Plus \$22.50 per half calendar year or \$45.00 per calendar year (library costs) Ring **6043 1588**



Albury Writers Group

This group meets monthly to support, practice and learn in the craft of writing for profit and pleasure. P: 6043 1588
Enquire via their Facebook page

Social

Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and friendly environment?

Mates morning tea runs every **Friday** from **10.00 am—12 noon** for men.

Come and meet new people. You can bring a mate or come on your own.

Cost: \$3 cuppa/snack provided

P: Don **0428 404 254**

Golden Oldies

Thursdays 10.30 am -1.00 pm (mixed company) in the sunroom—warm company and a chat over a cuppa.

Cost is \$2

For more information ring **6043 1588**

TCC Social Club Events

Join our club for friendship and activities—receive a monthly newsletter. Annual Fee \$10.00 or \$15 per couple, contact the TCC on **6043 1588** or email

social@thurgoonacommunitycentre.org.au

Counselling

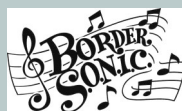
Andrea Beitzel Counsellor

Andrea is a registered counsellor offering compassionate support. She uses evidence-based approaches like CBT, ACT, mindfulness, and Person-Centred therapy to help clients address issues such as anxiety, depression, grief, life transitions, anger, life questions, couples counselling, and relationship issues. Contact Andrea on **0407 542 264**

Choir and Music

Border S.O.N.I.C.

(Stroke and Other Neurological impairments Choir)



Tuesdays: 2.00—3.30 pm **Cost:** \$5

Contact: **Marion Vile 0425 852 702** or **Libby Clark 0411 864 199**

Thurgoona Piano Lessons

Piano Lessons at TCC from an experienced teacher. Thirty minutes tailored lessons. **Mon and Wed**

Elizabeth **0429 382 102**

www.docemusic.com.au

Youth

Terese Packer Coaching

Multisensory Structured Language Education with Terese Packer supporting young people who have dyslexia and learning differences.

Accredited MSL Practitioner

P: **0402 789 448**

terese_packer@hotmail.com

School Holiday Programs

TCC Provides a variety of holiday fun.

For more information check out the TCC website page. Coming up in October

Creative Sewing Tweens Workshops

Merge Yoga Classes & Craft Workshops

Contact Kathleen 0412 808 119

Or visit TCC website.

Cooking Sessions

Modern Cooking Sessions

Interactive workshops on nourishing to flourish. Discover fabulous recipes and foods for optimal health. Cost \$55

Book with Summer **0438 298 400**

Venue Hire

The TCC facilities are available for hire by the community.

- hall —capacity for 80 seated at tables and 96 in rows for theatre style.
 - Fenced grassed children's yard.
 - Smaller spaces for workshops and group gatherings
 - All air conditioned—kitchens
- Suitable for family and community events. *Hall bookings TCC Website.*
Cost on a casual hire basis is \$160 for 4 hours (\$40 per hour after that) with a \$200 refundable bond.
P: **6043 1588** for more information

Other Services

Battery Recycle

Drop off your used batteries for recycling—situated in the office building next to the kitchen.

NEED a JP (NSW)?

For contact and to arrange a face to face service, ring the centre on **6043 1588.**

Small Library Borrow books and return when you've finished. Early release books supplied by Albury Dymocks. P: **6043 1588**