Check out the website for further details, fees and dates for these activities. [spanhouse.org/learn-and-discover/](https://spanhouse.org/learn-and-discover/)

Covid Restrictions

Most activities will commence face to face on the first week in February, however dependent on government directions some activities may be switched to online delivery. You will be advised of any changes.

Proof of your double covid 19 vaccination or medical exemption is a requirement for all visitors to Span (aged 18 and over).

Current Victorian government guidelines must be followed by all Span visitors.

Payment

Fees are available on the website.

Early bird discounts are available if payment is made 10 working days before the course commences. Email info@spanhouse.org for details.

Please email info@spanhouse.org or call 9480 1364, 0409 808 100 to enrol.

Payments by cash, cheque or bank transfer. We offer EFTPos payments in person or over the phone when staff are onsite. Please email info@spanhouse.org or call 9480 1364, 0409 808 100.

**Bank:** Bendigo Bank
**Account name:** Span Community House Inc.
**BSB:** 633-000
**Account number:** 142 881 275
**Reference area:** your surname and course name.

Bring on 2022 !!!!

May the only negative thing in 2022, be your covid test.

The start of 2022 has been a time for staff, tutors and volunteers to take time to recharge so we are able to deliver an amazing 2022. We thank everyone that joined us on-line or in person for the hundreds of activities throughout 2021. It was great for us to all be connected and support each other.

We look forward to reconnecting our community, once with opening again on Monday 31st January.

RRR Hub

Reflections from Glenda, Thornbury Writers Group, December 2021.

What? Crikey. The year’s almost gone.

But where did the days go? What did we do?

Oh, that’s right we spend months in lockdown.

The first five, we all coped reasonably well. But the sixth saw many of us struggle.

So, the joy when we received an unexpected phone call. Someone asking, “Are you okay?”.

We worked out ways to overcome the lack of face-to-face conversations.

I started going out most days to buy a newspaper. Of course, pleasantries were exchanged.

At first this was done to keep me informed about ‘the bug’. After a while, it was the crosswords.

But, for me the past five weeks, I’ve enjoyed the happiness of being with friends, under one roof, writing.

As we come back to Span, the joyous greetings bring a smile to our hearts.

We sense a vibe of long-lost family once again together.

As we approach the end of the year, we look forward to opportunities to rebuild our friendships.

We believe in our own ability to cope with whatever crosses our paths.

We are family and family cares for family.

As we step into the new year …..

Remember that we are not alone.

We will meet again in 2022 and again enjoy each other’s company.

CREATIVE

[spanhouse.org/learn-and-discover/art-and-creativity/](https://spanhouse.org/learn-and-discover/art-and-creativity/)

Art for All Abilities

Mondays 10.00am-2.00pm

Commences 31 January

Creative Writing

Tuesdays 9.30am-12.00pm

Commences 1 February 10 weeks

Thornbury Writers Group

Wednesdays 9.30am-12.00pm

Commences 2 February 10 weeks

Sewing

Thursdays 1.00pm-2.30pm

Commences 10 February 9 weeks

HEALTH and WELLBEING and MINDFULNESS

[spanhouse.org/enrolment-form-information/health-and-wellbeing/](https://spanhouse.org/enrolment-form-information/health-and-wellbeing/)

Qi Gong

Day and time to be confirmed

Gentle Exercise

Tuesdays 9.30am-10.30am

Commences 1 February 10 weeks

Tai Chi – evening

Thursdays 6.00pm-7.00pm

Commences 3 February 10 weeks

Tai Chi – day

Wednesdays 10.30am-11.30am

Commences 2 February 10 weeks

Tai Chi for Health

Thursdays 12.45pm-1.45pm

Commences 3 February 10 weeks

Tai Chi for Healthy Minds and Bodies

Thursdays 11.30am-12.30pm

Commences 3 February 10 weeks

Mindful Movement

Mondays 6.30pm-7.30pm

Commences 31 January 9 weeks

Pilates

Tuesdays 9.30am-10.30am

Commences 1 February 10 weeks

Delivered via zoom for term 1.

COMMUNITY AND SOCIAL

[spanhouse.org/learn-and-discover/community-and-social/](https://spanhouse.org/learn-and-discover/community-and-social/)

Family Carers High Tea

May and October 2022 date to be confirmed.

Please contact Span to register your interest.

Carers Café

Carers events will include social connections, high teas, information sharing, health and wellbeing and creative activities and whatever you, as Family Carers, think is needed. Please contact the Programs Coordinator programs@spanhouse.org or 9480 1364 to discuss any opportunities or ideas or to register your interest.

OM:NI (Older Men New Ideas)

Commencing 17 January fortnightly, face to face and via zoom.

Community Lunch

9 February, 9 March, 13 April, 11 May, 8 June

Free Tax Help

Available from July to October each year. Bookings are essential.

Repair, Reuse, Recycle

Span is stepping up its sustainability game. Check out this space [spanhouse.org/sustainability-span/](https://spanhouse.org/sustainability-span/)

GROW IT, COOK IT

[spanhouse.org/learn-and-discover/grow-it-cook-it/](https://spanhouse.org/learn-and-discover/grow-it-cook-it/)

Good Bugs Garden Group

Commencing weekly on 19 January.

Swap and Go Compost @ Span

Ongoing, 24 / 7 drop off.

Cooking for All Abilities

Tuesdays 10.00am-12.30pm

Commences 1 February 10 weeks

Zero Waste Sustainable Food Systems

Thursdays Time TBC 2.5 hours per week

Term 2 28 April 9 weeks

Introduction to Horticulture

Tutor: TBC

Term 2 2.5 hours’ x 9 weeks

SKILLS FOR WORK, STUDY AND PERSONAL SKILLS

[spanhouse.org/learn-and-discover/skills-for-work-or-study/](https://spanhouse.org/learn-and-discover/skills-for-work-or-study/)

Introduction to Cooking and Hospitality

Tuesdays 10.00am-12.30pm

Commences 1 February 10 weeks

Writing for your Future

Tuesdays 9.30am-12.00pm

Wednesdays 9.30am-12.00pm

Commences 1 and 2 February 10 weeks

Zero Waste Sustainable Food Systems

Thursdays Time TBC 2.5 hours per week

Term 2 28 April 9 weeks

Microbusiness skills - Sewing

Thursdays 1.00pm-2.30pm

Commences 10 February 9 weeks

Microsoft Office Skills

Fridays 10.00am-12.00pm

Term 2 29 April 9 weeks

Introduction to Horticulture

Term 2 2.5 hours’ x 9 weeks

DIGITAL LITERACY

[spanhouse.org/learn-and-discover/digital-literacy/](https://spanhouse.org/learn-and-discover/digital-literacy/)

Microsoft Office Programs

Fridays 10.00am-12.00pm

Term 2 29 April 9 weeks

LOW COST AND SOCIAL INCLUSION ACTIVITIES

[spanhouse.org/low-cost-free-social-inclusion-activity/](https://spanhouse.org/low-cost-free-social-inclusion-activity/)

Span has many low cost and free social inclusion activities. Please contact Span or check out our website.

FAMILY CARERS

[spanhouse.org/carers/](https://spanhouse.org/carers/)

Keep an eye on our website for activities for Family Carers. Family Carers are invited to join in any of our activities. Please email the Programs Coordinator or call on 9480 1364 to register to be contact regarding any Family Carers activities.