

# Huon Valley Hub – Home to **The Right Place**

Drop-in Time Monday to Friday 10am to 4pm

Customer Service Centre Monday to Friday 8.20am to 5pm

## Events and Activities – November 2023



### The Right Place

The Right Place initiative connects people with health and community services in the Huon Valley. If you need assistance in finding a service or organisation, we can help you at the Huon Valley Hub. All you need to do is ask the friendly person working at the Hub when you call in or contact us by phoning 6264 0300.

### Tech Hour Digital Support for Seniors

Every Wednesday (except for school holidays) 10am to 1pm by appointment.

**Would you like to be more confident using a computer, smartphone, or tablet?** Book in for a **FREE** 1-hour appointment and receive one-on-one coaching to build your basic digital skills!

Book your appointment now  
[hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au) (03) 6264 0300.

### Cuppa Conversations - Age Well Project.

Tuesday 10am to 12pm Cuppa Conversations provides an opportunity to make connections with other people in the valley. **Come along for a cuppa, morning tea and chat. FREE** event, no booking required.

### Mah-jong Group

Every Monday 10.30am to 2pm.

**New members welcome, no experience required.** Tea, coffee, and biscuits provided. No need to book. Contact Council's Health and Wellbeing Officer on 6264 0300 or [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au) for further information.

### Friday Night Games

Friday 3 & 17 November - this event is an ongoing fortnightly activity 5pm to 8pm.

Magic: **The Gathering, Warhammer, Dungeons & Dragons, Board games.** **Bring your friends and family for an awesome evening of tabletop games.**

Drop in, no need to book. Seasoned and beginner gamers welcome. For ages 14+. If you have any questions, contact Council's Youth Development Officer on 6264 0300 or [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au)

### Creative Connection - Age Well Project

Every Thursday 1pm to 2.30pm.

**Be creative, have fun and meet new people!** These weekly **FREE** art sessions will give you the opportunity to play with different techniques and materials, presented by community-based artist Sheree Martin.

Afternoon tea supplied. To register your interest phone (03) 6264 0300, or just drop in on the day!

### Yoga with Claire in a Chair

Thursdays 11:15am to 12:15pm \$5.00 per person. Chair yoga is a great way for older adults of all levels of ability to safely enjoy yoga and its wonderful health benefits. **This gentle and fun session nourishes our physical needs whilst bringing wellbeing and awareness to our mind, emotions, and spirit.** All welcome. To book, please call Huon Valley Council on 03 6264 0300. Presented by Huon Valley Council and Yoga with Claire.

### Yoga with Alison Eastland

Mondays (except school holidays and public holidays) 6.30pm to 8.30pm. **Alison is a registered Level 3 (Senior) teacher with Yoga Australia with a special interest in how Yoga, meditation and mindfulness can support, comfort, nourish and inspire us in these challenging times.** Contact Alison for further details and bookings: Email [info@alisoneastland.com](mailto:info@alisoneastland.com) Mobile 0400 288 545 [www.alisoneastland.com](http://www.alisoneastland.com)

### Tas TAFE Training Opportunities

Tuesday 14 & 28 November 1pm to 3pm  
Regional Engagement Officer, Martin will be available to chat and connect community members with training opportunities at Tas TAFE. Bookings not required.

### Circular Economy Huon Meeting

Tuesday 14 November 6pm to 8pm and the second Tuesday of the month. **For further details contact**  
[circulareconomyhuon@gmail.com](mailto:circulareconomyhuon@gmail.com)

### Huon Valley 500 Club

Every Tuesday 1pm to 3pm  
Special interest group for people who want to play or learn to play 500 card game. **It's for fun and friendship.** Request to join the Huon Valley 500 Club on their Facebook Page.

### Hobart Herbalists Without Borders

Friday 10 November 9.30am – 1pm and the second Friday of every month.

Hobart Herbalists Without Borders is a global non-profit network focussed on providing holistic healthcare to anyone in need. **Book a free 30-minute consultation with a qualified Naturopath to discuss nutrition, healthy lifestyle, and herbal medicine in relation to your health.** Your naturopath may prescribe herbal or nutritional medicine at the end of your appointment, which is free of charge. To book an appointment or find out more information, email [hobart.hwb@gmail.com](mailto:hobart.hwb@gmail.com) or phone 0432 396 404.

### Carers Connections

Wednesday 15 November & 13 December 10am to 11.30am

Come along and join us – a friendly confidential space where you can talk and feel supported. Please contact [Juliet.c@care2serve.com.au](mailto:Juliet.c@care2serve.com.au) Phone 6144 3700 to register.

### CatholicCare Tasmania

Tuesday by appointment

A representative from CatholicCare can be onsite to chat with community members and service providers about CatholicCare programs that are available to support their needs. **This includes programs in counselling, housing and homelessness, family, children, emergency relief and multicultural services.**

To arrange a time to meet contact Paul Taranto on 0428 751 366.

### Huon Home School Youth Theatre Club

Wednesday 1 November 9.30am to 12pm and the first Wednesday of each month.

**A theatre club for home educated kids in the Huon Valley.** We do clean, classic improv and scene work, and put on one show a year. Suitable for ages 8 to 16.

Contact Peirce + Christina Baehr at [thebaehrs@me.com](mailto:thebaehrs@me.com) for more information.

### Health Consumers Tas

Always keen to hear from community members about Health and Wellbeing needs in the valley. If you'd like to hear more about the Project and get involved, email [huonville@healthconsumerstas.org.au](mailto:huonville@healthconsumerstas.org.au) or call 0447 236 111.