

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 – January 2024



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.

Hobart Herbalists Without Borders

Friday 12 January 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 or phone 0432 396 404.

Tas TAFE Training Opportunities

Tuesday 9 & 23 January 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 09 January 6pm to 8pm and the second Tuesday of the month. **For further details contact**

circulareconomyhuon@gmail.com

Planting the Seeds of Joy & Happiness for our Tomorrows: An ARTBOX & Huon Valley Hub Exhibition

by Artist Libby Dyer. This exhibition contains Libby's recent body of work and concentrates on the practice of mindfulness, planting the seeds of joy and happiness for our tomorrows. In support and awareness of mental health, Libby wishes to connect to those who need a little bit of positivity in their lives. She uses alcohol ink and loves the spontaneity and unpredictability of this medium for her art.

"Your mind is the garden; your thoughts are the seeds. The harvest can either be flowers or weeds."

Libby chooses flowers. She will also hold two workshops in February in the Hub.

Ongoing Activities

Mah-jong Group

Meets every Monday (except Public Holidays) 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 for further information.

Creative Connection - Age Well Project – Recommencing Thursday 11 January

Every Thursday 1pm to 2.30pm (Excluding Jan 4), **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!

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.

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.

Friday Night Games

Friday 12 & 26 January - 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

Friday *Light* Games

Friday 05 & 19 January & 02 February – Join us from 1pm to 5pm for a special school holidays program! **There will be games and snacks! Drop in, no need to book.**

Parental supervision required for people under 14. If you have any questions, contact Council's Youth Development Officer on 6264 9446 or youth@huonvalley.tas.gov.au

Tech Hour Digital Support for Seniors – Recommencing Wednesday 7 February

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 (03) 6264 0300

Yoga in a Chair with Claire - Recommencing Thursday 8 February

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.

Film Making for Beginners

18 January 9:30am to 12:30pm

Unleash your creative potential in this awesome one-day filmmaking workshop!

Be guided by an industry pro to bring your ideas to life, from initial filming to the editing stage, and finally, see your creation on the big screen! No experience needed.

Bring along a fully charged phone, or team up with other film makers! For ages 14 to 17. Cost \$5 Per Person - Book on Eventbrite:

[huonvalleycouncil.eventbrite.com](https://www.eventbrite.com/organizer/huonvalleycouncil)