

Diggers Rest Community Newsletter

October - December 2019



Term 4 Programs in Your Neighbourhood

Kids & Youth Activities

Bottle Weaning & Right Diet for 1-3year old	Learn how to wean your child from the milk bottle as well as get diet information for 1 to 3 year olds from expert MCH nurse. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Tuesday 29 Oct Time: 10.30am - 11.30am Price: Free
Diggers Rest Playgroup (Playgroups Victoria Reg. essential)	Connect with other parents while engaging with your children in a creative and fun way. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Tuesday 8 Oct - 10 Dec Time: 11am – 1pm Price: Free
School Holiday Activity Arty & Crafty (4-7yrs)	Young artists are invited to explore their creativity and take home a piece of their own to treasure. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Monday 23 Sept Time: 10am – 11am Price: \$7 (materials supplied)
School Holiday Activity Painting with Water Colours (8-14yrs)	Kids will immerse themselves into an exotic world of water colours, taking their own creation home to be proud of. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Monday 23 Sept Time: 11am – 12pm Price: \$10 (materials supplied)
Life Long Learning Festival Bolly Moves Workshop	Immerse yourself in the heady mix of Bollywood beats in this active class. Learn creative dance moves to catchy music. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Friday 25 Oct Time: 6pm – 7pm Price: Free
Life Long Learning Festival Stress Buster Yoga for Year Twelve Students	If stress is an issue for VCE students, this is an opportunity to learn techniques to ensure an ideal headspace for exam time. Location: Diggers Rest Family Services Centre (Kinder) 46 Plumpton Rd Diggers Rest	Date: Saturday 19 Oct Time: 9.45am – 10.45am Price: Free
Youth Bowling Night (13-18yrs)	Calling all youth to have fun, be social and show off their strength and flexibility while bowling. Light snacks provided. Location: Diggers Rest Bowling Club Old Calder Hwy, Diggers Rest	Date: Friday 22 Nov Time: 5.30pm – 8.00pm Price: \$5



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Adults & Seniors Programs

Yoga for Fitness	Tone muscles, increase suppleness, improve concentration and relieve stress through traditional yoga poses. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Monday 7 Oct - 2 Dec Time: 9.30am – 10.30am Price: \$81/\$65 conc. (9 sessions)
Gentle Exercise Group	Strengthen your bones and muscles to achieve greater body balance with easy to master movements. Location: Diggers Rest Family Services Centre 46 Plumpton Rd Diggers Rest	Date: Monday 28 Oct - 16 Dec Time: 1.00pm – 2.00pm Price: \$30 (8 sessions)
Diggers Greenies Group	Share your gardening tips, produce and green-thumb skills in this friendly gardening group. Location: Diggers Rest Family Services Centre 46 Plumpton Rd Diggers Rest	Date: Monday 7 Oct – 9 Dec Time: 10.30am -11.30am Price: Free
Diggers Saturday Yoga	Increase suppleness, improve concentration, and tone your muscles in this traditional yoga class. Location: Diggers Rest Family Services Centre 46 Plumpton Rd Diggers Rest	Date: Saturday 12 Oct - 7 Dec Time: 8.30am - 9.30am Price: \$81 for 9 sessions
Diggers Rest pet Show (event)	If you have a pet who likes to show off, then bring it along and win prizes! Details below! Location: Diggers Rest Recreation Reserve 48 Plumpton Rd, Diggers Rest	Date: Sunday 13 October Time: 11am to 1pm Price: Free
Girls Night In Cancer Council Fundraiser (event)	Support Cancer research whilst being pampered and purchasing skin care, linen, jewellery and more! There will also be a raffle and auction of items with all proceeds going to Cancer Council Victoria. Location: Diggers Rest Community Hall 48 Plumpton Rd, Diggers Rest	Date: Friday 8 Nov Time: 7pm-10pm Price: \$5

EVENT: Diggers Rest Pet Show – Sunday 13 October 11.00am – 1.00pm



If you have a pet that likes to show off, then bring it along to the Diggers Rest Pet Show! Enter your pet into the following categories to win a prize: Best Trick, Best Dressed Pet and People's Choice Awards!

You can also talk to vets, learn about pet adoption & registration, pet health and Seeing Eye Dogs from Vision Australia. Your pets can also have fun with exciting pet play equipment.

Other activities include: face painting, petting zoo, kids fun activities, FREE CAR CHILD Restraints Checks (booking required).

The local Lions Club will be fundraising with a sausage sizzle.

Register your pet at melton.vic.gov.au/diggersrestpetshow

Please note pet restraints apply.

For Bookings of all the programs on P1 & P 2 (except events): Book online via meltonlearning.com.au

For More Information: Call Inderdeep on 0439 327 716 or email Inderdeept@melton.vic.gov.au.