

# Rockbank & Aintree Newsletter

July-Sept 2018



## PROGRAMS IN YOUR NEIGHBOURHOOD

### Choosing the Right Builder Workshop!



This is an ideal session for those who are planning to build a new house or renovate an existing one. Choosing the right builder can often be a confusing task! Learn from Consumer Affairs Victoria about what to be aware of when zeroing on a domestic builder!

Also know what should be one careful of when signing a contract with a domestic builder. And how can people get out of contracts or make builders more accountable if they are facing issues with them. More

details on Page 2.

### 2 Free Holiday Activities - Cartoon Making & Creative Characters Workshops

Cartoon making Workshop will teach the basics of cartooning to kids 8-15 years on Wednesday 11 July in a fun and creative way. All essentials are supplied!

In the Creative Characters Workshop happening on 4 July, kids from 5-12 years will learn the basics of story development, put together their story idea and present it.



Both the workshops are for beginners! More details about the two workshops on the next page.

### Managing Diabetes through Diet Workshop



In this workshop delivered by a qualified dietician learn about the types of Diabetes, what foods contain carbohydrates, understand Glycaemic Index and how to manage Diabetes through Diet.

This workshop includes carbohydrates counting, plate methods and portion sizes and hypos and treating hypos.

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## Programs in Term 3

Fitness Sessions	Move your body in brisk rhythm and get fit in these wonderful sessions!	Sundowner Caravan Park, Western Hwy, Rockbank	Friday 20 July & 17 Aug	12pm - 12.45pm Free
Article Writing Competition 11-16 years 17-25 years	Send up to 750 word article on a topic of your choice! The winner will be given a prize and article published.	Email: Inderdeept@melton.vic.gov.au	Starting 16 July to 16 Aug	Winner announced by Oct.
Sundowner Community Garden Group	The Garden Group meets to look after the gardens, swap produce and share gardening tips.	Sundowner Caravan Park, Western Hwy, Rockbank	Friday (Fortnightly ongoing)	11am - 12pm Free
Pre-school Parents & Kids Fun Group	Come along to a creative fun arts class to sing, dance, and craft.	Pavilion Room, Frontier park, Frontier Avenue Aintree	Monday 23 July-10 Sept	10.00-11.00am \$25 for 8 sessions
Creative Characters Workshop (5 – 12 years)	<u>School Holiday Program</u> Learn the elements that make a story, create characters, craft a story and present it to the group.	Pavilion Room, Frontier Park, Frontier Avenue, Aintree	Wednesday 4 July	10.30am - 12pm Free
Choosing the Right Builder Workshop!	Learn from Consumer Affairs what to be aware of when signing a contract with a domestic builder and what to do if you are not happy with your builder!	Pavilion Room, Frontier park, Frontier Avenue Aintree	Wednesday 22 August	5.30pm-6.30pm Free
Cartoon making workshop 8-15yrs	<u>School Holiday Program</u> Learn the basics of cartooning in this workshop. Body parts, facial expressions and more...	Pavilion Room, Frontier park, Frontier Avenue, Aintree.	Wednesday 11 July	10.30-11.30am
Managing Diabetes through Diet	Learn to count your carbs, understand about plate and portions sizes, treating hypos & Glycaemic Index	Pavilion Room, Frontier park, Frontier Avenue, Aintree.	Friday 17 Aug	6.30pm-7.30pm

**Enrolments & Bookings:** Book online via [meltonlearning.com.au](http://meltonlearning.com.au). For more information or to join our mailing list please call Inderdeep 0439 327 716 / 9747 7200 or email [Inderdeept@melton.vic.gov.au](mailto:Inderdeept@melton.vic.gov.au)