

December 2016

Merry Christmas from the staff and admin at the Eastern Hub



2016 has been a busy year for our Staff at the Eastern Hub.

Our Admin Staff Robyn and Jitka have recently welcomed Oscar to our Team.

Oscar is a valued new supported employee who is working part time at the Eastern Hub.

Oscar says that he loves working, earning money, learning new skills, friends and gaining more confidence.

It is Christmas and we want to thank you all for your support and Patronage.

We hope you and your family have a wonderful Christmas

And a very happy New Year in 2017"

Best Wishes Sharon, Robyn, Jitka, Caz and Oscar

"Oscar has recently been offered a position working in an administration role at the Eastern Community Hub. Oscar's skills and desire to progress into paid employment developed as a result of volunteering at the Hub for a period of time prior.

Oscar is supported in his role by his team and his mentor from Employment Pathways."

"It is such a pleasure working alongside a great team all working together to make your experience enjoyable. Whether it be morning, noon or night we are here to help you with any enquiries you may have and always available for a chat.

Have a great Christmas and a Very Happy New Year to all Caz "

Merry Christmas and hello

Hello everyone my name is Chelsea McLaren and I am the new venue manager at Eastern Hub. I have recently relocated to Geelong from Albury-Wodonga and I love living in this great city, close to beaches and my extended family here and in Melbourne. There is still so much to explore and I am looking forward to settling in here and meeting many of you in the coming months.

Eastern Hub is a fantastic, welcoming space and we hope to build on the great community activities we have been hosting as well as grow the business and host conferences, dinners and launches for Geelong businesses.

Please make sure you say hello when you are next at the Hub.

Kind Regards

Chelsea McLaren

A Year to Remember Art Exhibition

Come and celebrate with us a year of achievement in art and the Eastern Hub. Our gallery space in the foyer is vibrant and has paintings and sculptures and etchings.



**A YEAR TO REMEMBER
ART EXHIBITION**

COME AND CELEBRATE WITH US
A YEAR OF ACHIEVEMENT IN ART
AT THE EASTERN HUB

OPENING
ON FRIDAY 16th OF DECEMBER
3:00-5:00 PM
JOIN US FOR DRINKS AND NIBBLES

RUNS UNTIL THE END OF JANUARY
(CLOSED 25th DECEMBER TILL 3rd JANUARY)

EASTERN HUB 285a McKillop Street East Geelong
Phone 5249 6100

EASTERN HUB FOOD SWAP 2016



From our humble beginnings on the 1st Sept 2012 in the courtyard of the old Karingal site, with an average attendance of 11 per month in our first year, we returned in April to the new Eastern Hub with an average attendance in 2016 of 18 per month.

So what is the big attraction? Can't be the venue as this is our 4th, maybe it's the great fresh produce coming from our gardens that we all enjoy sharing. Or is it the coffee and cake and great conversation that have them coming back every month?

I guess when you provide all those things in one place in a community like East Geelong you have a winning combination. We swap recipe's, health stories, magazines, garden advice and successes and failures along with the fruit & veg, seeds & seedlings, eggs, honey, jams & pickles and much more. And the bonus is the creation of many new friendships and gardening support both near and far.

Thank you to everyone who has supported the Food Swap in 2016 and thanks to the Eastern Hub for providing the venue. We look forward to many new members joining our Food Swap in 2017

My best wishes to you all for the Festive Season and may you continue to grow and harvest the healthiest of produce and friendships in 2017.

Cheers
Lorna

Eastern Hub Book Club

Another successful year for our bookworms devouring (and sometimes plodding) our way through 10 varied books. Our organiser Lyndall decided to pursue other interests earlier in the year so Helen ably took up the reins to keep us all on track with book returns and multiple trips to the library – thanks Helen.

Our eight enthusiastic members delighted the group with interesting feedback on each book, occasional heated discussion but always with lots of laughter and chatter. Often getting distracted with solutions for world issues, all contributed with thought provoking comments.

The club meets on the first Thursday of each month – 7.00pm onwards and we would love to see new faces in 2017.

Cheers Gaye



Jill Meehan and Friends

'The Eastern Hub has been a fantastic new venue for a Community Music and Poetry group which is growing, in the Bellarine. 'Jill Meehan & Friends'. We

love the vibes and the comfortable seats and resources there. The location is great and we are now attracting more people in the Geelong region which is great! As a Professional Performer myself who also has disabilities, I encourage ALL people in the community to come along and share a poem or a short story or a song! We would love to have you it is always the last Sat of every month 2pm - except for December





Inner Cor Yoga has enjoyed being a part of the Hub community and was first to teach Yoga classes on Wednesday evening at this beautiful centre. The outlook over the court yard is such a relaxing view; one can only feel calm and relaxed after the class. Our wish for 2017 is to increase our classes and continue serving the people of East Geelong and our wonderful association with the Hub on ongoing bases.

We wish staff and community a safe and happy Christmas and a magic 2017.

info@innercor.com.au 0407 840 702

WANTED **Gardening Volunteers**

Attention East Geelong Gardeners we need your help.

Eastern Hub has recently planted a Food Forest, had some garden beds built and planted an indigenous garden.

We are looking to start our Gardening Club in 2017, If you

- Have a green thumb,
- Have a few spare hours
- Have gardening expertise

We will be having a meeting in early 2017, if you would like to be involved please email us or call to let us know and help our garden grow.



Group Guitar lessons

Come along and Learn Guitar with Jon Willard

\$150 for 8 weeks

Monday 4pm to 5pm Commencing 6th Feb 2017

Thursday 7pm to 8pm commencing 9th Feb 2017

Bookings are essential phone 52496100 or email ehg@karingal.org.au

"Strong, Fit Mums found the Eastern Hub in August and we've finally found a real 'home' for our Mums Fitness Classes in Geelong. The centre ticks so many boxes for us from clean, modern facilities to a kid safe play area and barista made coffee - we couldn't ask for more! The kids have had an absolute ball at the centre which has allowed the Mums to get the most out of their Pelvic Floor and Core Friendly workouts. We can't wait for our 2017 programs to kick-off where, with the support of the Hub, we will be able to offer more classes during the week to help more Women return safely to exercise."

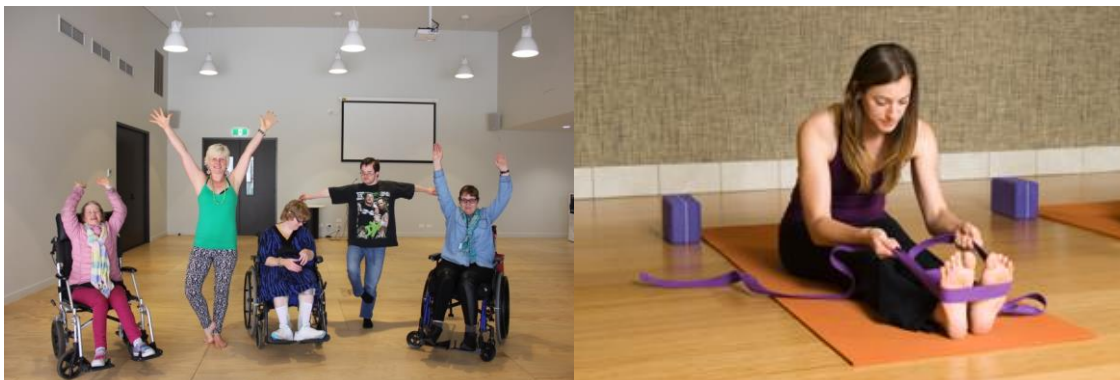
On a personal note, thank you so much for making us so welcome at the Hub! Happy Christmas to you and your team 😊

See you again in 2017

Louise



ALL ABILITIES COMMUNITY YOGA AT THE GEELONG EASTERN HUB WITH TARA LYNCH



Gentle, fun yoga for all abilities - Fridays 2017 at The East Geelong Hub Geelong

285a McKillop St East Geelong 1.00 pm Commencing Friday 3rd February

Cost \$12 per sessions No experience required – all levels welcome

For enquiries and to book please contact Megan Stolz 52496122 or email mstolz@karingal.org.au

Music at the Hub



A Bit of Country, A Bit of Blues, A Bit of Rock and Roll a Bit of Fun.

Monday 30th Jan, 27th Feb, 27th March and 24th April.

Cost \$10 per session 1-3pm

Jon Willard e: cunjimusic@yahoo.com.au

Christmas closure

Eastern Hub will be closed at 5pm on Thursday December, 22 and will reopen on Tuesday at 8.30am January 3, 2017. We would like to wish you all a happy and safe Christmas and New Year's holiday.

What's on in February at Eastern Hub

A small summary and attach the table of events
New activities in 2017 – feature one?

We are looking for community activities so please let us know if you have an event or regular meeting or activity in 2017 that is open to the community as we have lots options for room hire and community groups can access great discounts.

Class/ Cost	When	Contact Details	Room
Computer Classes	Every Wednesday School Term only Cost : Free Time: 10am to 11am	Contact : Reception to book in 52496100 E: carolynh@matchworks.com.au	Learning Lab
Food Swap	First Saturday of Every Month Time: 9 -11am	Contact Lorna 0407044870 Cost: Gold Coin Donation if you have no produce	Community Shed
Group Guitar classes with Jon Willard \$150 for 8 week	Monday 4-5pm Thursday 7-8pm	Commencing 6 th Feb Monday Bookings essential Contact Jon Willard cunjimusic@yahoo.com.au	Hickey Room
Music with Jill Meehan Cost \$5	Last Saturday of Each Month	Contact Jill: E: jillmeehanmusic@gmail.com P: : 0431606476	Hinchcliff
Sewing Classes Recommencing on 1 st February 2017	Monday Afternoons 1pm to 3pm BYO Sewing Projects, Machine if you have one	Contact Janet : 0458935276	Art Room
Book Club: Feb to Nov	1 st Thursday of each Month Time : 7pm -9pm Gold Coin	Contact Gaye 0414187666	Learning Lab
Day for Girls: Feb to Nov No cost	Last Tuesday of each Month Time 6.30pm to 8.30pm	Contact Pam: E pmt.53@hotmail.com	Art Room
Community Kitchen : Cost \$5	Every 2 nd Thursday Time : 12pm to 2.30pm	Contact Carolyn 0478711530 carolynj5785@gmail.com.au	Training Kitchen
Mini Maestros	Every Saturday during school term Saturday Morning from 9am onwards	Contact Kate and Liz 0424047822 E: mm.geelong@minimaestros.com.au	Hickey Room
Cake Decorating	Bi Monthly : 3 rd Sunday of the Month	Contact ADOV Gailene: P: 0438524420	Hinchcliff Room

Class/ Cost	When	Contact Details	Room
Yoga : Energy Works	Every Monday, Tuesday and Thursday Time: 7 pm – 8.15pm Time: 6.15-7.15pm	Contact Cassandra Perry : 5223 1049 :Tues Malcom: 0419376380: Mon Thur	Hickey Room
Yoga : Inner Cor	Every Wednesday Time: 6pm -7pm	Contact Pauline: M: 0407 840 702 www.innercor.com.au info@innercor.com.au	Connor Room
Strong Fit Mums School Terms	Monday Mornings Time: 9.30 -10.30 am	Contact Louise: 0405742272	Connor Room
Geelong ABI Clubhouse/Drop in Centre	Every Tuesday closed 20 th Dec, 27 th Dec, 2nd Jan 2016 10.30-2.30pm	contact Jacqui Pierce P: 5258 4205 Email: E: j_pierce@bigpond.net.au	Hickey
Music at the Hub \$10 per session	Monday 30 th Jan, 27 th Feb, 27 th March and 24 th April.	Contact Megan mstolz@karingal.org.au tel 52496122	Hinchcliff
All Abilities Community Yoga with Tara Lynch \$12 per class	Commencing Friday 3 rd February 2017 1pm each Friday	Contact Megan mstolz@karingal.org.au tel 52496122	Hinchcliff
Carers Choir School Term	Thursday 1-3pm	Jacqui Pierce j_pierce@bigpond.net.au tel:0352584205	Hickey Room
BRAINS Carer Support Group No Jan Meeting	1 st Thursday of Each Month 10-1 pm	Jacqui Pierce j_pierce@bigpond.net.au tel:0352584205	Hickey Room
MAINH (Meetings, Advocacy, Information, Networks & Hope) is for YPINH (Young People in Nursing Homes). It is a peer and mutual support network for young people living in, or at risk of entry to, aged care facilities (nursing homes) and their family and friends.	MAINH for YPINH meets on the first Tuesday of each month (November, 2nd Tuesday and No meeting in January) at 10.30am. New Members Welcome	j_pierce@bigpond.net.au tel:0352584205 http://www.ypinh.org.au/	Connor Room