

# What's On

## Pomona & District Community House

July/August 2024



Thank you LiveLife Community Support Program!! May 2024 saw PCH receive much needed supplies to support an end to period poverty, as well as other essential items for the community pantry.

## Pomona & District Community House

is a not-for-profit neighbourhood centre. We offer a range of services and support. We have a number of social groups and run a range of activities and events. Drop on in!

Pomona & District Community House acknowledges the traditional custodians of the land on which we gather, the Kabi Kabi/Gubbi Gubbi people; we pay our respects to their Elders, ancestors, land and seas.



Scan to visit website for events, services, volunteer and more.

Open Monday to Friday 9.00am-4.00pm  
Open late Wednesday to 6.00pm

 Follow us on Facebook

## What's coming up at PCH?

**Wednesday 17 July**

Health Chat: Diabetes Awareness

**Friday 19 July**

Exploring Pathways to Restoring Nature  
PCH Community Garden Program

**Sunday 28 July**

PCH Stall @ Pomona Family Fun Day  
PCH is hosting a community lego build  
with lego masters Damian & Andrew

**Wednesday 21 August**

Health Chat: meet researchers from  
UniSC Healthy Ageing Cluster

**Friday 23 August**

Exploring Biodynamics Today  
PCH Community Garden Program

**Saturday 31 August**

Bus trip to 2024 Bee Open Day  
Valley Bees in Imbil



Pomona & District  
Community House



07 5485 2427

1 Memorial Ave, Pomona

[pomonacommunityhouse.org.au](http://pomonacommunityhouse.org.au)

Have you picked up your copy  
of Community Compass?

Hardcopy available at PCH &  
e-version on our website.

# COMMUNITY *Compass*

Your Guide to Volunteering in the Noosa Hinterland



# Dear Community,

Welcome to the new bumper issue of What's On. There is so much going on we have increased our pages to 20. So get your cuppa and find a spot in the sun to enjoy this edition, and we hope to see you dropping by Community House.

Firstly, we'd like to start by say a big thank you and congratulations to Pomona & District Community House (PCH) volunteers Deb and John (pictured right) who were recipients of the 2024 Noosa Queensland Day Awards presented by Sandy Bolton MP (see page 16). Over 7 years of volunteering at PCH!!



As you read through What's On you will discover some new sections, and a new staff member. We welcome Kate Marian Rose to the team as Young People Program Officer. Kate's not new to PCH, you will have seen the amazing work she has been doing with delivery of Promenade with PRIDE, Volunteers Fair and pomonapalooza. We are excited to have Kate on board in this role and to kickstart our meal shares again for young people thanks to funding from Noosa Council. Check out page 9 for details.



Welcome too to Good Shepherd Financial Independence Hub who will be based out of PCH every 2nd & 4th Friday of the month. See page 12.

Why is there a picture of metal cutlery I hear you ask? PCH is collecting metal cutlery and stainless steel pots for the Kemabolo Village, Papua New Guinea who need resources at the hospital. Many of you will know Rocky and he is currently packing up a container. So drop off any excess cutlery or pots to PCH by end July.



Have you heard? PCH is hosting Andrew & Damian from Clicking Bricks (Season 2 Lego Masters & Season 5 Grand Masters). They are coming back to Pomona to deliver more community build sessions. They'll be here for Pomona Family Fun Day. See page 6 for booking details. We also have a new social group - Lego Club - starting up on Tuesday, 13 August 6pm thanks to a keen lego community member.



And don't forget to catch the bus with Tracie to Valley Bees, 2024 Bee Open Day. Buzz over to page 6 for details.

**with kindness, PCH Team**

# PCH Community Support

## PCH Community Support Workers



**Tuesday & Friday**  
Book in.  
9.30am-1.30pm  
Drop ins welcome  
dependent on availability

## Information, Support & Referrals with Miatta

free

**Phone: 07 5485 2427**

**Community Support Worker - providing support to empower**

- Cuppa and a chat. Being heard is important.
- Assist and advocate in navigating housing, health or welfare systems.
- Mental health support.
- Provide links to support building social connections and reduce isolation.

**Thursday & Friday**  
Book in. Drop in.  
9.00am-2.00pm

## Digital Support & Disaster Preparedness with Julia

free

**Phone: 07 5485 2427**

**One-on-one support for basic digital literacy**

- Filling out online forms, and navigating internet and emails.
- Scam awareness and prevention.
- Operating smartphones.



The Pilot Digital Support & Disaster Preparedness program has been successful and shows a clear need in community for support in the digital space. Julia has provided a range of one-on-one support as well as workshops to educate around digital skills. PCH is funding an extension of the program to end of July.

Unfortunately PCH was unsuccessful in securing further funding for this program, so it finishes up on 31 July. We're looking at ways to bring it back, and of course, in the meantime PCH team will help where we can (we're just not Julia!)

Access tech help at  
Noosa Libraries Cooroy  
drop in Wednesdays  
9.30am-12pm or call  
5329 6555 for dates  
of sessions on tech  
tutorials.

## PCH Community Support Workers



**Wednesday**  
Drop in.  
9.30am-1.30pm

## Nurse-Led Health Support with Kristine

free

**Phone: 07 5485 2427**

**Advice and listening and referral.**

**Basic nursing health checks and monitoring:**

- Blood Pressure, Heart Rate, Oxygen Saturation.
- Blood Sugar Levels.
- Weight and BMI on request.
- Urine checks (dipstick).
- Skin health.
- Pain.

**Basic nursing health assessment and monitoring:**

- Cardiac.
- Respiratory, e.g. asthma, COPD.
- Continence and funding application.
- Pain.
- Diabetes.

**Mental health: listening, advice, referral, assessment.**

- Basic woundcare (help with dressings).
- Medication information/discussion.
- Quit smoking advice/products.
- Sexual health enquiries.

**Please note: this is not a diagnostic service, and is outside nurse's scope of practice.**

**1st Wednesday of the month**  
Out and about in Pomona

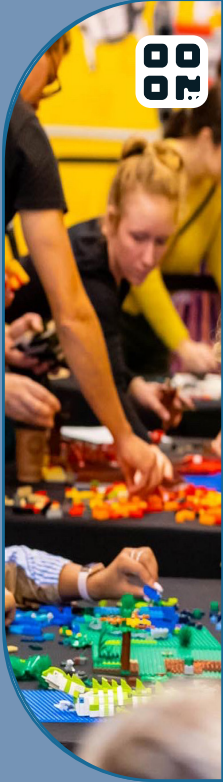
**2nd & 4th Wednesday of the month**  
15 minutes of Mindfulness on Verandah  
10.00am-10.15am

**3rd Wednesday of the month**  
Health Chat over a Cuppa  
10.00am-10.30am  
(See page 7)

# Special Events

July/August

For full details on events, see our website.



## PCH Stall & Community Lego Build Sunday, 28 July, 'Pomona Family Fun Day'

Stan Topper Park 9am-4pm (stall)

Pomona Memorial Hall 10am-2pm (lego)

We're looking forward to being part of Cooroy Pomona Lions Club 'Pomona Family Fun Day'. We'll have a PCH stall at Stan Topper Park for you to drop by, play a game, take a photo in the photo booth or chill out on the mats. So come say hi and check out the amazing textile tree creation of local artist Valarie. Val is creating an amazing joyful colourful stall scape for us!

We are excited to let you know that lego masters Andrew & Damian, Clicking Bricks are coming back for another community build. This time the theme is 'Building Holidays'-what is a holiday to you? There will be three **free** 1 hour sessions of building - 10am-11am; 11:30am-12:30pm; 1:00pm-2:00pm. **BOOKINGS ESSENTIAL.** Bookings via Humanitix, if you need help booking drop by PCH.



## Bus Trip - 2024 Bee Open Day Saturday, 31 August 8:30am-2:30pm

Low cost: \$10 for return bus trip & open day entry

After the interest at the recent 'Exploring Native Bee Love' day held in PCH community garden, Tracie (amazing community garden volunteer) thought a bus trip to Valley Bees '2024 Bee Open Day' would be fun. Stalls, displays, raffles, talks, bee products & more. [www.valleybees.org.au](http://www.valleybees.org.au)

The Bee Open Day is located at Mary Valley College, Imbil. The bus leaves from Community House at 8:30am and return at 2:30pm. Sit back, chat with fellow bee enthusiasts and enjoy a day exploring and celebrating all bees. Bookings essential: via Humanitix QR or drop by Community House to book & pay cash. Limited seats. (under 18 year olds must be accompanied by their adult)



Pomona & District  
Community House



NOOSA  
Council



Queensland  
Government



Call/Email to book



Walk-ins welcome



Book with QR code



## Health Chat: Healthy Ageing with UniSC Researchers

**Wed, 21 August 10am-11am, Lawson Shed**  
(9:30am for a 10am start, morning tea provided)

- Associate Professor Fraser Russell - investigating the anti-scarring potential of Australian native stingless bee cerumen. Fraser also has his own native stingless bee hives.
- Dr Mia Schaumberg - investigating the Mediterranean diet's potential to reduce muscle wastage as we age.

The PCH Community Science Club, a collaboration between PCH and University of Sunshine Coast, has reviewed papers by researchers from the Healthy Ageing Research Cluster, UniSC. The papers will be published in an online community newsletter by the Gateway Development Team, UniSC.

The researchers are keen to drop by for a cuppa and chat. This is a great opportunity to meet and talk with scientists who are here in our Sunshine Coast community and researching in the field of healthy ageing.

Free. Bookings appreciated for catering purposes. Phone 5485 2427 or email [info@pomonacommunityhouse.org.au](mailto:info@pomonacommunityhouse.org.au). Drop ins on the day are welcome.



## Health Chat: Diabetes Awareness

**Wed, 17 July 10am-10:30am, Lawson Shed**

Join Kristine for a community conversation about diabetes in Australia. With 120,000 people being diagnosed yearly in Australia, hear of ways to prevent, as well as how to live well with diabetes. Learning and sharing together.

# In the PCH Community Garden



Observing.  
Caring.  
Harvesting.  
Sharing.

## Volunteer in the garden Friday 2.00-3.00pm

Join PCH Community Garden Volunteer Tracie Sheehan and get your hands in the soil and help us grow. Tracie also programs our monthly "Exploring..." garden sessions.

- Watering
- Weeding
- Planting & Pruning
- Harvesting

Bring a hat, water bottle and snack.



## Exploring Pathways to Restoring Nature Creating Sanctuary & Abundant Life

Friday 19 July: 10am to 2.00pm

**10.00-11.30am: Restoring Abundance**  
Listening in and working with Nature with Penny Price

**11.30am-12.30pm: Lunch Session**  
Conversation and light lunch provided

**12.30-2.00pm: Creating Abundance**  
Exploring Tools, Ley Lines and techniques with Penny Price. Penny has worked Healing the Earth for over 23 years to bring abundance and joy back to the land and its inhabitants. Come listen to her share wisdom and insights.



## Exploring Biodynamics Today Elements & Application in the Garden

Friday 23 August: 10am to 2.30pm

**10.00-11.30am: Understanding Biodynamics & its ongoing Relevance**  
with Rob Birst, 30 years Biodynamic Gardening teacher

**11.30am-12.30pm: Lunch Session**  
Conversation and light lunch provided

**12.30-2.30pm: Fire and Water. Earth and Air. The Elements & Biodynamics**  
with Heather Bell, 30 years of Steiner Education.



**Come to one or all sessions on the day.**  
No Cost.

Bookings appreciated: 07 5485 2427 or  
info@pomonacommunityhouse.org.au

# Young People Opportunities

## Young People (YP) Drop-In Wednesdays 3.00-6.00pm



Drop by Community House, come up the stairs and check it out.

PCH is a safe, inclusive space and welcomes young people. Come hang and connect with peers. A Community Support Worker is on site to host the space and chat if needed.

There's space to lounge, play music, muck around, do your studies, play games and share your interests. Or join the meal share with Kate if it's your week (see below).



### Welcome Kate!

Kate joins PCH as the Young People Program Officer. Kate is an experienced cultural arts worker and educator who is passionate about community. Kate is excited to be connecting and collaborating with our young people to deliver meaningful experiences and programs.

new

## Future Forge: Ignite. Connect. Collaborate

Thanks to a Noosa Council Youth Response Grant, PCH is able to kick-off our young people meal shares again. It all starts up in August. A chance for young people to come together with their peers, share a meal and connect. The program also provides young people interested in community development a chance to be mentored and run their own event/workshop/activity. We are also looking forward to the addition of our young peoples' voice in PCH What's On. More details on our website soon.



### Meal share & hang with Kate & your peers Lawson Shed

- 7 Aug: YP Men 12-17yrs
- 14 Aug: YP Women 12-17yrs
- 21 Aug: YP Beyond Binary 12-17yrs
- 28 Aug: YP Everyone 18-25yrs

# Regular Groups

**Mondays**



**Boomerang Bags**  
9.30am-3.00pm  
Every Monday

Tackling plastic pollution at its source.



**Tuesdays**



**Pomona Writers Group**  
9.30am-11.30am  
1st & 3rd of month

A supportive group to get you writing.



**Cuppa, Cake and Conversation**  
10.00am-12.00pm  
2nd & 4th of month



Social connection over a cuppa.

**Tuesdays**



**Creative Connections**  
10.00am-12.00pm  
1st & 3rd of month

Creative space for community.



**EFT/Tapping Season**  
9.30am-12.30pm  
24 July & 28 August

EFT in a group setting.  
Contact Pam:  
0439 534 056



**Lego Club**  
5.30pm-7.00pm  
2nd Tues of month  
starts 13 August, lego provided  
Share skills, build & have fun.



Adults to 8yrs+  
8-16yrs must have their adult present.

**Wednesdays**



**Health Chat & Cuppa**  
Different topic monthly  
10.00am-10.30am  
3rd of month, see page 7

With PCH Nurse-led health support.



**Rummikub**  
1.00pm-4.00pm  
Every Wednesday

A fun social time.



**Young People Drop-In Space or Meal Shares**  
3.00pm-6.00pm  
Every Wednesday



See page 9.

**Wednesdays**



**Mindful Mandalas**  
6.30pm-8.30pm  
2nd of month

Contact Naomi Slater:  
0497 206 710



**Photography**  
7.00pm-9.00pm  
3rd of month

Share your pictures & discuss in a supportive group.



**Pomona Astronomy Club**   
7.00pm  
4th of month



Come out at night & look up.

# The Lawson Shed & Community House

1 Memorial Ave, Pomona  
Ph: 07 5485 2427



Community House



The Lawson Shed



\$3 donation

Thursdays



## Unravellers Knitting Group

9.30am-12.00pm  
Every Thursday



Social connection through knit.



## French Group

12.30pm-3.30pm  
1st & 3rd of month

Conversational French.



## Pilates with Amy Block

4.30pm-5.30pm  
Every Thursday

Book with Amy:  
0409 766 634



Thursdays



## Pomona Cinema Club

7.00pm  
1st & 3rd of month

Enjoy sharing your passion for film.



## PCH Community Science Club

3.30pm-5.00pm  
4 July (August see pg 7)

Curious minds and real world science.



Fridays



## Mummas Village

9.00am-11.30am  
Every Friday

For all those mothering in community.



Fridays



## Community Garden Care and Grow

2.00pm-3.00pm  
Every Friday

Come participate and help us grow.



## Exploring the Garden

10.00am-2.00pm  
3rd of month

Talks, lunch and more in the Community Garden. See page 8.

Saturdays



## Community Wellness Group

10.00am-1.00pm  
13 July & 10 August

Contact Melissa:  
0419 589 029

Sundays



## Noosa Barter Tribe

11.00am-1.00pm  
Every Sunday

Barter homegrown produce, skills, plants and more.



## Alcoholics Anonymous

6.30pm  
Every Sunday



Weekdays



## Pomona Pacers Walking Group

6.30am (Oct-Mar)  
7.00am (Apr-Sep)

Meet at PCH Noticeboard.

# Community Support & Services



## Good Shepherd Financial Independence Hub

new

Friday  
2nd & 4th of month  
9.00am-1.00pm  
Drop in.

Supporting those who have gone through financial abuse. Free, personalised and confidential program.

Good Shepherd Financial Independence Hub support can help by assisting to:

- have a judgement free conversation about money & help build financial independence.
- manage finances, including bills, debts & credit scores and help create a savings plan.
- connect to support services, e.g. legal advice.



## Justice of the Peace

Wednesday  
Every week  
9.30am-12.30pm  
Drop in.

## Justice of the Peace

Friday  
Every week  
1.00pm-3.00pm  
Drop in.

## QuiVAA code

Peer-based, user-centred approach.

Health and human rights for people who use drugs. Operating through a peer-based harm reduction philosophy.

[quivaa.org.au](http://quivaa.org.au)  
or scan QR



## St Vinnies, Welfare Support

Thursday  
1st & 3rd of month  
9:30am - 12:30pm  
Drop in.

## Community Engagement Officers

**Centrelink**  
Wednesday  
Every week  
10.00am-1.00pm  
Drop in.

## Carers Gateway

Wednesday  
1st of month  
9.00am-1.00pm  
Drop in.

## Footprints Community

Wednesday  
1st of month  
9.30am-11.30am  
Drop in.

**Free Legal Advice:  
Family Law  
Suncoast Community  
Legal Service**

Wednesday fortnightly

10 & 24 July  
7 & 21 August  
4 & 18 September

30min appointments  
Bookings Essential:  
07 5376 7800  
scls.org.au/book-appointment

Highly qualified legal volunteers will let you know where you stand with the law, suggest the best solution for your legal dilemma and tell you about other services which might be helpful.



**Footprints**

Walking on Country  
Monthly-Wednesday  
24 July & 28 August  
8.00am-1.00pm  
Pomona Reserve Street  
(Joe Bazzo Park busstop)  
Drop in.

Mobile footcare service. Footscreening can help identify blood flow & nerve issues. All welcome.

**FREE:  
Located in  
Community  
House**

new

**Housing &  
Homelessness  
Outreach Worker  
YouTurn**

Wednesday  
Every week  
9.30-12.00pm  
Drop in.



**Local Area  
Coordinators, NDIS**

Friday  
2nd of month  
9:30am - 12:30pm  
Drop in.

**Library Bookshelf**

Tuesday - Friday  
Every week  
9.00am-4.00pm  
(open to 6.00pm Wed.)



**Groups and counselling for men and teenage boys**

with John, Waves of Kindness  
Thursday  
Every Week  
9.00am-4.00pm  
Drop in or book through Waves of Kindness  
P:0499 091 352 E:carecentre@wavesofkindness.com.au

Advice and Listening and Referral

- Life challenges
- Relationship issues
- Support in relation to domestic abuse issues
- Social connection

Other services

- Individual counselling support
- Relationship counselling where appropriate
- Facilitating men's group programs in our community
- Training and consultation in supporting men in community

John's journey of study and work has brought him to a place of focus on issues facing men and teenage boys.

# Creative Community

**FACETIME** by Amy Ocean

I'm sorry  
I didn't mean for them to escape  
The tears  
It's just that the memory caught me off-guard  
The reminder of a time the was hard  
Really hard  
Crying-everyday hard  
Wondering-if-it-will-ever-get -better hard  
Will-I-survive-this hard.  
My body still remembers  
Cells pulsating with flashback fuel  
Taking me right back there, despite myself  
It doesn't make sense to feel that pain now  
Because it was over a year ago I think  
And things have mostly gone back to normal right?  
I don't have to talk to them through a screen anymore  
Leaving sanitised, handwritten notes and gifts in my ex's letterbox

Hoping that they won't get used to living without me  
Hoping that they still know what my hugs feel like  
That my scent is remembered by their senses  
Hoping that they know I'm not choosing this life apart from them

Because there isn't any other way right now  
Everyone is just doing the best that they can  
Quintessentially Essential  
Sacrificially torrential  
I put on a brave face for Facetime  
Smile through the longing to press my face against theirs  
To smell their hair and to kiss their skin  
I fight back the sobs that long to be released at the sight of their faces

The sounds of their voices  
As familiar as my own breath and blood-flow  
"Hey my babies!" I say with a pitch deliberately higher to hide my sunken heart  
I listen with starvation to their tales of exploration and tv shows they've been watching  
I laugh spontaneously as they argue over who gets to hold the phone

Their confusion at my joyous response to their conflict  
Because now, even their bickering is beautiful



**PCH  
Zine  
Wall**

Have  
you  
checked  
out PCH

Zine Wall. A great way to  
get create with analog  
techniques of collage,  
glue, stickers and your  
imagination. What do you  
want to  
say?



# Social Snaps & Connections

Photos from our events

## Volunteer Fair

Check out video of Fair on PCH website

On Sunday, 26 May over 20 not-for-profit organisations came together to talk with community members about ways they can get involved and volunteer in the Noosa Hinterland. If you missed it, pick up a copy of PCH's Community Compass to discover how to get involved.



PCH Volunteer out & about to restock PCH Community Pantry.

## COMMUNITY Compass

Your Guide to Volunteering in the Noosa Hinterland



## Promenade with PRIDE

Cooran Hall was transformed on Saturday 8 June into an intergenerational dance party complete with rainbows, light show, disco ball, tuxedos and frocks, live music, soul train and a pink punch fountain. Hugo and the Hive captivated the audience and DJ Su Real kept the luscious retro beat dance tunes coming.



DJ Su Real

Photo credit: Cindy Vogel



Indi rock band **Hugo and the Hive** "it was one of our best shows ever"

Photo credit: Cindy Vogel



Our PRIDE prom was MC'd by Amy Ocean, pictured here with Adam Dennis.

## Straw Creatures

Friday 17 May was a chance to take a breathe and connect in PCH community garden. For Neighbourhood Centre Week, local artist Kathryn Shewring led us on a creative playdate with straw, wool and string. Project by the Cooroora Creative Recovery Team.



Artwork by Miatta



A young community member 9yrs: "can we come to community house everyday"

# PCH Executive Committee

Volunteer organisations create thriving communities by fostering a culture of collaboration, compassion, and empowerment, where individuals come together to address local needs, build meaningful connections, and make a positive impact.

Did you know that many of our local not-for-profit organisations and groups are managed by community volunteers? Yes, they are! To operate their services for the community, these organisations require an 'executive committee'. The executive committee is a requirement of each organisation's constitution and is comprised of a President, Treasurer, and Secretary, elected at the yearly Annual General Meeting (AGM).

Joining a committee and contributing your skills is a fantastic way to be an active citizen and contribute to your community.

A special thanks to two PCH executive committee members John and Deb.

On Thursday, 6 June John and Deb were recipients of the 2024 Noosa Queensland Day Awards presented by Sandy Bolton MP.

A Queensland Day medallion and Certificate of Appreciation was awarded to those who dedicate their expertise and time to a broad range of community sectors including sports, environment, animal welfare, heritage and culture, as well community support.

John Stuart has served on the PCH executive committee since 2018 and is current President. His unwavering commitment to PCH is further exemplified through his dedication and assistance with volunteering on reception when needed and as a JP. I'm sure many of you have got to meet John and know what a top bloke he is!

Debbie Polley has also serviced on the PCH executive committee since 2018 and is current Secretary. Deb has also been a dedicated volunteer on reception and served as a JP since 2000. Heartfelt congratulations to Deb for her dedicated service!



# Volunteering Opportunities in the Noosa Hinterland

## Get your Art on and help out

### Pomona Railway Station Gallery

Two volunteer roles available.

1. Exhibition's Coordinator and
2. Secretary/Volunteer Coordinator.

Both positions are shared roles. if you are community minded with good communication reach out to Julie 0412 360 764 or Chris 0474 453 405.

### Tall Trees Art Exhibition - Cooran 21-22 Sept 2024

A range of volunteer positions including:

- set up and take down crew
- ambassadors at the event
- raffle ticket sellers
- photographers
- administration
- children workshop assistant
- and more.

Want to know more email the secretary at [talltreesincooran@gmail.com](mailto:talltreesincooran@gmail.com)



## Mens Shed Pomona

Are you a bit of a whiz with websites and all things social media? Mens Shed Pomona could do with your help to promote all that they do in our community and ways they are supporting mens' health.

Drop by on a Wednesday or Saturday  
8am-12pm. 1 School St, Pomona.

P: 5348 6001

E: [mensshedpomona@gmail.com](mailto:mensshedpomona@gmail.com)



## Volunteer Gardners

Gardens around House.

We've got the PCH community garden covered but need help with the garden beds around the house  
Drop by and see Susan or Heather.

# Around the Hinterland

## Kin Kin Community Group

57 Main Street, Kin Kin  
office.kkcg@gmail.com



### Storytime & Rhymes with Noosa Libraries and Parents Group

Mondays Term 3 start 8 July  
9.15am-11.30am  
Kin Kin School of Arts

### Kin Kin Sports Community - Soccer

Wednesdays  
Term 3 starts 17 July  
from 3pm  
Kin Kin School of Arts

### Kin Kin Youth Pop Up Events

Movie Night  
Saturday, 17 July

Skatepark Event  
Sunday, 4 August



### Kin Kin Morning Tea

2nd Monday of month  
9.30am-11.30am  
Kin Kin Community House

### Kin Kin Market

1st Sunday of month  
8.00am-12.00pm  
Kin Kin Oval



## Cooran Hall

14 King Street, Cooran

### Around Cooran-Tall Trees Art Exhibition

21-22 September

talltreesart.com

Entries now open.  
To exhibit must be a current member of Tall Trees Art Inc. So join up!

### Cooran Acoustic Music Night

Saturday 20 July  
Saturday 31 August

6.30pm for 7.00pm start

Chalkboard sign on & food available.

### Cooran Choir

Tuesdays  
10.00am-12.30pm



## Federal Hall

1642 Bruce Highway, Federal

For hall hire and enquiries, contact Zani.

Phone: 0413 090 548

# Pomona Memorial School of Arts Hall



7-9 Reserve Street, Pomona

## Monday

### Zumba

9.30am-10.30am

Contact: Cathy Tapper  
Phone: 0428 161 622

### Indoor Bowls

1.30pm-3.30pm

Last Monday of month  
Contact: Alen Kenzler  
Phone: 07 5447 6223

### JKA Karate

6.00pm-7.00pm

Contact: Kim Vines  
Phone: 0422 373 198

## Tuesday

### Pilates

8.30am-9.30am

Contact: Amy Block  
Phone: 0409 766 634

## Wednesday

### Indoor Bowls

9.00am-11.30am

Contact: Alen Kenzler  
Phone: 07 5447 6223

## Thursday

### Stretch Yoga

9.30am-11.15am

Contact: Andy Pike  
Phone: 0415 734 180

### JKA Karate

6.00pm-7.00pm

Contact: Kim Vines  
Phone: 0422 373 198

## Friday

### Table Tennis (Lower Hall)

8.30am-11.00am

Contact: Peter  
Phone: 0488 882 600

**Pomona Christian  
Outreach Youth Group**  
4.00pm-6.00pm

## Sunday

**Pomona Christian  
Outreach Youth Group**  
3.30pm-6.00pm

## Pomona Hall Hire & Enquiries:

Heather Manders:  
0411 114 077

## Pomona Red Cross Op Shop

Monday-Friday: 9.00am-4.00pm  
Phone: 07 5485 2934

## Pomona Meals on Wheels

Monday, Wednesday, Friday  
07 5485 1777 or admin@mowp.org.au

## Around Pomona - Barefoot Bowls

Every Thursday at Pomona Bowls Club  
6pm start \$2 (names in by 5:30pm)

Fun for all the family. Raffles. Have a meal.  
Enjoy a great time on the green.  
4-6 School St, Pomona

# Community Spirit at its Best

## JP Service

Wed: 9.30am-12.30pm  
Fri: 1.00pm-3.00pm

## PCH Events

Monthly special events  
& weekly regular groups:  
see inside and website.

## Room Hire

Rooms available for  
hire. See website.

## Office Services

Laminating & Scanning.  
Free Computer & WiFi Access  
Printing & Photocopying

### By Appointment

One-on-One Computer Lessons  
Typing & Resume-Writing

## Get involved

**We welcome your support and  
involvement with PCH**

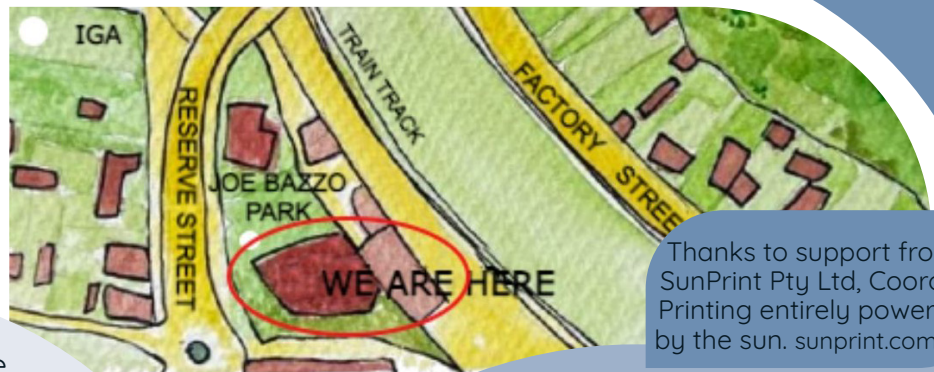
Become a PCH member  
Volunteer at the house  
Start a group activity  
Make a donation

## Community Support

**Free: All Welcome**

Community Support Workers  
Information, Support & Referrals  
Nurse-led Health Support

Tea, Coffee & Biscuits  
Shower Access  
Community Pantry  
Frozen Pre-Cooked Meals (thanks to  
Urban Angels Community Kitchen)  
Phone Recharge Access  
Access to Art Supplies



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Scan to visit website  
for events, services,  
volunteer and more.

Open Monday to Friday 9.00am-4.00pm  
Open late Wednesday to 6.00pm

**Follow us on Facebook**



Pomona & District  
Community House



07 5485 2427

1 Memorial Ave, Pomona

[pomonacommunityhouse.org.au](http://pomonacommunityhouse.org.au)