

What's On

Pomona & District Community House

March/April 2025



The Spotlight - a night of songs, stories and art.
Thank you community for supporting our creatives.

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

 Follow us on Facebook

What's coming up at PCH?

Wednesday, 19 March

Type 2 Diabetes Talk & Foot Clinic Bus

Friday, 28 March

Healthy Relationships Talk

Saturday, 22 March

Highlighting national initiative
Neurodiversity Celebration Week

Nest Making Workshop 2pm-5pm
Atypical Nest of Songbirds 2025
7pm-9pm (doors open 6pm)

Wednesday, 2 April

Breakfast Share for Women 8-9:30am

Qld Youth Week 5-13 April

Saturday, 5 April

Love your Earth mural and nature walk

Wednesday, 9 April

Palooza Unplugged Open Mic

Sunday, 13 April

Pomonapalooza - showcasing local
young musicians



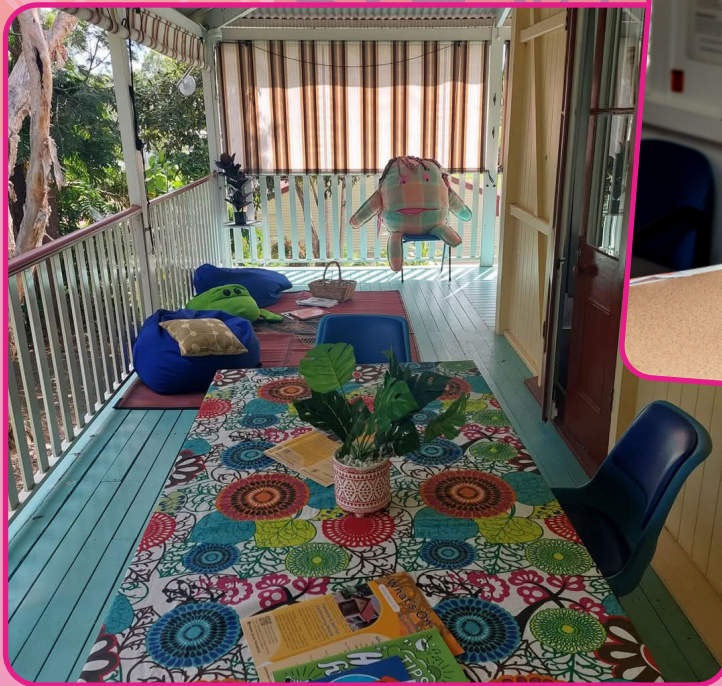
Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au



Type 2 Diabetes Education Session Footprints Walking on Country, SCUH Free foot and diabetes prevention clinic

Wednesday, 19 March
11:30am-12:30pm Talk, Lawson Shed
9:30am-1:00pm Foot Clinic, Joe Bazzo Park

Free education talk on what is Type 2 diabetes, medications, day-to-day management, and complications of diabetes. Book: 2100 9458. But if you forget to book please still come on the day we can make room.

Foot clinic is a mobile bus service to check blood flow and nerve supply in the feet, foot care (including toenail care) diabetes risk assessments and diabetes support and education. (If any abnormalities in blood flow and nerve complications you will be referred to the community podiatrist if needed).



Footprints
Walking on Country
Mobile footcare service

Dear Community,

So as we write February is wrapping up, which means Heather Manders the PCH Coordinator has clocked 20 years at Pomona & District Community House. That's 20 years of supporting our beautiful community. We all know this is just one of the many hats Heather wears in our community. She gives so much of her time to ensure we have a strong thriving community. Thank you Heather! The Pomona & District Community House Management Committee invite all in community to come along on Thursday, 27 March 5pm-8pm to celebrate Heather's 20 years with us. See page 16 for more details.



While you have your diaries out, you will see that we have listed the 2025 dates for the Breakfast Share for Women (page 6), as well as the Bimonthly Garden Sessions (page 8).

As always, there are lots of events, social groups, talks and activities for you to enjoy some social connection and learning together, and we hope to see you there. Or if you just need a cool break (our air-conditioning is on when it's hot) or a cuppa while you wait for your car to be fixed, your kids to finish school, or a friend doing their shopping drop on into Community House.



Exciting for the monthly Lego club is the chance to create a window display at Pomona Newsagency (thanks Mitch & Les). The display's theme will be inspired by Pomona Family Fun Day. So come on along to our Lego social group (2nd Tuesday of Month 6:00pm-7:30pm) and help us build. We know many of you know how to build parade floats as we saw your amazing builds at last year's Pomona Family Fun Day community Lego builds with Andrew and Damian from

Lego Masters. Keep an eye out on the newsagency window in July. If anyone has Lego filling up space at home that you no longer need we are happy to take donations here at Community House for our Lego club.

Thanks to the Conversational French Group who will be coming along and helping out at the Young People The Social meal shares as they explore French cuisine. There is often a lot of discussion around intergenerational sharings, and it is great to see how this organically grows at Community House as our young people and social groups connect (see page 15). Our young people in community have some great events they are organising as part of Queensland Youth Week (see page 7). Here at



Community House we aim to help our young people thrive and to flame their passions. Jemzel is taking the lead with the Pomonapalooza 2025, the Social crew are hosting Palooza Unplugged and Alice is organising Love Your Earth community mural.

Atypical Nest of Songbirds is also back for 2025 as we highlight the national initiative Neurodiversity Celebration Week. Also as part of the week there is a Nest Weaving Workshop with local fibre artist Carly Garner (see page 6).

Happy reading!

with kindness, PCH Team

PCH Community Support

PCH Community Support Workers



Tuesday & Friday
Book in. P: 5485 2427
9.30am-1.30pm
Drop ins welcome
dependent on availability

Information, Support & Referrals with Miatta

free

Community Support Worker - social work offers:

- Assistance to link in with PCH social groups.
- Advocacy and support to access community services.
- One-on-one connection to assist with complex situations.
- Referral to Waves of Kindness (WoK) for support with essential living expenses, if the request meets WoK's PBI requirements.
- Emergency Relief for immediate financial hardship by appointment and subject to availability.
- A welcoming space to have a chat and find information and supports for your needs.

Wednesday
Book in. 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.
- Cardiac.
- Respiratory, e.g. asthma, COPD.
- Continence & funding application.
- Diabetes.

Mental health: listening, advice, referral, assessment.

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

Out & About in Community

ABC Cafe @ Pomona Caravan Park & Showground, 2nd Wednesday of Month. 10:30am-12pm
12 March, 16 April, 14 May, 11 June

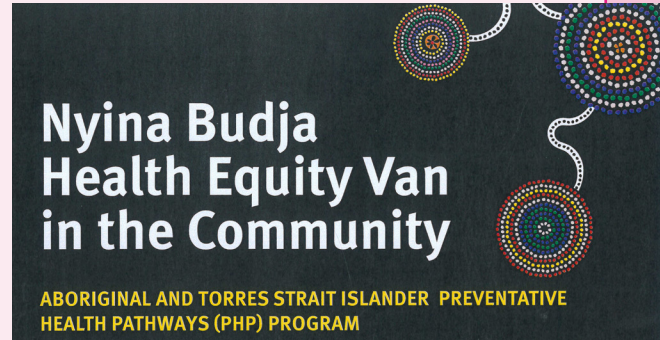
Pomona IGA, 4th Wednesday of Month
10:30am-11:30am




**Save the Date
Aboriginal & Torres
Strait Islanders**

Nyina Budja Health Equity Van in the Community @ Pomona 21st May 10am-2pm

Aboriginal and Torres Strait Islander Preventative Health Pathways (PHP) Program. P: 07 5479 9852. Nyina Budja Health Check Van takes Health Workers, Nurses, Dietitians and Exercise Physiologist out and about to talk with Mob. Do you need a health check to keep strong? Want some help with your health? Do you want to have a yarn about health? Come to the Health Check Van at Pomona & District Community House. Enquiries 07 5479 9852. Sunshine Coast Hospital and Health Service.



Inquiry into Elder Abuse in Qld. Invitations of submissions to the Education, Arts and Communities Committee. Closes 10 April 2025. parliament.qld.gov.au/elderabuse



Scan QR code

07 3553 6623

eacc@parliament.qld.gov.au

parliament.qld.gov.au/elderabuse

Services Australia Agent

Weekly

at times noted below only

Tuesday, Thursday, Friday

9.30am-11.30am
Drop in.

Wednesday

9.30am-1.30pm
Drop in.

Pomona & District Community House staff are trained as Services Australia Agents and can provide:

- Help with registering for digital services with Services Australia.
- Provide support to access Services Australia if a customer can't access digital services.

- Confirm identity documents and photocopies needing to be submitted to Services Australia.
- Support customers with upload of documents.
- Support access and use of myGov app.

Special Events

March/April

For full details on events, see our website.

*Funded by the Regional Arts Development Fund is a partnership between the Queensland Government and Noosa Council to support local arts and culture in regional Queensland.



Atypical Nest of Songbirds 2025* Saturday, 22 March 6-9pm. Lawson Shed

An evening of live music and artistic exhibition. Hosted by Community House's resident songstress Kate Marian Rose, the evening highlights the national initiative Neurodiversity Celebration Week. The event is part of a Regional Arts Fund Grant project 'Harmonising Spaces', an initiative that supports Noosa hinterland venues to expand as flourishing creative hubs showcasing creative collaborations between storytellers, poets, original music, visual art and textile art. The event encourages a listening audience and is suitable for 16 years +. All welcome.

Come and enjoy the unique performance 'nest' with Amy Ocean, Jeunae Elita and Tamsin Kerr.



Low cost: \$15. Bookings essential as places limited. Doors open 6pm for a 7pm start.

(See page 8 for Tamsin's garden session on Philosophy of Fungi)



Nest Weaving Workshop* Saturday, 22 March 2-5pm. Lawson Shed

Join local fibre artist Carly Garner in the act of nest-weaving as a calming, meditative experience that fosters a deeper connection with nature. A collaborative weaving of "nests" from natural materials as a creative outlet in a sensory-friendly, inclusive environment. Free workshop. Bookings essential as places limited. All ages welcome. Book via QR code or drop into Community House.



Breakfast Share for Women Wednesdays 8-9:30am. Lawson Shed

A chance for women to come together and connect. Lets talk all things peri and beyond. Learn through sharing ways to care for self. Come even if you can't stay for all. Free. Yes it's breakfast on us! Just bring yourself.

Dates for 2025

- 2 April
- 11 June
- 13 August
- 15 October
- 26 November

QUEENSLAND

YOUTH WEEK

6-12 APRIL 2025



Call/Email to book

Walk-ins welcome

Book with QR code

Events led by our local young people!

Love Your Earth - Saturday, 5 April. 7am

Calling all creatives and changemakers (12-25 yrs)

Come be part of Love Your Earth, a community mural project initiated by 18 year old Alice (see Alice's writing piece on page 14). Where your voice, art, and passion for the planet come together. Kick off the day with a guided nature walk from Community House to the base of Mt Cooroora before collaborating on a mural that speaks for the earth. Be inspired, take action, and express yourself! Keep an eye on our website for further details. Bring your mates and be the change! Free event.

Palooza Unplugged Open Mic - Wed, 9 April. 3pm

Qld Youth Week Chalkboard Music/Poetry Night.

Calling all young performers (12-25 yrs)

Step up to the mic at Palooza Unplugged, a chill open-mic night where you can share your music, poetry, and songs with a supportive crowd in the Lawson Shed. Whether you're a seasoned performer or just keen to give it a go, this is your moment! Come jam, connect, and celebrate Youth Week with us. All ages audience. Drug & alcohol-free. Free event.

Pomonapalooza - Sunday 13 April. 3pm

Pomonapalooza is back in 2025! Pomona & District Community House is excited to present Pomonapalooza—a music fest for young people, by young people! In celebration of QLD Youth Week, five incredible youth bands will take the stage at Pomona Memorial Arts Hall. Expect high-energy performances, great vibes, and an unforgettable afternoon of live music. Bring your friends and get ready to rock! Save the date and stay tuned for the lineup announcement! All ages audience. Drug & alcohol-free. Free event. (Pomonapalooza funded by Noosa Council Youth Response Grant).



Healthy Relationships-Info Session Friday, 28 March 10am-11am. Lawson Shed

Presented by Sunny Kids team lets consider what a healthy relationship is. Friendships, family, as well as intimate partners. How to know you are in a healthy relationship and how to know if you are not. Know the things to look for. Learn about healthy communication, active listening skills and conflict resolutions. How we relate to each other builds strong community. Free. No bookings required, just turn up. 9:30am for 10am start. Cuppa provided.

pomonacommunityhouse.org.au

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 bi-monthly "Exploring..." garden sessions.

- Watering
- Weeding
- Planting & Pruning
- Harvesting

Bring a hat,
water bottle and
snack.



2025 Garden Theme

Our Beautiful Earth Celebrating and Creating Beauty in the World

At each bimonthly Garden Session we will explore the power within life and nature's ability to provide the impetus to appreciate and create beautiful ways of living and sharing.

Friday Dates for 2025

- 20th June
- 15th August
- 17th October
- 5th December



Tamsin Kerr Artwork

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

Bookings appreciated:
07 5485 2427 or

info@pomonacommunityhouse.org.au

The Philosophy of Fungi

Down Within the Earth

Friday 11 April: 10am to 2.30pm

10.00am-11.30am: Going beyond the human to other ways of thinking with Tamsin Kerr

Fungi connect, share, decompose, heal, infect and form the biggest kingdom. How might we understand their agenda for the earth?

11.30am-12.30pm: Lunch Session

Conversation and light lunch provided

12.30-2.30pm: Creative Writing and the Poetics of place.

Tamsin will introduce us into the session.

Tamsin has listened a long time to birds, frogs, trees and place and is slowly learning their many nonhuman languages. After to many years as a senior environmental policy bureaucrat and scientist, she now has a PhD on Conversations with the Wild, and is an artist and poet. Most of this century she directed the Cooroora Institute: sharing the song of the earth through creative practice.



Adolescent Allies

NEW
MONTHLY
GROUP

Parenting Beyond Childhood

Parenting in the teen years can be both rewarding and challenging, and often caregivers are juggling busy lives with work, and have less access to the supportive playgroups available when children are younger.

It can feel like a strange new landscape as your child experiences the developmental changes of adolescence. This may mean navigating how to teach what safe respectful relationships are, school refusal, youth mental health, access to drugs and alcohol, self-harm or other concerns that surface at this stage of life. Along with how to support and grow 'the sparks' of your teenager's self to see them thrive.

Adolescent Allies is a new monthly group facilitated by PCH Community Support Worker, Miatta. It is a safe supported space for parents and caregivers of teens in our community, to connect, reflect and share on parenting in this transition time to adulthood. It is about growing local level community support and connection for parenting.

If you have a young person (12-25yr) they are welcome to attend The Social or Drop-In space while you are at the group. See page 15. Babes in arms are welcome if necessary, otherwise this is a child free group space to allow discussion of adult themes as needed. Light snacks provided.



2nd Wednesday
of month
4:30pm-5:30pm
(open from 4pm)

- 12th March
- 9th April
- 14th May
- 11th June



Useful Links

ReachOut for Parents and Carers
parents.au.reachout.com

Parentline - telephone support service with online information available and web chat counselling 8am-9pm 7 days a week. parentline.com.au

Raisingchildren.net.au - The Australian Parenting Website support services for families of teens raisingchildren.net/grown-ups/services-support/services-families-of-teens

Thank you to the volunteer community members who run the social groups!

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

10.30am-12.30pm
1st & 3rd of month

Creative space for community.



Lego Club

6.00pm-7.30pm
2nd Tues of month

Share skills, build & have fun.
Adults to 8yrs+



8-16yrs must have their adult present.

Come help us build and create the Lego window display at Pomona Newsagency for the lead into Pomona Family Fun Day (July). Think fairy floss, rides, parade floats and more. Limited only by your imagination.

Wednesdays



Adolescent Allies

4.30pm-5.30pm
2nd of month

Support & connection group for parenting the Teen years. See page 9.

new



Young People Share 'The Social'

3.00pm-6.00pm
Every Wednesday
Alternates weekly on group



See page 15.



Young People Drop-In Space

3.00pm-6.00pm
Every Wednesday



See page 15.

Wednesdays



EFT/Tapping Session

9.30am-12.30pm
26 March & 23 April

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



Rummikub

1.00pm-4.00pm
Every Wednesday

A fun social time.



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.
 



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
29 March

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



Footprints Community Better Together

1st Wednesday of Month
9:00am-11:00am
Drop In.

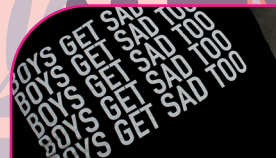
Footprints Community Care Finder can help you understand what aged cared services are available, set up an assessment and find and choose services.

Supporting those needing support to access services.

Footprints Walking on Country Mobile Footcare Service

Foot clinic is a mobile bus service to check blood flow and nerve supply in the feet, foot care (including toenail care) diabetes risk assessments and diabetes support and education.

QR for more information



Groups & Counselling for men and teenage boys.

Thursdays with John
Every week
9:00am-4:00pm
Drop in or book through Waves of Kindness 0499 091 352
carecentre@wavesofkindness.com.au

QR - more information about what John offers.



YouTurn Housing & Homelessness Outreach

Wednesday
Every week
9:30am-12:00pm
Drop in.



Suncoast Community Legal Service

Family Law, Free legal advice.

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.

Monthly Thursdays
2:00pm-4:00pm

- 13 March 2025
- 10 April 2025

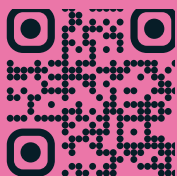
30 minute appointments
Bookings essential.
Ph: 07 5376 7800
scls.org.au/book-appointment



St Vinnies Welfare Support

Thursdays
1st & 3rd of month
9:30am-12:00pm
Drop in.

QuiVAA code



Are you a carer?

A carer is someone who helps a family member or friend with:

- emotional support
- grocery shopping
- preparing meals
- administering medicine
- personal care
- paying bills

Support is just a call away.
Phone Carer Gateway on 1800 422 737.



Support & Services Calendar

FREE:
Located in
Community
House

JPs, counselling for men and teenage boys, foot care & diabetes prevention clinic, carers support, housing support, grab a library book, help understanding your finances, family law legal advice, & navigating NDIS system.
See pages 4 & 5 for PCH specific supports.

Tuesday	Wednesday	Thursday	Friday
9.30am-11.30am	PCH Services Australia Agent Available every week. Drop in. See page 5. 9.30am-1.00pm	9.30am-11.30am	9.30am-11.30am
9.30am-2.30pm	PCH Community Support Shower, cuppa, phone charge & community pantry access. Available every week. 9.30am-2.30pm	9.30am-2.30pm	9.30am-2.30pm
9.00am-4.00pm	Noosa Council Library Bookshelf Available every week. 9.00am-6.00pm	9.00am-4.00pm	9.00-4.00pm
	Justice of the Peace Weekly 9:30am-12:30pm Housing and Homelessness Outreach: YouTurn Every week 9.30am-12.00pm Footprints Community. Better Together 1st of month 9.00am-11.00am 5 March & April only will be Thurs, 3 April Footprints Walking on Country Mobile Footcare Service 19 March 2025 9:00am-1.30pm	St Vinnies, Welfare Support 1st and 3rd of month 9.30am-12.00pm Counselling for Men & teenage boys Every week 9.00am-4.00pm Drop in or book: 0499 091 352 Free Legal Advice Family Law 13 March & 10 April 2:00pm-4:00pm Bookings essential. See page 12	Justice of the Peace Weekly 1.00pm-3.00pm Local Area Coordinators, NDIS Help navigating NDIS 2nd of month 9.30pm-12.30pm By appointment only. Book at Community House. 07 5485 2427 Support and services are generally drop in, unless otherwise specified.

See page 2 for
Type 2 Diabetes
talk 19 March

INKED

young people leave their mark

Be the Change You Want to See

As young people, we have the power to reshape the world. We have voices that will be heard, ideas that will be implemented, and our actions will shape our local and global communities. The change you want can only be created when you get involved. The future you want to see will only become a reality when you stand up and go get it. Us, the youth, have the influence to redefine – not just the future, but also the present. So, I implore you; attend that protest, pick up that plastic, tell that stranger her dress is fantastic, plant those trees, support that local business, buy that reusable coffee cup, don't use that plastic bag, call out your racist parents, attend and support local events, join a community garden, tell your mate he is being a misogynist, learn about the history of the land you live on, love one another and support the people around you. Make the world a better place. It's not just about the big movements – it's about everyday actions that foster kindness, community and love. Be the change you want to see.

- Alice, 18 years old



CHANGE THE POLITICS
→ NOT THE CLIMATE

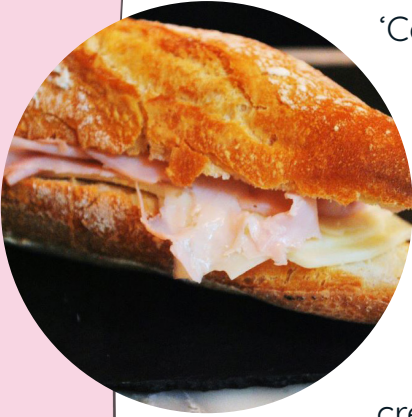


make
people
feel
loved
today

The Social

A space for young people

March and April at The Social



'Conversational French Group', who meet fortnightly on Thursdays at The Lawson Shed, have provided the inspiration for what's cooking at The Social this March. On the menu is 'Croque Monsieur' - the ultimate ham and cheese sandwich- followed by 'Clafoutis' served with Chantilly cream. Members from French Group will be joining us in the kitchen to share their skills in making these classic French dishes and perhaps they'll even teach a phrase or two. "Miami!"



In April we will be exploring the theme of 'community', throwing some snags on the bbq and making salad recipes by Hetty McKinnon, inspired by Arthur Street Kitchen in her cookbook, 'Community'.



Kate is 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.

yp@pomonacommunityhouse.org.au
Wednesdays

every
Wednesday
3-6pm

Young People Drop-In Space

PCH is a safe, inclusive space and welcomes young people. Every Wednesday 3pm-6pm Community House is open as a drop-in space for young people. A Community Support Worker is on site to host the space and chat if needed.

Come hang and connect. There's space to lounge, play music, muck around, do your studiees, zine, and share your interests.

Or join The Social if it's your week.



Meal share & hang with Kate & your peers Lawson Shed

YP Men 12-17yrs
5 March & 2 April

YP Women 12-17yrs
12 March & 9 April

YP Beyond Binary 12-25yrs
19 March & 16 April

26 Feb: YP Everyone 18-25yrs
26 March & 23 April

from the PCH Management Committee



The PCH Management Committee would like to express a big heartfelt THANK YOU to Heather Manders, and invites community along to celebrate Heather's 20 years at Pomona & District Community House.

Heather's 20 years at PCH
Thursday, 27 March
5pm-8pm
Pomona Distillery

Light nibbles provided.
Chats and Dancing.
And a few speeches :)

Drop on by.

We'll have a book for you to add a message to Heather or share an anecdote. This will then be given to Heather to show how much all of us in community care and value her and all she has given to our beautiful community.

PCH is just one of the many hats Heather wears!



Garden Session: One Planet One People

What a wonderful day! The power of nature, storytelling, connection and community. So grateful to Mu-raay Djeripi for his many stories and shared wisdom. And thank you Tracie for cooking up a feast. First time many of us have tried Bunya Nuts!



The Spotlight - Connecting through music and art - 22 Feb



Social Snaps & Connections

Photos from our events & activities

The Social Young Peoples meal shares

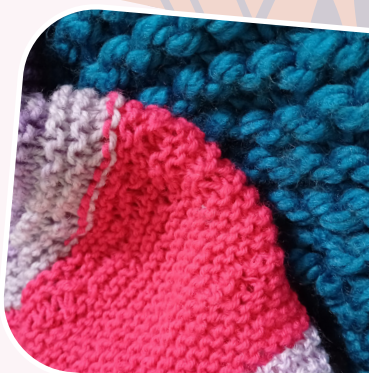
Thank you to Kimiko and May who dropped by The Social and shared their time and knowledge for our Sushi-making in February. Kimiko and May here with Mia.

This March we have members from Conversational French Group dropping by to share their French cuisine. See page 15.



Birthday celebrations at the Unravellers Knitting Group

Happy 101st birthday Dulcie! Thank you for all the wonderful knits you donate to our community. Pictured here with Mary and celebrating an incredible milestone with flowers, cake and her good friends at The Unravellers Knitting Group. The Unravellers meet each Thursday morning in the Lawson Shed from 9.30am - 12.30pm. All welcome.



Social Connections



There are some great programs popping up at the Coory Library which are free to community.

Noosa Council Living Well Activities:

Mondays 12pm-2pm
Cooroy Library - Free
Parents & Carers Crafternoons

Tuesdays 3:45pm-4:30pm
Cooroy Library - Free
Kids Yoga 5-12 year olds



Kin Kin Community Group

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

Kin Kin Morning Tea

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

Pilates Mat Combo

with Erin, EFitness
Noosa Council
Living Well

Kin Kin Market

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

Wednesday
5:30pm-6:30pm
29/1/25 to 30/6/25
Kin Kin Hall
\$0 conc. or \$5 general



Cooran Hall

14 King Street, Cooran

Cooran Community Garden

check out local noticeboards for meet up dates and times.

Cooran Acoustic Music Night

Check out the QR code to Cooran Acoustic Night and Hall Happenings



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

Core Balance Yoga

5.45pm-7.00pm

Contact: Jenni

Phone: 0450 335 985

Thursday

Stretch Yoga

8.30am-10.15am

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)

9.00am-11.00am

Contact: Peter

Phone: 0448 882 600

Pomona Christian Outreach Youth Group

4.00pm-6.00pm

Sunday

Pomona Christian Outreach Youth Group

3.30pm-6.00pm

Pomona Red Cross Op Shop

Monday-Friday: 9.00am-4.00pm

Phone: 07 5485 2934

Hall Hire & Enquiries:

Heather Manders: 0411 114 077

Pomona Meals on Wheels

Monday, Wednesday, Friday

Irene Gibbs: 07 5485 1777 or 0459 112 877

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 for
details and times.

Office Services

Printing and Photocopying
Scanning and Laminating
Free Computers and WiFi Access
Space to sit and work
Typing and resume support (by appt)

Services Australia Agent
(see page 5 for hours and support)

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

9:30am - 2:30pm daily

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



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

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

f Follow us on Facebook



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au