

what's on at KRHS



Men's Shed Various activities are always happening in the Men's shed, woodworking, metalwork, cooking, cuppa and chat, health information, community projects, workshops and a youth mentoring program. Open Mon to Sat 9am to 3.30pm. Contact Brian Harlow 5997 9687 or George Fittock 5997 9258



Tai Chi classes are run every Thurs at 1pm in the Eco House Community Room. Its free and everyone is welcome



Community Garden Situated at the front of the hospital is an organic garden open to the community Mon to Fri 8am - 6pm a regular group meets every Tue and Sat morning. Pick and pay with work or by donation. Call George 5997 9258



Walking Groups Walk'n'talk Group

meets at the front gate of the hospital Mon and Thu 9am. A medium paced walk for 30 minutes or 1 hour then meet for a cuppa after.

Dog Walking Group meets at the bus depot Mon at 5pm and 6.30pm during daylight savings for a 45 minute walk. Phone Lyn 0439519859

Tues & Thurs Evening Group meets at the clock towers 7pm during daylight saving. Marlene 0429814410



Computer Lessons are open to everyone, held in the Men's Shed Fri 9am for absolute beginners and the more advanced at 10am. contact Geoff 5997 1974.



Pilates based on mat floor exercises, Mon 6pm, Fri 12.30pm, Hewitt Eco House Community Room Contact Marlene 0429814410



L2P is a community based, Vic Roads initiative to provide experience to learner drivers who find it difficult to find the necessary hours. Contact Brian Harlow 5997 9687.



Koo Wee Rup Youth Centre

The Hub is a free and confidential service available to all young people between the ages of 10 - 25 years old, in a relaxed and friendly environment. The Hub assists young people in obtaining professional health care, accessing information and taking an active role in taking care of their health. Open Wed 12 - 4.30pm in the Eco House Community Room.



Kooweerup Infant Feeding Clinic

provides free personalised advice and support to families with infants from our Internationally Accredited Lactation consultant. She will spend time with you in a comfortable space, where she will discuss your situation and help you and your baby. Mondays 9am - 2.30pm 5997 9679



Volunteering We have opportunities within our aged care facility, administration, youth and community programs. If you have some spare time and would like to help, call Maria 5997 9792 for more information.



Art for Adults If you're a beginner and have always wanted to paint, come along we can get you started, if you're a painter who would like to paint in a great group atmosphere, this is the space for you. The Men's Shed invites artists and 'would be' artists to this fun and friendly painting group. Thu 4-6pm. Call Lea 5997 9790 for more information.



After School Program held in the Men's shed and community garden on Mon 3.30 - 5.30pm is for children in grades 5 to 8. \$2.00 for food, craft, fun and games. Call Brian 5997 9687