



"Happenings"

Cohuna's Community Newsletter

September 2023 Issue No: 395

COHUNA GARDEN PARK
5:30pm onwards
29 September 2023

Activity List
Food Vans • Music • Kids Activities
Drinks at bar prices • Chili Eating Comps
Chilli free food available

\$250 cash prize
for Hot wings comp

\$750 cash prize
for Chilli eating comp

More info | Facebook.com.au/cohunachilli

HOT WINGS COMPETITION
\$250 CASH PRIZE

AS SEEN ON **HOT ONES**

8 wings \$25 entry
limited spaces available
GET IN QUICK!

Proudly sponsored by
Nutrien Harcourts **WOOD FIRE PIZZA**

COHUNA FRIDAY 29 SEPT

LEVEL UP?

RETRO GAMING
VIRTUAL REALITY

LET'S PLAY

'LEVEL-UP!' GAMING EVENT
FOR ANYONE INTO GAMING, AGED 12 TO 25

EVERY FLAVOUR OF GAME...
VR PS5 XBOX SERIES X SWITCH
LAST GEN +++ MARIO KART

FREE COHUNA MEMORIAL HALL
21 KING EDWARD STREET
2PM - 6PM
SNACKS AND DRINKS PROVIDED

RSVP TO AVOID DISAPPOINTMENT
LEVELUPGAMINGEVENTS.COM/RSVP

FULLY SUPERVISED
DRUG, ALCOHOL, SMOKE & TAPE FREE EVENT

R U OK? Day

Thursday, 14 September 2023

R U OK? Day is coming up on Thursday 14 September 2023. This is a National Day of Action dedicated to helping people develop skills to ask others "Are you OK?"

The R U OK? Day organisation states, "you don't need to be an expert to reach out – just a good friend and a great listener."

There are four simple steps to remember to start a conversation. It's a conversation that literally could change a life.

Cohuna Neighbourhood House will be hosting a community morning tea on R U OK? Day at 10am, all welcome. We encourage you to check in on the mental health and wellbeing of those around you, or find out more head to: www.ruok.org.au/



1. Ask



2. Listen



3. Encourage action



4. Check in



Your conversation could change a life.
Learn more at ruok.org.au



"Cohuna Happenings" is published at the beginning of every month. This publication is compiled at Cohuna Neighbourhood House for the community. Please feel free to submit any stories or articles of interest. nhcohuna@bigpond.com (03) 5456 4666 or 0490 255 450



Cohuna Neighbourhood House 2023

It has been a busy and productive year for the House. We had just moved out of the COVID lockdowns when the Shire was hit by floods, and we have worked hard to help our community during the floods and their aftermath. Aided by Flood Impact Funds from the Dept of Families, Fairness & Housing, we provided food and care packages for those affected, including the Murrabit, Benjeroop area. Volunteers Wendy Duckworth-Veitch, Linda Moloney and Terri Hancock worked hard to provide Clean-up kits, Adult Care bags, emergency food hampers, Hygiene Kits and clean water.

With the combined support of Neighbourhood House Victoria's "Community Spirit funding", Foodbank Vic, Foodshare Bendigo, Murray-Goulburn Warehouse, Riverland and the Cohuna IGA, we organised "thank you" community events for the volunteer workers and those affected by floods in Leitchville, Gunbower, Koroop, Cohuna Golf Links, Koondrook and Murrabit.

The ACE Club (Arts Culture and Entertainment) has gone ahead in leaps and bounds, stimulated by funding from the Loddon Mallee Women's Health flood program. We are now running full buses to weekly shows (sometimes two or three) and our member numbers are increasing. A major highlight was the trip to Melbourne for The Rocky Horror Show. Other excursions have gone to Quambatook, Swan Hill and Echuca.

Our usual annual events have run smoothly. The Cohuna Town Garage Sale on 29th Jan 2023 included 43 houses and attracted more than 350 shoppers – at least half from out-of-town. More than fifty people attended the Community BBQ on 24th March. A big thank you to the Cohuna Lions Club for catering. The Lions' Club also catered generously for the Christmas Community Lunch, with about 35 attending.

We've processed two rounds of the Power Saving Rebate program, which has kept us busy. In July we handled 152 applications, assisting 152 community members to receive \$38,000, an economic boost to the area.

The Cohuna Happenings – Community Newsletter has taken on a new look, with thanks to FRRR funding and the purchase of a new much needed Photocopier that can print, fold, staple - and is superfast.

The Be Connected program and our digital help program continue to be very popular, providing a much-needed service and helping our older residents to understand and connect with the online world. Consultant Belinda Barker works every Friday, assisted by IT volunteer, Peter Aivaliotis.

Belinda has also built a new, user-friendly website for the House, which Pete is keeping updated.

The gaming activity, Miners' Lair (3.30pm to 5.30pm Fridays) is attracting young people to the House and we have recently received a grant from DFFH to run a gaming event as part of September Youth Month. We have sub-contracted this to Emma Hynes of Level-Up! Gaming Events who will run the day as part of her "roadshow".

The All-Abilities Community Garden is flourishing, thanks particularly to volunteers Alan Fry, Greg Woods and Hayden Bird. Locals are helping themselves to lots of great produce, including spinach, mini cabbages, strawberries & snow peas. Thanks to Bunnings who donated four garden beds as well as plants, a bird bath and a bench seat. We are in the process of constructing a "garden arbour" in honour of the CWA.

Volunteer Wendy Duckworth-Veitch resigned this year after seven years of running our foodbank, leaving large shoes to fill. But new volunteer Dana Lander has taken the reins and is doing a great job, assisted by Sue Courtney. Dana ran a "Christmas in July" meal hamper for our pensioners, which was popular and attracted many new people to the House. It was so successful, they followed it up with an "Bellissima Italian Feast" in August. Dana, Sue and others also worked with the Lions' Club, using food from our pantry, to cook and supply meals to a family going through a hard time.

A big thank you to all the committee members, my co-workers, Moss and Karen Arthur, and our wonderful volunteers, including Hayden, Alan, Greg, Sheree, Linda, Greg, Sue, Dana, Pete, Sheryl, Maria and the therapy dog, Dolly.

I couldn't manage the house without you.

Tanya Black, Manager



**ENGLISH
CONVERSATION
CLASS**

Tuesdays 6.30pm start
at Cohuna Neighbourhood
House. All Welcome

Cohuna Neighbourhood House
29 Market Street Cohuna 3568
Call 5456 4666



Come along & meet our

Guest Speaker

Keir Patterson

CEO of Neighbourhood House Victoria

*Cohuna Community
Invitation*

Cohuna
Neighbourhood House

AGM

Tue 5th September 4pm
at 29 Market Street
Cohuna

R.S.V.P

Phone 5456 4666



Cohuna Lions Club catering





Volunteers Sue Courtney & Dana Lander with some of the Italian Bellissima Feast Meal Kits distributed to pensioners in August



You can find us here

COHUNA NEIGHBOURHOOD HOUSE - BOOK A TIME WITH STAFF!

Date THURSDAY 21ST SEPTEMBER 2023, Time 10:30am - 2:30pm
 FREE 15 MIN HEARING CHECKS, 29 MARKET STREET
 COHUNA VIC 3568
 03 5456 4666

hearing.com.au



*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply. A hearing check is a screening that helps identify people that may have hearing loss.

Cohuna Art Gallery King Edward st Cohuna

Featuring Art using recycled Materials



Art Works by

Rebecca Wells, Sheppo's , Sue Bottcher, Debbie Clifford ,Cohuna Secondary College, Mal and Vicki Johnson ,Marion Grapendaal

Display by Cohuna Model Aero Club.

OPEN HOURS-

Friday 10-12 1.30 till 3.30pm

Saturday 10-12

By appointment -Lorraine 0429103180

Denise 0407508348

ALSO INCORPORATING COHUNA'S ROCK N ROLL HISTORY

Available Tuesday 12th September

EGGCELLENT CHICKEN PACK

Pensioner Meal Kit

Available at
 Cohuna Neighbourhood House
 29 Market Street Cohuna



This newsletter relies on information submitted by organisations, businesses and community members. While Cohuna Neighbourhood House staff and volunteers make every effort to print accurate and relevant information, it does not guarantee that the publication is without error and therefore disclaims all liability for any error, loss or other consequence which may arise from you relying on information in this publication.

SUDOKU

					C		G	
		E		F				
	A	C		E	I	H	F	D
			H			I		
	G							A
		B			F			
A	F	D	I	H		E	C	
				B		G		

Getting started.

To solve Sudoku, every letter from A to I must appear in:

Each of the nine vertical columns

Each of the nine horizontal rows

Each of the nine 3 x 3 boxes

Answers to August Crossword

	W			3			W	I	S	H	A	R	T	
H	A	T		S		C		R	E				E	
	F			M		C		I	T				D	
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E	L	O		N						L	I	E	U	
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C			O		Y	E				E	L	D	E	R
A	G	I	L	E		L	I	L	Y		E			A
R		D			N	I	N	E			R	N		C
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A			S	Q	U	A	S	H			H			

Save The Date - Cohuna U3A 20th Birthday Celebration.

Cohuna U3A Inc. are looking forward to celebrating 20 years of service for all present and past members in October.

We are proud of the service and enjoyment offered to our older community members over these years, and so we hope to all join together for a Birthday Party for happy memories and fun enjoyed by us all over this time.

A luncheon is planned to be held at "Waffles" on October 20th. Book your place, pay \$20.00 for your lunch, starting time etc. at Neighbourhood House.

Hope to see you there!

Phone 5456 4666



NDCH

NORTHERN DISTRICT COMMUNITY HEALTH

COUNSELLING & SUPPORT SERVICES

- Alcohol & Other Drugs Counselling
- Alcohol & Other Drugs Withdrawal
- Specialist Homelessness Service
- Generalist Counselling
- Mental Health Nursing
- Stop Smoking



**33 KING EDWARD ST, COHUNA
5451 0250**

9am to 4pm - Monday to Friday

www.ndch.org.au



@endchvic



**4th Sunday of Every Month
Next Market 24th September 2023**



Cohuna Neighbourhood House
Emergency Relief Pantry
OPEN Mondays 10-12 for Self Service.
Parcels available other days.
Please make contact if you need assistance Call 5456 4666
29 Market Street Cohuna

MINERS LAIR

**Teenagers meet up
every Friday 3.30-5.30**

@CNH Cohuna Neighbourhood House
NOT ON PUPIL FREE SCHOOL DAYS

Gaming

CHAT

Eat

Drink

Musie

Board games

Art

Craft

Resume's

Homework



Cohuna Beach Toy Library

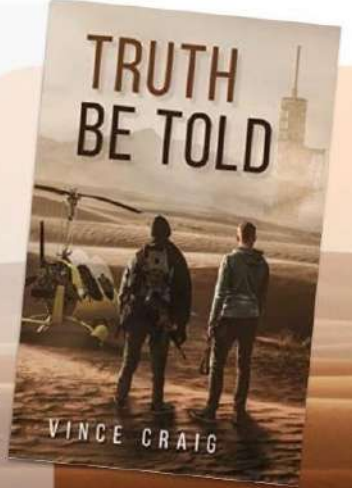
The weather is warming up, finally. Children will be heading down to the park to play. If you have any donations of toys that can be used in the sand please bring them to the Cohuna Beach Toy Library.



Author Visit VINCE CRAIG



Come along to Cohuna Library on Thursday 7th September at 2pm to hear author Vince Craig discuss his debut novel, *Truth Be Told*.



TRUTH BE TOLD AN AUSTRALIAN THRILLER

Set in the Central Goldfields of Victoria and the Australian outback, this thriller involves the uncovering of a secret that entangles friends and foes in a battle of wits, dangerous encounters, and a major government conspiracy.

Free Event

Light refreshments provided

To book please call Ph 5452 1546 or 5456 2124

Koondrook Development Committee presents

PS Alexander Arbuthnot 100 Year Celebration

Family friendly community event
Celebrate Koondrook's paddleboat heritage
Free kids entertainment & bush dance
Art show
BYO picnic or food available
FRIDAY 27 OCTOBER 2023
4PM - 8PM
KOONDROOK APEX PARK & WHARF
Check out the Facebook page to stay up to date:
PS Alexander Arbuthnot 100 Year Celebration 2023



FIRST AID TRAINING



Thursday 7th September 9am
(First Thursday of each month)
Book direct online or
Call 1300 046 381

Cohuna Neighbourhood House
29 Market Street Cohuna 3568
Call 5456 4666



ST. MARY'S PLAYGROUP

Playgroup is back!
Join Mrs Fry on Thursday mornings from 10am - 11am under the COLA

BUBS & CARERS GROUP

0 - 5 years old
EVERY FRIDAY | 10AM - 11.30
**ANGLICAN CHURCH
32 CHANNEL STREET
COHUNA**
ENTER BY SIDE DOOR DOWN THE DRIVEWAY
REV FAYE DONALDSON 0488 043 239
MRS CHRISTINE ROMANO 0497900 879
REV SUE ALLEN 0417 365 386

Cohuna Golf Bowls Club
Versatility Fours Tournament
Thursday 19th October 2023
\$25 per player
Programs:
9:30 am Start:
Singles: 18 ends / Triples: 2 bowls, 14 ends
Pairs: 3 bowls, 12 ends
LUNCH
Fours: 12 ends
Limited to first 14 teams
(At least ONE lady per team)
Entries to: Tournament Secretary
Jean Sutherland 0427568365
Linda McManus 0409811314
Peter Bibby 0407369593
Sponsored by **MOAMA BOWLS CLUB**
Adams Funerals

"What's On?"

Coming Events 2023

Sept	Cohuna Art/Craft Gallery Recycled materials make art!
Sun 17th Sept	Country, Amber Lawrence Dean Coster, <i>Swan Hill</i>
Thurs 21st Sept	FREE hearing checks Cohuna Neighbourhood House 10.30-2.30
Fri 29th Sept	Level Up Gaming Event, Age 12 to 25
Friday 13th Oct	Bjorn Again, <i>Thank Abba for the Music</i> , Swan Hill
Fri 13th Oct	Daniher's Drive for Motor Neurone Disease visiting Cohuna
Fri 20th Oct	<i>Johnny Cash & June Carter Show</i> at Swan Hill
Sat 4th Nov	Ross Wilson, Swan Hill
Fri 10th Nov	<i>Marcia Hines</i> at Swan Hill
Wed 22nd Nov	Moulin Rouge, Melbourne
Thurs 7th Dec	<i>Menopause the Musical</i> at Swan Hill
Sat 9th Dec	<i>Ian Moss</i> at Swan Hill

Bookings essential for ACE CLUB events call Cohuna Neighbourhood House 54564666

CNH - Ongoing Activities - all welcome

MON	FREE Movies on the BIG Screen 1pm -3pm
WED	8.30 am Waters Edge Walkers - walking Group meets at Gateway Carpark—coffee 9.30 Bower 4.30pm Cohuna Weight Loss Support Group
THUR	Community Garden catchup 10- 12 noon
FRI	Phone, Digital and Online assistance 9am—3pm
FRI	"Miners Lair " Youth Club 3.30 -5.30pm Gaming, Music, Karaoke, table tennis (during school terms)

Cohuna U3A Ongoing Activities

MON	YAH Singers, Visiting Group,
TUE	Chair Exercises
WED	Cribbage and Scrabble alternating
THUR	Collectors, Dining Out , Games, Card making
FRI	Cryptic Crosswords, Art in the Making, Travellers' Tales

Contact Cohuna U3A Marilyn Flinders 0412 942466



Gannawarra
Arts Culture &
Entertainment
Club

Join Our Club!

Come with us to enjoy shows and performances within our Shire and beyond.

Contact Cohuna Neighbourhood House on 5456 4666
Gannawarra ACE Club Members will have the best seats in the house.

All Welcome!

**Bus Leaves from Cohuna Neighbourhood House
29 Market Street Cohuna**

**UPCOMING SHOWS - Call Cohuna
Neighbourhood House to Book your seat**

BUS TRIP TO SWANHILL
Country Music
Amber Lawrence and Paul Costa

17 SEP
Cost: Bus and Show \$45
Bus Leaving Cohuna Neighbourhood House at 1:30pm, picking up in Kerang 1:45pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWANHILL
BJORN AGAIN - THANK ABBA FOR THE MUSIC 2023 TOUR

13 OCT
Cost: Bus and Show \$72
Bus Leaving Cohuna Neighbourhood House at 6:30pm, picking up in Kerang 6:45pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWAN HILL
GET RHYTHM - THE JOHNNY CASH & JUNE CARTER SHOW

20 OCT
Cost: Bus and Show \$70
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:20pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWANHILL
Ross Wilson - Live

4 NOV
Cost: Bus and Show \$77
Bus Leaving Cohuna Neighbourhood House at 6:30pm, picking up in Kerang 6:45pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWAN HILL
MARCIA HINES "STILL SHINING" 50TH ANNIVERSARY TOUR

10 NOV
Cost: Bus and Show \$82
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:30pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO MELBOURNE
Moulin Rouge the Musical

22 NOV
Cost: Bus and Show \$78A
Bus Leaving Cohuna Neighbourhood House at 7:30am, picking up in Kerang 7:50am
Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWANHILL
Menopause the Musical

7 DEC
Cost: Bus and Show \$90
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:30pm
Call Cohuna Neighbourhood House to Book 03 5456 4666

MOVIE LOVERS



Bus Trip to Echuca Movies
First Tuesday of every month
Bus leaves Cohuna Neighbourhood House at varying times
Bus \$10 and purchase your movie ticket at cinema.
Call Cohuna Neighbourhood House 5456 4666.

October 1st - Sunday 7th - Cohuna Seniors Week - OPEN DAY at all Senior Activities

	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th	
AM	<p>What: Pool & morning tea Where: RSL Clubrooms When: 9.15am</p> <p>What: Young at Heart Singers (USA) Where: Uniting Hall When: 9.30am</p> <p>What: Cohuna Patchwork Where: Cohuna Masonic Lodge When: 10am</p>	<p>What: Cohuna Mens Shed Where: 3 William Street When: 9am -3pm</p> <p>What: Spinners & Weavers (USA) Where: Cohuna Memorial Hall (front entrance) When: 10am</p> <p>What: Exercise Class (USA) Where: Uniting Hall When: 10am</p> <p>What: Social Lawn Bowls Where: Cohuna Bowling Club When: 12.15pm</p>	<p>What: Waters Edge Walkers Where: Gateway Carpark When: 8.30 am</p> <p>What: Cohuna Mens Shed Where: 3 William Street When: 9am -3pm</p> <p>What: Cohuna Golf Club Where: Cohuna Golf Club When: 9.30am</p> <p>What: Cards Crazy Whist Where: RSL Clubrooms When: 1.30 pm</p> <p>What: Cuppa & Chat Where: Bower Tavern When: 9.30am</p> <p>What: Men's Cooking Group Where: Mem. Hall Seniors Rm When: 12noon-4pm</p>	<p>What: Cohuna Mens Shed Where: 3 William Street When: 9am -12pm</p> <p>What: Yoga Where: Cohuna Health Balance When: 10am</p> <p>What: Cohuna Golf Club Men's Day Where: Cohuna Golf Club When: 11.30am</p> <p>What: Fitness DVA Where: Cohuna Health Balance When: 12 noon</p>	<p>What: Cohuna Art Gallery Where: 23/25 King Edward Street When: 10-12pm, 1-3pm</p> <p>What: Cohuna Hospital Ladies Auxiliary Where: Northern District Community Health Room When: 10 am</p> <p>What: Cryptic Beginners (USA) Where: Community Meeting Room When: 10am</p>	<p>What: Cohuna Park Run Where: Garden Park When: 7.45am</p> <p>What: Cohuna Art Gallery Where: 23/25 King Edward Street When: 10-12pm, 1-3pm</p>	
PM	<p>What: Social Support Group Where: Where: Mem. Hall Seniors Rm When: 12noon-4pm</p> <p>What: Movies on the Big Screen Where: Cohuna Neighbourhood House When: 1pm</p> <p>What: Northern District Dance Association Where: Band Hall, Maxwell Street KERANG When: 8pm</p>	<p>What: Cohuna Senior Citizens Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 1pm</p> <p>What: Canasta & Coffee Where: RSL Clubrooms When: 1pm</p> <p>What: Practice Lawn Bowls Where: Cohuna Golf & Bowling Club When: 3pm onwards</p> <p>What: Bus Trip to Echuca Movies Evening Show Where: Neighbourhood House When: TBA</p>	<p>What: Scrabble (USA) Where: Cohuna Neighbourhood House When: 1.30pm</p> <p>What: Cohuna Weight Loss Support Group (formerly TOWN Club) Where: Cohuna Neighbourhood House When: 4pm</p> <p>What: Cards 500 Club Where: Community Meeting Room When: 7pm</p>	<p>What: Ladies Social Support Group Where: Mem. Hall Seniors Rm When: 12noon-4pm</p> <p>What: Cohuna Social Support Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: ?</p> <p>What: Yoga Where: Cohuna Health Balance When: 6pm</p>	<p>What: Cohuna Senior Citizens Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 1pm</p> <p>What: Lets TalkBooks(USA) Where: Com. Meeting Room When: 1.30pm</p> <p>What: Fun/Practice Lawn Bowls Where: Cohuna Golf & Bowling Club When: 3pm onwards</p> <p>What: Social Lawn Bowls and light tea Where: Cohuna Bowling Club When: 4pm onwards</p>		

RELAX



COMMUNITY GROUPS AND MEETING NOTICES

500 Club

Every Wednesday evening at 7pm
at Community Meeting Room. All Welcome
Enquiries - Des Shelley 54562723

Churches that hold weekly services

Anglican 32 Channel St, Cohuna
Ph: Rev Sue Allan 0417 365386

Baptist Belmont St, Cohuna

Catholic King George St, Cohuna

Uniting Sampson St, Cohuna 5456 2381

Cohuna Art & Craft Gallery

23/25 King Edward St. Open Friday 10am-12noon
& 1-3pm; Saturday 10am—12noon
PH: 5456 4666

Cohuna Clay Target Club Inc

Contact Stephen Bottcher 0427 656684, Giorgi Boucher
0409 777 542

Cohuna Community Service Group

Meets : 1st and 3rd Thursday of each month at
Cohuna Water Tower. Danny White 0418359242

Cohuna District Hospital Ladies Auxiliary

Meets on the 1st Friday of each month (excluding Jan,
July & Aug) 10.00am at the CDH Multi-Purpose Meeting
room. Secretary Joy Crellin 54562170

Cohuna & District Historical Society

Meets 4th Thursday every month @ 1.30pm
Cullen Street. New members welcome.

Cohuna Farmers Market 4th Sunday every month.

From 8am. Contact Sarah Mostyn 0407 476065.

Cohuna Golf & Bowls Lawn Bowls Social/Pennant Golf Road, Cohuna Golf Links Estate.

Bowls President Graeme Peace 0417 341 142

Secretary Yvonne Eckhardt 0427 562 606

Cohuna /Leitchville RSL" Crazy Whist"

Wednesdays -1.30pm @ Club Rooms - Channel St.
\$4 to Play-includes Raffle and Cuppa. All Welcome.

Cohuna/Leitchville R.S.L. "Canasta & Coffee"

Tuesdays 1pm – at Club Rooms – \$3 to play includes
Tea/Coffee & Biscuits. All Welcome.

Enquiries Judy Hughes 54 563314

Cohuna/Leitchville Sub-Branch R.S.L

30 Channel St, Cohuna, meets 3rd Thursday of each
month, 7.30pm. Enquiries: Geoff Dale 0428 563395

Cohuna Lions Club

Meet at the Shire Building (near dentist) on the 2nd
Wednesday of month 7pm for 7.30pm
Visitors welcome. President: Alan Walkington. Secretary:
Anne Graham 0407 316303

Cohuna Masonic Lodge King Edward St

Meetings: 2nd Thursday of each month

Enquiries: Ray Crellin 0428 178770

Cohuna Men's Shed

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William St.
New members always welcome. PH: 0408 103179 or
0400 583618

Cohuna Model Flying Club

lyndon.clifford@education.vic.gov.au

Cohuna parkrun

Every Saturday 7.45am, Garden Park.

Event Director, Alan, 0418 560252.

Cohuna Patchwork Group

Meets at Masonic Lodge, King Edward Street

1st & 3rd Mondays 10.00am - 3.00 pm

2nd & 4th Tuesdays 7.30 – 10.00 pm

Cost - \$6.00 Carolyn Ryan 0488 745 413

Cohuna Progress Association

Meeting 7 pm on 3rd Monday of month
Community Meeting Room. All welcome.

Cohuna Retirement Village Auxiliary

Meets 1.30pm 3rd Monday of the month
in Retirement Village Multipurpose Room.
Enquiries 5456 2338

Cohuna Senior Citizens

Meet Tuesday 1pm – 4pm & Friday 1pm - 4pm
at Market St Rooms. New members welcome.
President: Sue Sheen 0405 659 475

Cohuna Spinning & Weaving Group

Tuesdays from 10am, front room at Memorial Hall
(turn right past stairs). Stay an hour or all day.
Enquiries Lorraine Learmouth 0429103180

Cohuna Weight Loss Support Group

Support in losing weight. Join us at our friendly weigh-ins.
Wednesday 4pm-4.30pm at Cohuna Neighbourhood
House.

Enquiries: Dot Waterson 0428 537 845

Cuppa & Chat

Every Wednesday morning 9.30 am, Bower Tavern

Family Drug Help

Ph 0427 567170 for more information and support.

Garden Lovers

Meet 2nd Friday of every month in Community
Meeting Room at 1:30pm

Leitchville Bunyips Sporting Club

Meet 2nd Monday every month, Bunyip Hut
Call Trevor for enquiries & directions 0400 581122
0429 165669

Leo Club:

Monthly 1st Monday of the month Cohuna Scout Hall
President: Ebony Smith

LEO Advisor: Fiona Smith 0402 305566

Maternal & Child Health Pram Walk

Wed 10am. Meet at roundabout carpark near bridge.

Northern District Dance Association

50/50 old time/nu vogue. Band Hall, Maxwell St, Kerang.
Every Monday from 8pm. Also 4th Friday of each month.

Paper collection -1st Sunday of month. Please leave on
nature strip by 9am. #Train Hire Available#

Pigeon Racing Mallee Combine (Cohuna)

Contact Barry Stacey 0407 406 568

RSL Pool & Morning Tea

Held in RSL Clubrooms at 30 Channel St
Monday mornings (except public hols) 9.15am – 12noon

Social Support Group

Open Monday & Thursday

Seniors Room, Market St. Contact Cohuna Hospital.
Phone 54565300.

Trash & Treasure open Mon, Wed, Fri, Sat 9.30-12

PH: 5456 2345

U3A Cohuna

Groups meet regularly to enjoy many varied activities.

Enquiries: President Marilyn Flinders 0412 942466

All Members and Members' friends welcome.

Waters Edge Walkers

Every Wednesday morning 8.30am at Gateway Carpark

Please contact Cohuna Neighbourhood House
with any updates to this page. 5456 4666
nhcohuna@bigpond.com
29 Market Street

