

Learning for Life

July/August 2017

TIME	WORKSHOP	BOOKINGS/VENUE
5pm-6pm Tuesdays from 4 July	Find the Laughter Laughter yoga (Hasyayoga) is a practice involving prolonged voluntary laughter. It is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact and playfulness between participants. Fun for all ages.	Kingborough Senior Citizens Club Redwood Village 35 Redwood Road, Kingston Cost: Free E: annette.psereckis@gmail.com M: 0419 543 287
10.30am-11.30am (Kingston LINC) Or 12.30pm-1.30pm (Kingston Produce Market) Wednesday 5 July	Plastic Free July Make a quick and simple produce bag out of an old t-shirt. Find out ways to reduce your plastic usage. Learn what can and can't go into your recycle bin. Find out where you can shop Plastic Free. Pick up a Sustainable Living Tasmania Keep Cup (\$12-\$14) for your takeaway hot drinks. No Bookings Required.	Kingston LINC Hutchins Street, Kingston Kingston Produce Market Kingborough Council Forecourt 15 Channel Hwy, Kingston
Meet at the Lantern Marker Blackmans Bay Beach at 5.45 for a 6pm parade Friday 7 July	Winter Lantern Parade Blackmans Bay Scout Group and Kingborough Council are hosting a community lantern event in Blackmans Bay. Bring along your lantern for a short parade along Blackmans Bay Foreshore. This will be followed by a gathering at the Community Hall Park for delicious food, coffee, a puppet show, face painting and a warming fire.	Blackmans Bay Beach For more info: 6211 8170
12 noon – 3pm Friday 21 July	Christmas in July for Seniors Come along and share a feast of three courses, prepared by young people of Kingborough and enjoy some live entertainment.	Twin Ovals Function Centre Bookings essential - Cost \$22.00 To book phone 6211 8170 or email jalderfox@kingborough.tas.gov.au by Friday 14 July
10.30am – 1pm Saturday 29 July	Cheese Making Join this 'hands on' practical cooking class and learn to make your own ricotta cheese and haloumi to enjoy at the end of the class. Ingredients provided.	Yspace 98 Beach Road, Kingston Cost: \$30 Bookings Required (Max 8 people) www.cheesemakingkingston.eventbrite.com.au or call 6211 8170
6.30pm-8.30pm Wednesday 9 August	Screenagers Award-winning SCREENAGERS probes into the vulnerable corners of family life, including the director's own, and depicts messy struggles, over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists solutions emerge on how we can empower kids to best navigate the digital world.	Kingborough Civic Centre 15 Channel Highway, Kingston Cost: \$10/person Bookings details to be confirmed. Please phone 6211 8170 for further information.
10.30am-1.30pm Saturday 26 August <i>Partnership with Sustainable Living in Kingborough</i>	Fruit Tree Grafting This course will cover tips on successful grafting of fruit trees using a variety of grafting methods; grafting terms and models; equipment needed and practical demonstrations. Participants will take home a rootstock, scion wood, sealant and tape for grafting at home.	Blackmans Bay Hall The Esplanade, Blackmans Bay (next to Skate park) Cost: \$40/person Bookings Required www.fruitgraft.eventbrite.com.au
6.30pm - 8pm Wednesday 30 August	Zero Waste in the Kitchen About 1/3 of the average garbage bin is made up of avoidable food waste. This handy workshop teaches you how to prevent food being wasted through better shopping, meal planning and food storage. You will also learn to reduce packaging and plastic in your daily shop. Make a quick and simple produce bag out of an old t-shirt.	Kingborough Civic Centre 15 Channel Hwy Kingston Cost: \$10/person Bookings Required www.zerofoodwaste.eventbrite.com.au



community services

KINGBOROUGH COUNCIL
www.kingborough.tas.gov.au