

What's happening at Milpara, Korumburra's Community House?

The Gippsland Meditation Group who meet weekly on Monday evenings at Milpara have moved time slot slightly. John Julian the facilitator is running a program at the Dandenong Hospital during the day, so for the next two months the group start at 7.30pm.

Trinity Kids are again running kids wellbeing programs at Milpara. Through age appropriate activities the programs focus on laying solid foundations for emotional intelligence, providing children and teens with effective strategies for self-awareness, gratitude, manoeuvring anxiety and depression and so much more. Programs are on offer for children from 4 years right through to Year 12. Bookings can be made direct with Trinity Kids by calling Deanne on 0437 331 308 or <https://trinitykids.com.au>.

The Milpara Singers are a friendly and fun group who meet weekly Wednesday afternoons. They are very welcoming and you can bring a musical instrument if you like too. If singing isn't your thing perhaps you would like to try Yoga? We have a class running out of the Korumburra RSL Hall on Wednesday mornings. It is a general level class, which adapts poses to suit your ability and includes a guided relaxation and mediation.

We are still taking enrolments for Art Class, scheduled to start on Tuesday October 16.

Buying and selling property is a big financial commitment that you want to get right. We have a free legal information session on Property Law, Subdivisions/Conveyancing "The Do's and Don'ts when purchasing property and selling on Wednesday October 17.

Call Milpara 5655 2524.