

# The eXchange

## MAY

The eXchange is a Communitify centre based in the Kelvin Grove Urban Village. We offer information and referral assistance, access to resources, and opportunities to join groups and activities. X marks the spot where the local community can come together to *meet, connect, enquire, create, explore* and *discover*.

This program comes out monthly, so pick one up from the eXchange or visit our website at [theexchange.org.au](http://theexchange.org.au) to get the latest copy. If you'd like to take a more active role in your community and the eXchange, why not share your thoughts and ideas at our Community Advisory Group.

To book in for any of our activities, please come in and see us or  
Phone: 3175 9975  
Email: [theexchange@communitify.org.au](mailto:theexchange@communitify.org.au)

**ALL ACTIVITIES ARE FREE UNLESS STATED OTHERWISE!**

### MONDAY

#### Medicines and You

Mon 17 May 10.30-11.30am Free

This discussion will focus on you being an active partner in the sage and wise choice of medicines. Includes morning tea.

#### Book Club

1-2.30pm

31<sup>st</sup> of May (the last Monday of every month)

Come and share the book you've been reading over afternoon tea with other friendly book-lovers and visit our free book exchange.

#### Writing group

4-6pm

A group for people who would like guidance and support with writing stories, either fictional or autobiographical. Our facilitator will help you with telling your stories.

#### The Urban Village People

Our new choir group! Meeting at the Exchange at 7pm to walk over to M block at QUT together. Actual practice times are 7:30 - 9pm on the 10<sup>th</sup> and 24<sup>th</sup> of May and the 7<sup>th</sup> and 21<sup>st</sup> of June.

### TUESDAY

#### Beginners' English for Women

10-11.30am

A warm and welcoming class for all women wanting to improve their written and spoken English. Come and meet other women in this fun class. Please note the new regular time.

#### Aunties and Uncles

7-9pm

18<sup>th</sup> of May (the 3<sup>rd</sup> Tuesday of every month)

Aunties and Uncles support families experiencing stress by mentoring and supporting children on weekends and school holidays. Come along to an information session and find out what's involved.

### WEDNESDAY

#### Natural Therapies 9am-12pm

Relax and heal at a private consultation with a qualified homeopath and Bowen therapist.  
Cost: \$10 for Concession card holders

#### No Interest Loans & Welfare Appointments

9am-12pm, by appointment

Meet with Communitify workers to discuss ongoing concerns or learn about the nation-wide No Interest Loans Scheme for buying essential household items.

#### Kid's Club 3-4.30pm

An afternoon of fun games, afternoon tea and help with your homework. A computer tutor will also be available for tips and advice.

#### Organised Social Table Tennis

7pm-9pm

Meet at the Common Room at Campus Living, corner of Blamey St and Victoria Park Road. Ground floor behind reception.

### THURSDAY

#### Computer Competency 9am-12pm

Whether you're an absolute beginner, want a few tips and tricks, or would like to set up an email or e-bay account, help is here! Bring your questions for individual help from our computer whiz!

#### Men's Group

1-2pm *once a fortnight* - 6<sup>th</sup> and 20<sup>th</sup> of May

A place for men to connect with other men, offering support and acceptance to one another. This is a new group looking for new members. The group runs every second Thursday

#### Written and Spoken English 6-8pm

Expand your English knowledge at our friendly class. All levels are welcome.

### FRIDAY

#### Painting Class 10am-12pm

Whether you're a finger-painter or an experienced artist, this course will help you to learn the basics, try some new techniques or simply refine your skills in a friendly environment! Everyone welcome.  
Cost: \$3/6

### SATURDAY

#### Knitting Guerrillas

Sat 1 and 15 May 9am-12pm Free

Come be a part of large community knitting project!

Drop in and knit a couple of stitches, crochet some loops, wrap a pom pom, dust off your french knitting skills - it's not about perfection - it's about being involved.

### SUNDAY

#### Organised Social Table Tennis

2pm-4pm

Meet at the Common Room at Campus Living, corner of Blamey St and Victoria Park Road. Ground floor behind reception.

### DAILY

#### Free Internet Café, Little Library and Book Exchange

9am-12pm and 1-3pm

#### Call to find out more about..

#### Community Advisory Group

Come share your ideas for the eXchange and Kelvin Grove. Meetings are generally held on the last Monday of the month.

#### Community Garden

Kelvin Grove has an enthusiastic group of community members working to start up a garden in our neighbourhood. Let us know if you want to be involved!

