



Swap meet

The Vintage Drivers Club is holding a swap meet including auto parts, memorabilia and bric-a-brac on Sunday, February 13, at the Yarra Glen racecourse. Undercover sites \$20, outdoor sites \$15. General admission \$5 a person. Gates open 7am for sellers, 8am for buyers. Inquiries: 9432 6948.

Open day

Vermont South Club in Livingstone Rd is conducting a free open day featuring tennis, lawn bowls and darts on Friday. Women's tennis from 1-3pm, junior tennis 3.30-5.30pm and family tennis 5.30-8pm. Lawn bowls 5.30-8pm and darts 7-8pm. Barbecue from 6pm. Details Andrew Ross 0418 319 573.

Stress-busting

Learn how to ease stress at a free meditation and relaxation session on February 17 from 7.30pm in Box Hill South. Bookings essential, phone Eileen 0407 881 285.

Bushwalk

Koonung Bushwalking Club will conduct a day walk in the Kyneton district today. On Saturday there will be a long, but easy walk around the Sugarloaf Reservoir at Christmas Hills. Beginners welcome. Details 9844 1226.

Anxiety management

Learn proven strategies to help you in managing worry, anxiety and panic attacks. A three-week course begins March 1 on Tuesday evenings at Upton House, 131 Thames St, Box Hill. Cost \$95 or \$60



ART OF HEALING: The health effects and healing power of art will be on show at Chapel on Station Gallery in Box Hill from tomorrow (Thursday). Mitcham artist Jo Parkinson will have 15 works on show at the gallery and will also be giving a talk about her art on February 20. For more details, go to healingart.com.au

Picture: STEVE TANNER N33WH604

concession. Bookings essential on 9895 4947.

Information sessions are held on February 15 and 23. Details 9895 5886.

Mary Kyriakides on 8344 0485 or mky@unimelb.edu.au

Care

St. Vincent de Paul's Compeer Program is seeking caring men and women to provide one hour companionship a week to a person isolated through mental illness. Full training and support provided.

Physiotherapy

Free physiotherapy treatment is available to people with knee osteoarthritis in the local area. Volunteers must be over 50 and have pain on most days. Details

Cooking

A cooking workshop on making tapas will be held on March 3 from 10am at Vermont South Community House. Cost is \$40, including recipes and ingredients. Details: 9803 2335.

Singing

Singing for beginners will be at Neighbourhood House, 171 Canterbury Rd, Surrey Hills for eight weeks beginning February 18 from 2-4pm. Cost is \$84. Details 9830 4214.

A cappella singing

A more advanced singing course will be held from 10.30am-12.30pm at the Neighbourhood House, 171 Canterbury Rd, Surrey Hills for eight weeks beginning February 18. Cost is \$84. Details 9830 4214.

Russian

A Russian for beginners course will be held at the Neighbourhood House, 171 Canterbury Rd, Surrey Hills for eight weeks beginning February 14. Eight sessions cost \$92. Details 9830 4212.

Green shopping

A green shopping tour and talk is at Mitcham Community House on February 15 from 10.30am-12.30pm. Cost is \$5. Details 9873 4587.

Communication

Positive Communication for Women at Mitcham Community House in an eight-week course starting on February 16, 7-9.30pm. Cost is \$57. Details 9873 4587.

Posture

The Feldenkrais method to improve posture and help neck and back injuries will be taught at Mitcham Community House on February 22 from 10.30-11.30am. Cost is \$3. Details 9873 4587.

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