

Around the traps

	Toora, Welshpool, Port Welshpool, Alberton, Port Albert, Yarram
	Foster, Fish Creek, Sandy Point, Waratah Bay, Yanakie
	Meeniyah, Leongatha, Tarwin Lower, Venus Bay

August 2025 Events

MONDAYS

Co Motion - Fish Creek

Dance with the Co-Motion team, great music, guided fitness exercise.
4.00 – 6.00 pm Fish Creek Hall Supper Room
\$10.00 per session
P: 0402 832 739
Visit: [Co-Motion on Face Book](#)

MONDAYS

No Lights No Lycra

Dance like no one is watching! Join this free-style dance event, conducted with the lights off and reconnect with the joy of dancing.
Foster War Memorial and Arts Centre
Mondays 6.00 – 7.00pm
\$10.00 per class

TUESDAYS

Tai Chi For Health

Tai Chi is a gentle way to improve your strength and stability, being mindful of your movement, breathing, posture and falls prevention.
Sandy Point Hall
Tuesdays at 11am
Contact Joyce, 5684 1006

SUNDAYS

Social Dancing – Meeniyah

Join the crew for Social Dancing in the Meeniyah Hall
All ages welcome
Gold coin donation
6.00pm – 8.00pm
Phone: Coral 0409 165 227 or Ethel 5664 7341

1 – 3 August 2025

FRIDAY 1 AUGUST

Prom Coast Film Society

Magic Beach
Fish Creek Memorial Hall
7.30pm start
Annual subscription packages \$60, or \$25 for 3 consecutive months
Further details [famda.org.au/film](#)

SATURDAY 2 AUGUST

Lions Den Warehouse @ Toora

An eclectic mix of pre-loved household goods and furniture
1st and 3rd Saturday of each month
Vi-Plus factory, Jetty Road Toora
8.00am – 1.00pm

SUNDAY 3 AUGUST

One Day First Aid Course - Meeniyah

Run by John and Karen Barrie
HKTAID011 Full Course, 9.00 – 4.00 \$160.00
HLTAID009 CPR, 9.00 – 11.00 \$70.00
RSVP claritycarer@gmail.com or 0402883142

4- 10 August 2025

THURSDAY 7 AUGUST

Navigating the Aged Care System - Information Session

South Gippsland Hospital will take you through the elements of the Aged Care system, Positive Ageing Service, Home Care Packages and My Aged Care. Elements covered include independent living, active lifestyles, local services and advanced care plans.
Morning tea provided
Welshpool Community Transaction Centre
10.30 – 12.00
RSVP: 5683 09777 or reception@sghs.com.au

SUNDAY 10 AUGUST

Stuttgart Youth Chamber Orchestra

The internationally acclaimed Stuttgart Youth Chamber Orchestra is performing live in Foster. These remarkable musicians, are all national and international prize winners and will present a program that spans Baroque to Bernard Herrmann.

Foster War Memorial and Arts Centre
Doors open 2.00 for a 2.30 start
Adults \$60.00, special student price of just \$10.00
Visit: <https://www.trybooking.com/DCOKC>

11 – 17 August 2025

WEDNESDAY 13 AUGUST

Women's Wellness Conversation

Gippsland Women's Health, Sexual Health Victoria invite you to an important community event exploring women's experiences of perimenopause and menopause. The night provides an opportunity to talk openly about what's needed for better support, connection and access to health information in South Gippsland.
Free event
South Gippsland Hospital, Community Health Centre – Fleming Room, Foster
5.15pm – 7.15pm

FRIDAY 15 AUGUST

Tarwin Lower Film Society Emilia Perez (Spanish musical thriller)

BYO drinks and nibbles, coffee, and tea are provided after the film.
Tarwin Lower Mechanics Institute, 27 River Drive.
7.30pm
Three months (consecutive \$25) or 12 months (\$60) membership
Visit: trybooking.com/events/landing/1245507

SATURDAY 16 AUGUST

Prom Country Farmers Market

Farmer's market is packed with fresh produce including pork and small goods, sourdough bread, potatoes, oil, gin, coffee, homemade goods.
FWMAC Hall, Main Street Foster
8.00 – 12.00
Visit: [Prom Coast Farmers Market](#)

SUNDAY 17 AUGUST

Tidal River Open Space Walk - Big Drift

The TROS crew gets together on the third Sunday of each month to explore the Prom. August 2025, is to the Big Drift. This is a destination not to be missed. Participants are invited to walk at their own pace and can stop at any time. At the end of each walk we share morning tea.
Gold coin donation
Meet at Stockyard Campground to leave by 9.30 am
[TROS Facebook page to keep up to date](#)

18 August 2025 onwards

SUNDAY 24 AUGUST

Buffalo Community BBQ

Join the Buffalo Community for their annual community get-together and BBQ.

All are welcome to come along and meet the neighbours and have a sausage in bread. Bring a plate to share.
Free event
12.00pm 3.00pm
Buffalo Community Centre

FRIDAY 29 AUGUST

Just a Farmer - Free Community movie & dinner

Fish Creek Memorial Hall, supported by the South Gippsland Hospital, are hosting a community dinner and a free screening of Just a Farmer featuring Leila McDougall, Joel Jackson and Robert Taylor.
Free event
Register for catering via Try Booking
Doors open 6.00pm
Fish Creek Memorial Hall
Visit: <https://www.trybooking.com/DDWUE>

30-31 AUGUST

FAMDA – One Act Play Festival

Last Sunday of every month - Open Mic. The 23rd Annual South Gippsland One Act Play Festival will be taking place on the last weekend in August, hosted by Foster Arts Music and Drama Association (FAMDA).
The event commences with the Young Players Festival on Saturday morning, and open age plays later Saturday with two performances on Sunday.
30 and 31 August 2025
Foster War Memorial and Arts Centre
Visit: famda.org.au for information, bookings via trybooking.com.

SATURDAY 30 AUGUST

Mirboo North Market

A vibrant Community Market, great food and coffee, live music situated right in the heart of town. Boasting a selection of quality stalls including growers, bakers, merchants and makers.
Baromi Park, Ridgway, Mirboo North.
Held on the last Saturday of each month 8.30-1pm