



Moora Community Connections



The below information summarises what help/support is available for the community in these challenging times

#5 May 11, 2020

Moora Community Resource Centre

Please connect with us.

P: 9653 1053

E: mooracrc@gmail.com

Tune in for Tai Chi Tuesdays

Tai Chi videos posted on the Moora Community Resource Centre Facebook page at 10 am on Tuesday Mornings - join in, call a mate, have fun, stay fit, stay connected, stay healthy, stay safe.

Virtual Stay on Your Feet.

Stay on your Feet exercises posted on the Moora CRC Facebook page on Thursday mornings 9 am same as Tai Chi. Exercise sheets also available at Moora CRC.

Book Box

Free books for collection outside the Moora CRC during office hours. Feel free to read them or pass them on to someone else.



Available outside Moora CRC weekdays 9 am to 3.30 pm for contactless pick up.

Computer/Internet use available at the Moora CRC, ph 9653 1053

From 9 am, Monday 18th May, Moora CRC will reopen.

If everyone could please continue to practise social distancing and healthy hygiene, we should be able to have up to 3 customers at a time.

Hours will be 9 am to 12 30 pm and 1 30 pm to 3 30 pm, Monday to Friday until further notice. Thank you.

Looking forward to seeing you soon.



COVID-19

From Monday 18 May

Some restrictions will be lifted

Gatherings increased up to 20 people

- Cafes and restaurants**
Open for dine-in, includes pubs and bars
- Sport and recreation**
Indoor and outdoor fitness and dance classes (no contact or shared equipment)
- Community facilities**
Libraries, places of worship and community centres
- Social gatherings**
Includes weddings and funerals (30 for outdoor funerals)

WA back to work
Unless unwell or vulnerable

Travel
Regional restrictions relaxed

Continue to practise appropriate social distancing

- Avoid close contact with others**
keep at least 1.5 metres away
- Healthy hygiene**
Wash your hands regularly
Cover your mouth/nose when you cough/sneeze

WA.gov.au

If you are able to help or need assistance with anything, please contact Moora Community Resource Centre on 08 9653 1053 and we will do our best to assist.



Moora
Community Resource Centre

Your local connection

