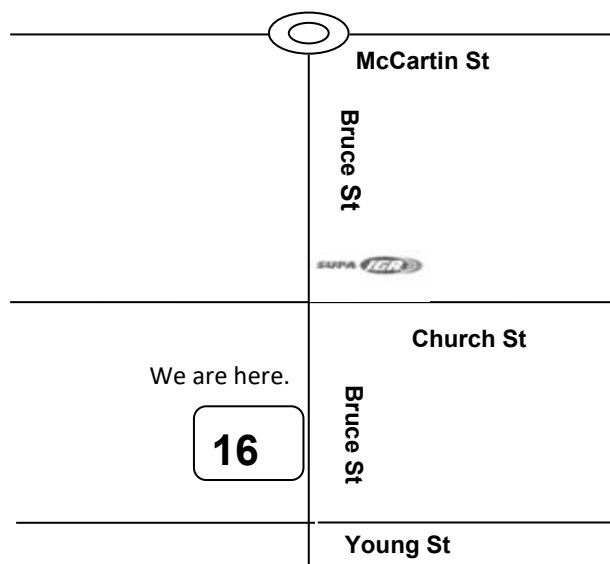


where to find us



16 Bruce Street, Leongatha 3953

Office Hours: Mon - Fri, 9:00 am - 3:30 pm

Email: office@leongathacommunityhouse.org.au

Website: www.leongathacommunityhouse.org.au

Facebook: www.facebook.com/leongathach/

Registered No A1136 L

ABN: 48 180 414 316



5662 3962



LEONGATHA COMMUNITY HOUSE Inc.



Courses and Activities

Quarter 2, 2019

1 April - 30 June

excluding public holidays



From the Coordinator

This term, across Victoria, we celebrate Neighbourhood House Week between 10 and 17 May. The Week brings our attention to the important role of neighbourhood/community houses in bringing people together to build relationships and strengthen community.

The programs, activities, and events offered every term in our program are tools for the purpose of bringing people together. They offer opportunities to meet new people, to strengthen friendships, and to enhance a sense of belonging. Opportunities for people to share their skills and knowledge also help to build connection.

Our Community House is a daily bustle of people coming and going, chatting, sharing food, sharing ideas, sharing laughter, and enquiring after each other's health. These are the social interactions that build community - the core role of neighbourhood/community houses - and I'm very privileged to see those connections between people growing every day.

In a world where social isolation and loneliness are becoming common, neighbourhood/community houses provide escape from those ways of being.

Here, everyone is welcome, and everyone belongs. Come along and see for yourself.

Eunice Donovan
Coordinator

program information

PAYMENTS AND REFUNDS

1. Fees may be paid by cash, cheque or direct debit. Direct Debit details are **Bendigo Bank BSB: 633-000 Account: 107 338 337**. Please include your name and course name in the reference section.
2. Fees include GST and are to be paid 1 week prior to commencement of class.
3. Payment plans are available for all classes; please speak with the co-ordinator when booking.
4. A full refund will be given if a class is cancelled by the Leongatha Community House.
5. If a student withdraws more than 5 working days prior to a class commencing, a refund will be given. An administration fee may be charged.
6. No refund will be given if a student withdraws less than 4 working days before a class commences.
7. No refund will be given if a student withdraws from a class once it has commenced.

Wanted - Tutors

Do you have a skill you would like to share as a volunteer tutor or as a paid sessional tutor?

Give us a call, or drop in to the office, to talk about running a course or workshop.

user groups

We are proud to be the chosen “home” for the following groups that meet at the Community House. Additional or new groups are always welcome.

Please note: the Community House does not run these groups; if you want to participate in any of them, we do have contact details.

Basketry & Fibre Group meets on the 4th Sunday at 10:30am

Leongatha AI-Anon meets weekly on Mondays at 4.00pm

Leongatha Arts & Crafts Society meets on the 4th Thursday at 10:00am.

Leongatha Horticultural Society meets on the 2nd Thursday at 4:00pm.

Leongatha Stamp Club meets on the 4th Monday at 1.00pm

South Gippsland Walking and Adventure Club meets on the 4th Thursday of every 2nd month at 8:00pm.

T.O.P.I.C (Take Off Pounds In Company) meets weekly on Thursdays at 12:30pm

Woorayl Probus Knit & Natter meets on the 3rd Monday at 10:00am

Woorayl CERC meets on the 3rd Monday of every second month at 7.00pm



Leongatha Community House is proud to be a drop-off point for donations to **Gippsland Farmer Relief**.

All donations of non-perishable foodstuffs, hygiene products, and/or cleaning products are gratefully accepted.

general information

ROOM HIRE

Rooms are available for hire day or evening. Community (not-for-profits) or business rates apply.

Seven (7) days cancellation notice for a room booking is required for a refund.

To book a room please contact the House on 5662 3962 or drop in to 16 Bruce Street.

OTHER SERVICES

Photocopying, laminating services, and public access to computers, internet and Wi-Fi are all available for small fees.

To use these services please contact the House on 56623962 or drop in to 16 Bruce Street to make a booking.



Leongatha Community House receives support from South Gippsland Shire Council and the Victorian Department of Health & Human Services.

Leongatha Community House Inc is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association. You can be assured that your Community House meets all required standards of operation.

To find out more, please call or drop in to the House during open hours.

arts and crafts

Details	Dates	Cost
<p><u>Knitting & Crochet Group</u></p> <p>Experienced or beginner, this friendly group is a great way to share your enjoyment of these fun crafts. BYO lunch and your knitting or crochet project, and enjoy a great Sunday.</p>	<p>1st Sunday of every month</p> <p>10:30am – 3:00pm</p>	<p>Gold coin</p>
<p><u>Drawing & Painting Group</u> (Pat Dale)</p> <p>Do you try to draw or paint at home, but never find the time? Join a friendly group of like-minded people who create paintings or drawings and benefit from the exchange of techniques and ideas.</p> <p>BYO paints and equipment</p>	<p>Tuesday every week (except school holidays)</p> <p>10:00am – 12:00pm</p>	<p>Gold coin</p>
<p><u>Sewing & Patchworking Group</u></p> <p>Gather with others to design, sew, and finish off your projects. Share ideas and motivation with others and make new friends too. Beginners welcome!</p> <p>Machines and supplies available for beginners.</p>	<p>Tuesday every week</p> <p>1.00pm - 4.00pm</p>	<p>Gold coin</p>
<p><u>Craft in Company</u></p> <p>Bring along your WIP's (Works in Progress) or UFO's (Un-Finished Objects) and progress them in good company over a cuppa. Share your successes, and/or learn some new skills.</p>	<p>Thursday every week</p> <p>10:00am – 12:00noon</p>	<p>Gold coin</p>
<p><u>Acrylic Painting for Beginners and Beyond</u> (Paul Hendry)</p> <p>Want to try your hand at painting with acrylics? Perhaps you just want some extra tips? Discover the fun of painting with acrylics in our friendly group.</p>	<p>Friday every week</p> <p>10:00am – 12:00noon</p>	<p>\$5</p>

arts and crafts

Details	Dates	Cost
<p><u>Mosaics for Beginners</u> (Susanne Naudi)</p> <p>Learn how to cut and place tiles, and come away with a completed project. Some materials and all equipment provided.</p> <p>Bookings Essential: only 4 places available</p>	<p>Wednesday</p> <p>12 June</p> <p>10.00am – 3:00pm</p>	\$66
<p><u>Mixed Media Fun</u></p> <p>Explore the many different ways you can mix artistic media to create exciting new pieces. Have fun and learn in an easy relaxed atmosphere.</p>	<p>Friday every week (except public holidays)</p> <p>10.00am - 12.00noon</p>	\$5
<p><u>Night Owls Craft Group</u></p> <p>Bring along your WIP's (Works in Progress) or UFO's (Un-Finished Objects) and progress them in good company over a cuppa. Share your successes, and/or learn some new skills from other crafters.</p>	<p>Tuesday every week</p> <p>6.00pm - 8.00pm</p>	Gold coin
<p><u>Beading with Noelle</u> (Noelle Walker)</p> <p>Learn a variety of beading techniques, suitable for beginners and those with more experience. Create beautiful jewellery and other beaded pieces, using small seed beads and embroidery thread.</p> <p>Project kits will be available at additional cost.</p>	<p>Tuesday every second week</p> <p>7 May, 21 May, 4 June, 18 June</p> <p>1.00pm - 3.00pm</p>	\$15
<p><u>Calligraphy Group</u> (Jenefer Chitty)</p> <p>For those who want to continue to practice and develop their calligraphy skills, this group is the perfect place.</p> <p>Basic supplies provided; other materials available for purchase.</p>	<p>4th Thursday of every month</p> <p>1.00pm - 4.30pm</p>	\$10

legal and life matters

Details	Dates	Cost
<p><u>Legal Information Sessions</u></p> <p>This series of free information sessions is made possible by the generous support of local solicitors.</p> <p>Bookings essential</p>	<p>2nd Tuesday of every month</p> <p>9:00am - 10.00am</p>	FREE
<p><u>Understanding your energy usage</u></p> <p>Feeling confused by your energy bills? Wondering how to keep your energy costs down? Learn how to do your own Home Energy Audit to work out exactly where you're using energy.</p>	<p>Tuesday</p> <p>28 May</p> <p>1.30pm - 3.00pm</p>	FREE
<p><u>Keeping your Home Fire-Safe in Winter</u> (Koonwarra CFA)</p> <p>We're heading into winter in South Gippsland and it's important to get our homes ready - heaters and fire-places, smoke alarms, clothes-dryers, cooking appliances, etc.</p>	<p>Date and time to be confirmed - call the House for details</p>	FREE
<p><u>Auslan for Beginners</u> (Peter Adams)</p> <p>Auslan is the sign language of the Australian Deaf community. Join Peter in this fun and practical 10-week course to learn basic conversational signing.</p>	<p>Monday every week</p> <p>29 April - 1 July</p> <p>7.00pm - 8.30pm</p>	\$180 (\$160 conc.)
<p><u>Where the jobs are</u> (Skills and Jobs Centre)</p> <p>Research shows that only a small percentage of available jobs are advertised publicly. Find out where jobs are being promoted, and what you can do to seek out vacancies.</p> <p>This free workshop is part of the Victorian Government's Education State package.</p>	<p>Friday</p> <p>10 May</p> <p>1.00pm - 2.00pm</p>	FREE

hobbies and interests

Details	Dates	Cost
<p><u>Coffee Club</u> End your month well with good company, gentle conversation, and a hot cuppa. What could be better?</p>	<p>4th Monday of every month 10.00am - 12.00noon</p>	FREE
<p><u>Movie Appreciation</u> Enjoy a group outing to a movie at the Stadium4 Cinema, then stay for a cuppa at a local café, and share your thoughts about the movie.</p>	<p>29 April AND 31 May Call LCH for exact times</p>	Movie and meal at your own cost
<p><u>LCH Friendship Group</u> Are you looking for a way to meet new people? Tired of going to events on your own? Join our Friendship Group and meet new people who just might share your interests. Contact Community House for full details; bookings essential</p>	<p>1st Friday of every month 6.00pm Venue changes monthly</p>	At own discretion
<p><u>Stitching with a Cause</u> Do you enjoy sewing or want to learn? Would you like your creations to benefit your community? Come along to our new group and do just that! From reusable shopping bags to mittens for injured koalas - your work will be appreciated and useful! Fabrics generously donated by Leongatha Rotary</p>	<p>Wednesday every 2 weeks 17 April 1 May, 15 May, 29 May 12 June, 26 June 1.30pm - 3.00pm</p>	Gold coin
<p><u>LCH 500 Card Group</u> Whether you're new to the game, or you've played before, come along and enjoy the intricacies of 500.</p>	<p>Friday every week (from 11 January) 9.30am - 12:00pm</p>	Gold coin

computers & technology

Details	Dates	Cost
<p><u>'Appy Hour</u> Want to learn more about the apps on your device? Trying to keep up with all the updates and new apps that pop up? Drop in to this weekly session for one-to-one help.</p>	<p>Monday every week 10.00am - 11.00am</p>	FREE
<p><u>Caring for your Computer</u> (Alvis Piksons) Learn about some of the basic tasks you can do to keep your computer running smoothly:</p> <ul style="list-style-type: none"> • Cleaning and maintenance • Backing-up and storing your information • Updating your software <p>BYO laptop or tablet Bookings essential; only 6 places available</p>	<p>Monday 13 May 10.30am - 12.00noon</p>	\$15

health

Details	Dates	Cost
<p><u>A Life to Love</u> (John Steward) From 1997, John Steward supported and mentored Rwandan peacemakers. Those stories form the basis of his book "From Genocide to Generosity". Based around the stories in "From Genocide to Generosity", participants in this 10-week program will find hope and insight to improve their inner peace and promote peaceful relationships. They will discover they too have "a life to love". BYO notebook and pen. Study guide and notes provided.</p>	<p>Wednesday every week 8 May - 17 July 1.00pm - 3.00pm</p>	\$5 per session

health

Details	Dates	Cost
<p><u>Gentle Yoga</u> (Annabelle van Tongeren)</p> <p>A gentle one-hour class encouraging strength, balance and relaxation. Suitable for all levels.</p> <p>Call Annabelle on 0419 580 864 for bookings.</p>	<p>Monday every week (except public holidays)</p> <p>9.30am - 10.30am</p>	<p>\$15</p> <p>\$12 conc</p>
<p><u>Hatha Yoga</u> (Pat Warburton)</p> <p>Gentle "body and soul" stretching and relaxation for all ages.</p> <p>BYO: mat, rug, and cushion or pillow</p> <p>Bookings essential</p>	<p>Wednesday every week</p> <p>10.30am - 11.30am</p>	<p>Gold coin</p>
<p><u>Ashtanga Yoga</u> (Carolyn Clarke)</p> <p>A more physically challenging yoga practice that still caters for both beginners AND students with experience. Students gradually learn a set sequence of postures with lots of individual attention given.</p> <p>Contact Carolyn directly on 5663 7923 for more details & bookings. Bookings essential.</p>	<p>Wednesday</p> <p>9.30am - 11.00am</p> <p>(Runs in blocks of 8 weeks - next block begins 17 April)</p>	<p>\$25</p>
<p><u>Wednesday Walkers</u></p> <p>Enjoy walks around the town (and beyond) in good company. Enjoy some fresh air and see new views of your town. Leave from the Community House.</p>	<p>Wednesday every week</p> <p>9:30am</p>	<p>FREE</p>
<p><u>WonderWomen Support Group</u></p> <p>Peer support for women survivors of family violence. Recognise the strength within, and embrace your inner "wonder woman".</p> <p>The group is supported by an experienced family violence counsellor.</p>	<p>Thursday every week (except 4th Thursday of the month)</p> <p>10.00am - 12.00noon</p>	<p>Gold coin</p>

hobbies and interests

Details	Dates	Cost
<p><u>LCH Solo Card Group</u></p> <p>Come along and learn how to play this interesting and fun card game.</p>	<p>Monday AND Friday every week</p> <p>1:00pm – 4.30pm</p>	<p>Gold coin</p>
<p><u>LCH Photography Group</u></p> <p>Do you own a DSLR camera and have an interest in photography? Do you want to learn all aspects of photography? Do you have photography knowledge you could share with beginners?</p> <p>Come along to our monthly meetings to share in all things photography!</p>	<p>3rd Tuesday of every month</p> <p>7.00pm - 9.00pm</p>	<p>Gold coin</p>
<p><u>DSLR Cameras for Beginners</u> (Roy Fisher)</p> <p>Learn more about your Digital SLR camera from a former professional photographer in a fun and relaxing class.</p> <p>BYO Camera</p>	<p>Tuesday for 6 weeks</p> <p>7 May - 25 June (excludes 21 May and 18 June)</p> <p>7.00pm - 9.00pm</p>	<p>\$90</p>
<p><u>Everyday Philosophy</u> (David Newcombe)</p> <p>Philosophy: we have all heard the word, but what is it exactly and how does it relate to the present day? Join David in his quest to understand the views of the great philosophers, and how we can use their insights to guide us through our daily lives.</p> <p>Note: this is a "learning together" approach; you do not need existing knowledge of philosophy - just an interest!</p>	<p>Wednesday every week (from 1 May)</p> <p>4.30pm - 5.30pm</p>	<p>Gold coin</p>
<p><u>Netflix Nights</u></p> <p>Join us for a cosy night in with popcorn and a Netflix movie. Bring your slippers and a blanket, and ignore the winter weather for a while.</p>	<p>Thursday</p> <p>2 May 16 May 6 June 20 June</p> <p>6.30pm - 9.00pm</p>	<p>\$5</p>

special events

Neighbourhood House Week (10th - 17th May)

Watch our website and Facebook page for details

The theme for NH Week in 2019 is *“Bringing people together: from your neighbourhood to your nation”*. During the Week, community members will be invited to share their thoughts about ways that we can put this theme into action.

Biggest Morning Tea

Friday 24th May

10.30am - 12.00noon

Cost to be decided

Escape the winter chill and share a cuppa with us, as we raise money for the Cancer Council to help fund research for the prevention and cure of cancer in all its forms. Grab some free information, chat with new and long-time friends, and just have some fun. We'd love to meet you!

hobbies and interests

Details	Dates	Cost
<p>Calligraphy Workshop: Gothic Script (Jenefer Chitty)</p> <p>Learn a basic script in the beautiful art of calligraphy. Participants need to bring basic stationary supplies (list provided at time of booking) with specialist calligraphy materials provided by tutor.</p> <p>Bookings essential; only 6 places available.</p>	<p>Saturday 18 May</p> <p>10.00am - 2.00pm</p>	<p>\$25</p>

health

Details	Dates	Cost
<p>Chronic Pain Support Group</p> <p>You no longer have to suffer chronic pain alone. Increase your knowledge; share your experiences; and build hope.</p> <p>This group is supported by the Australian Pain Management Association</p>	<p>3rd Tuesday of every month</p> <p>10.00am - 12.00noon</p>	<p>Gold coin</p>
<p>“Me First” Self-Care Group (Courtney Smith)</p> <p>Make time to re-discover what brings you joy, and identify ways to integrate that into your life. Thought-provoking and fun, this group will help you find what makes you “you”.</p>	<p>Tuesday every week</p> <p>Saturday every week</p> <p>10.00am - 12.00noon</p>	<p>\$10</p> <p>\$5 conc</p>
<p>“Exploring Personal Strengths” (Marianne Ruff)</p> <p>Learn how to identify and understand the emotions, thoughts and behaviours that exist within you, and take appropriate actions, to increase your self-confidence and enhance your self-worth.</p> <p>Bookings essential; please call Marianne directly on 0428 651 969 for more details.</p>	<p>Saturday for 6 weeks</p> <p>4 May - 8 June</p> <p>10.00am - 11.30am</p>	<p>\$120 - \$300</p>
<p>Tai Chi (Tania Bird)</p> <p>Experience for yourself the life-changing benefits of Tai Chi! This program is safe, effective and easy to learn, and suitable for men and women of all ages.</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>Thursday every week (from 2 May)</p> <p>Beginners: 9.45am - 10.30am</p> <p>Advanced: 10.45am - 11.30am</p>	<p>\$5 per session</p>
<p>Circle Dancing (Tania Bird)</p> <p>Learn a variety of international folk dances, all danced in a circle, and join with others to enjoy a refreshing lunchtime energy boost, and a lot of fun!</p> <p>No previous dance experience needed.</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>Thursday every week (from 2 May)</p> <p>11.45am - 12.30pm</p>	<p>\$5 per session</p>

all things rose

We are delighted to partner with the Leongatha Horticultural Society to bring a new year-long series of workshops to the Community House.

Discover the tips and tricks of growing your own roses and learn some of the varied ways that roses can be used to bring beauty into our homes and lives.

1st and 3rd Thursday's of each month

2.00pm - 4.00pm

(Costs are generously subsidised by Leongatha Horticultural Society.)

May 2: All Things Rose - Open House (FREE)

An introduction to the program: a meet and greet with presenters and like-minded people.

Information on information! Books, websites, organisations. A Rose Library! All welcome.

May 16: All things Rose - Presenting the Rose (FREE)

Overviews of aspects of the rose – history, types, local rose stories. Q & A. All welcome.

June 6: Starting Roses in Your Garden (\$10)

Main choices by type. Presenter will demonstrate planting, talk about essentials, then focus on something important and seasonal: Winter Care.

June 20: Getting Hip to Rose Hips (\$15)

Ways to use rose-hips in your home: teas, cordials, oils, in baking and more.

Workshops coming in Terms 3 and 4

July 4: Growing your Roses

Ongoing care: watering, mulch, weeds, spraying and new, friendlier ways of dealing with pests. An important winter job: preparing or upgrading your tools – quality, care, storage.

July 18: Roses for Warmth

Rose motif at sewing workshop. Directions & supplies for lap quilt, teapot cosy, trivet, etc

August 15: Beaded Roses

Join Noelle to create beautiful beaded jewellery, using the rose motif.

September 5: Spring in the Garden

Feeding, deadheading, clearing away detritus to maintain good flowering season. Timing may not be ideal, but try some cuttings - and seeds. Save your best.

September 19: Rose Craft

Learn how to dry & press roses for many crafts including decoupage and card making

October 3: Enjoying your Roses

Hints and techniques for using your fresh roses in posies and arrangements for all occasions. An introduction to floral art.

October 17: Roses for Christmas

Handmade gifts, decorations & home décor using roses and rose motifs.

October 24: Event: Bus Tour to Morwell Rose Garden & Kurinda Rose Nursery.

October 31: Enter! The Rose Show!

Simple advice on how to follow rose show catalogue and how to use the easy entry system. And, most important, how to present entries to best advantage and maybe win a trophy!