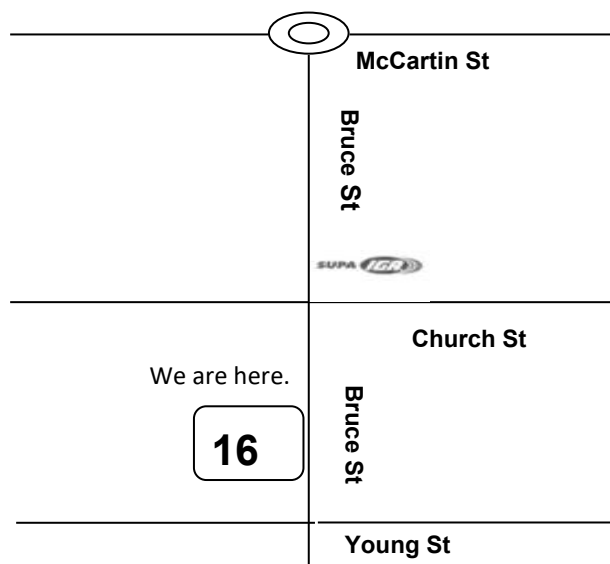


where to find us



16 Bruce Street, Leongatha 3953

Office Hours: Tues - Sat, 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 3, 2019

1 July - 30 September

excluding public holidays



From the Coordinator

Welcome to our Winter quarter! Be assured that your Community House is full of warm welcomes, laughter, and busy-ness to chase away the winter chills. We have all of our regular classes and groups underway, with a few nice surprises thrown in.

Change to Opening Times

A major piece of news for this term is that the opening hours for the office will change.

From 16 July, the Community House office will be open from Tuesday to Saturday. The actual hours will still be 9.00am to 3.30pm.

The office will be closed on Monday's.

There will be no change to access to the building, and all our classes and programs previously scheduled for Monday's will remain in place. The change simply means that I will not be in the office.

We are trialling the new hours in an effort to offer support to those people who cant access the office during weekdays, and to try out some new activities that, for insurance purposes, require an employee to be on-site. Please keep watching our Facebook page for regular updates on what's happening.

In the meantime, stay warm, and I hope to see you when next you visit your Community House.

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 Group of Alcoholics Anonymous meets weekly on Thursdays at 7.30pm

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

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

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.

Leongatha Community House is proud to be a drop-off point for donations to **Warriors4Wildlife**

All donations of non-perishable pet-foods, towels and blankets for bedding, non-specific medical supplies such as bandages, and/or cleaning products are gratefully accepted.



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></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>Family Craft Night</u></p> <p>Enjoy a fun evening of craft with your child/ren and create shared memories.</p> <p>All materials and equipment provided</p> <p>Minimum age 6 years</p>	<p>Wednesday</p> <p>21 August</p> <p>6.00pm - 8.00pm</p>	<p>\$25 for 1 adult and 1 child</p> <p>\$10 for each additional child</p>
<p><u>Card-making</u> (Jessie Murray)</p> <p>Create a simple beautiful card each week, and learn fun papercraft techniques along the way.</p> <p>All materials and equipment supplied</p>	<p>Tuesdays</p> <p>From 16 July</p> <p>11.30am - 12.30pm</p>	<p>\$5</p>
<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 fortnight</p> <p>From 2 July</p> <p>1.00pm - 3.00pm</p>	<p>\$15</p>
<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>3rd Saturday of every month</p> <p>1.00pm - 4.30pm</p>	<p>\$10</p>
<p><u>Bullet Journaling</u> (Alana Reid)</p> <p>It's a new financial year! Finally get organised with the fun and creativity of bullet journaling. Track your finances, monitor your habits, and improve your routines. Perfect for adults and children over 6 years.</p> <p>BYO journal and pens</p>	<p>Wednesday every fortnight</p> <p>From 24 July</p> <p>4.00pm - 5.30pm</p>	<p>Gold coin</p>

hobbies and interests

Details	Dates	Cost
<p><u>Akoya-Pearl Jewellery-Making</u> (Donna Atkins)</p> <p>Create your own sterling-silver jewellery with beautiful coloured Akoya pearls, under Donna's expert tuition. You'll take home 3 pieces of jewellery - choose from rings, bracelets, ear-rings - all uniquely crafted by you.</p> <p>All supplies provided; byo lunch.</p> <p>Bookings essential; only 8 places available</p>	<p>Friday</p> <p>30 August</p> <p>10.00am - 3.00pm</p>	<p>\$33</p>

legal & 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>	<p>FREE</p>
<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>15 July - 20 September (excluding 26 August)</p> <p>7.00pm - 8.30pm</p>	<p>\$180</p> <p>(\$160 conc.)</p>
<p><u>Financial Capability for over-50's</u> (WIRE)</p> <p>This workshop aims to build participants' confidence in the skills they already possess, facilitate the sharing and learning of new skills, offer new avenues for information and support and encourage participants to continue learning & improving their financial participation. The workshop will explore the basics of handling and managing money, strategies to get help if you need it, and more!</p>	<p>Monday</p> <p>12 August</p> <p>9.30am - 4.30pm</p>	<p>FREE</p>

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 July AND 30 Sept 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 10 & 24 July 7 & 21 August 4 & 18 September 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 5 August 10.30am - 12.00noon</p>	\$15
<p><u>Be Connected, Be Included</u> Part of our Digital Literacy for Seniors program - this "come-and-try" session will show you the many ways that we can help you get online and get included. Note: This session will be conducted at the South Gippsland Shire Council's Meeting Room 1 in Michael Place. Contact Community House for full details Light refreshments provided In conjunction with South Gippsland Citizens Advice Bureau, South Gippsland Shire Council, Volunteering Victoria, and the Good Things Foundation.</p>	<p>Monday 9 September 10.00am - 2.00pm</p>	FREE

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 and payment.</p>	<p>Monday every week</p> <p>9.30am - 10.30am</p>	<p>\$15</p> <p>\$12 conc</p>
<p><u>Chronic Pain Support Group</u></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><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, and payment.</p>	<p>Wednesday</p> <p>9.30am - 11.00am</p> <p>(Runs in blocks of 8 weeks - next block begins 17 July)</p>	<p>\$25</p>
<p><u>LCH Wednesday Walkers</u> (Heart Foundation Walking Group)</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>6 August - 24 Sept (excludes 20 August and 17 Sept)</p> <p>7.00pm - 9.00pm</p>	<p>\$90</p>
<p><u>Everyday Philosophy</u></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</p> <p>4.30pm - 5.30pm</p>	<p>Gold coin</p>
<p><u>Conversazioni in Italiano</u> (Conversations in Italian with Connie di Blasi)</p> <p>Learn how to speak Italian - including the Italian alphabet, vocabulary, pronunciation, grammar, and more - in these informal and fun classes.</p>	<p>Tuesday every week</p> <p>1.00pm - 2.00pm</p>	<p>\$10</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.)

July 18: Roses for Warmth (\$10)

Enjoy the rose motif in sewn items that provide warmth for you and your home. See finished examples for a lap quilt, teapot cosy, trivet, and more, and receive instructions to make your own.

August 1: Getting to Know Roses (FREE)

This free group discussion aims to clarify aspects of how roses are grouped and/or classified, starting with the most recent botanical list.

August 15: Beaded Roses (\$25)

Join experienced artist Noelle Walker to create your own beautiful beaded-rose coat-pin. All materials and equipment provided.

September 5: Spring in the Garden (\$10)

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 (\$15)

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

health

Details	Dates	Cost
<p><u>"Me First" Self-Care Group</u> (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>9.30am - 11.00am</p>	<p>\$10</p> <p>\$5 conc</p>
<p><u>Tai Chi</u> (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 18 July)</p> <p>Beginners: 9.45am - 10.30am</p> <p>Experienced: 10.45am - 11.30am</p>	<p>\$5 per session</p>
<p><u>Circle Dancing</u> (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 18 July)</p> <p>11.45am - 12.30pm</p>	<p>\$5 per session</p>
<p><u>Women's Health Week</u></p> <p>We'll have a number of activities to highlight the importance of maintaining physical and mental health.</p> <p>Plans include:</p> <ul style="list-style-type: none"> • Information and workshops on responding to stress, anxiety, and depression • My Period and Me - learning about menstruation <p>Keep connected to our Facebook page or contact the Office to find out exactly what's happening.</p>	<p>2-6 September</p>	

Our week at a glance

Monday

9.30 - 4.30	Financial Capability	12 August only
9.30 - 10.30	Gentle Yoga	Weekly
10.00 - 12.00	Coffee Club	4th Monday
10.00 - 11.00	'Appy Hour	Weekly
10.30 - 12.00	Caring for your Computer	5 August only
1.00 - 4.30	LCH Solo Card Group	Weekly
7.00 - 8.30	Auslan (10 weeks)	Weekly from 15 July

Tuesday

9.00 - 10.00	Legal Information Session	2nd Tuesday
9.30 - 11.00	"Me First" Support Group	Weekly
10.00 - 12.00	Chronic Pain Support Group	3rd Tuesday
10.00 - 12.00	Drawing & Painting	Weekly
11.30 - 12.30	Card-Making	Weekly
1.00 - 3.00	Beading with Noelle	Fortnightly
1.00 - 2.00	Conversations in Italian	Weekly
1.00 - 4.30	Sewing & Patchworking	Weekly
7.00 - 9.00	Photography Group	3rd Tuesday
7.00 - 9.00	DSLR Cameras (8 weeks)	Weekly from 6 August

Wednesday

9.30 - 10.30	Wednesday Walkers	Weekly
1.30 - 3.00	Stitching with a Cause	Fortnightly
4.00 - 5.30	Bullet Journaling	Fortnightly from 24 July
4.30 - 5.30	Everyday Philosophy	Weekly
6.00 - 8.00	Family Craft Night	21 August only

Thursday

9.30 - 10.30	Tai Chi (Beginners)	Weekly
10.00 - 12.00	Craft in Company	Weekly
10.00 - 12.00	WonderWomen	Weekly (except 4th Thur)
10.45 - 11.30	Tai Chi (Experienced)	Weekly
11.45 - 12.30	Circle Dancing	Weekly
2.00 - 4.00	All Things Rose	1st & 3rd Thursdays

Friday

9.30 - 12.00	LCH 500 Card Group	Weekly
10.00 - 12.00	Painting with Acrylics	Weekly
10.00 - 12.00	Mixed Media Art	Weekly
10.00 - 3.00	Akoya-Pearl Jewellery-Making	30 August only
1.00 - 4.30	LCH Solo Card Group	Weekly
6.00	LCH Friendship Group	1st Friday

Saturday

10.00 - 2.00	Calligraphy	3rd Saturday
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Sunday

10.00 - 3.00	Knitting & Crochet	1st Sunday
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Classes are subject to change. Please check with the office on 5662 3962.

Other classes and workshops may be established after this program is printed.

Like our Facebook page to stay up-to-date.