

# INVERLOCH COMMUNITY HOUSE INC.

'Inverloch Community Hub', 16 A'Beckett Street, Inverloch 3996

[www.inverlochcommunityhouse.org.au](http://www.inverlochcommunityhouse.org.au)



Our Community House's mission is to provide a warm and supportive environment to learn and share ideas creating a stronger community. We do that by providing a wide range of programs, classes and activities for local residents.

We are keenly seeking to involve people from the community in all aspects of the planning and delivery of these programs at the House.

## WINTER PROGRAM 2018

### HEALTH AND WELL BEING

*With*

***South Gippsland Mental Illness Carers Group***

Are you caring for someone with a mental illness? If so, you are welcome to join our group. We started in 1994 and are now a more informal coffee and chat group. Being amongst other carers you realise you're not alone. In a relaxed, warm, friendly and confidential atmosphere you are able to enjoy the company of other carers, and have a laugh too.

We have information on other mental health service groups. Our group meet on the second Monday of the month in the morning.

#### **Commencing**

**Date: Monday 9th July and every second Monday of the month**

**Time: 10am—12:30pm**

**Cost: Gold Coin Donation**



**Contact: Rosemary Heide : Ph.5662 4352  
or Maggie Spinks Ph. 56581781**

### COOKING

*With Etsuko*

Do you want to master the art of making Japanese gyoza dumplings? In this 2 hour class you will learn how to make authentic pork gyoza dumplings using gyoza skins available in the local supermarket. This cooking class is taught by a Japanese cook and includes tasting time at the end.

#### **Commencing**

**Date: Thursday 2nd August**

**Time: 6pm—8pm**

**Cost: \$45 (M) \$50 (NM) per person**

**Where: Internal Street, Inverloch Community Hub**



**Requires a Minimum of 10 people to commence  
BOOKINGS ESSENTIAL PH: 5674 2444**

**ALL ENROLMENTS AND BOOKINGS  
COMMENCE MONDAY 9TH JULY**

### **Inverloch CWA**

The Inverloch Branch of CWA meets every 4th Tuesday of the month at a members home. Start at 10am with craft then a meeting at 1pm.

New members most welcome.  
For More Information Contact.

**Joyce Ingle, Secretary. 5674 2947  
Lesley Beakley, President 0416 225 052**



**ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 9TH JULY**

## WALKING GROUP

### **Inverloch Walkie Talkies**

If you love to walk and would like some company, meet up with our fun loving walking group at the Community House each Monday morning. Wear comfortable clothing and appropriate footwear. This group is for everyone.

#### **Commencing**

**Date: Monday 16th July**

**Time: 9:00am - 11:00am**

**Where: Meet at the War Memorial**

**Cost: \$2**



**Contact Sue Ph 0411 053 306**

**All participants must be a member of Inverloch Community House Inc. for Insurance purposes.**

### **Walk & Wag**

Dog lovers unite. When you combine a walk with other people and other dogs, you satisfy more than just your beloved pooch. Your dog has a chance to socialise, as well as practise good on-leash and off-leash behaviour. You get to meet like-minded people who love their dogs and maybe even get some advice or help with doggie issues. Always remember to be a responsible dog owner and clean up the poop.

#### **Commencing**

**Date: Tuesday 17th July**

**Time: 10am - 11am**

**Where: The Anderson Inlet Angling Club Car park**

**Cost: Gold Coin Donation**

**All participants must be a member of Inverloch Community House Inc. for Insurance purposes.**

## DANCE

### **Line Dancing**

*With Bev*

Have you ever wanted to try Line Dancing classes? Then come along and learn the basic steps and some dances. Wear comfortable clothing and footwear and have fun.

#### **Commencing**

**Date: Thursday 19th July**

**Time: 12:00pm - 1:00pm Easy to Intermediate**

**Time: 1:00pm - 2:00pm Upper Beginners**

**Time: 2:00pm - 3:00pm Beginners**

**Cost: \$4 (M) \$6 (NM) 1hr**

**\$5 (M) \$7 (NM) 2hrs**

**\$6 (M) \$8 (NM) 3hrs**

**Where: Inverloch Community Hub Hall**

**No need to book, just turn up on the day**

## DANCE

### **Child & Parent Dance and Rhythm**

*With Paula*

A mixed dance class for pre-schoolers where one parent attends with the child. Movement and rhythm are explored through fun activities with saris, silks, ribbons, instruments, balls and hoops, and elastics and fabrics. This term students will have the opportunity to participate in "Alice in Venus" a mixed media production of film and dance.

**FREE Come and try 25th July**

#### **Commencing**

**Date: Wednesday 1st August**

**Time: 9:30am - 10:30am**

**Cost: \$84 (8 Weeks) Includes free come and try**

**Where: Inverloch Community Hub Hall**

**Requires a Minimum of 10 people to commence**

**BOOKINGS ESSENTIAL PH: 5674 2444**

### **Circle Dancing**

Dancing in a circle is an ancient tradition common to many cultures. Modern circle dancing draws on the rich and diverse traditional dances of many countries and includes a growing repertoire of new dances to classical music and contemporary songs.

The dances range from very simple to the more intricate. Some are energetic and lively while others feel reflective and flow like a moving meditation bringing a sense of peace, togetherness and relaxation.

#### **Commencing**

**Date: Tuesday 17th July**

**Time: 1:30pm - 2:30pm**

**Cost: \$3 (M) \$5 (NM)**

**No need to book, just turn up on the day**

## TAI CHI

*With Carmel*

Beginners welcome. Join Carmel as we return to the Inlet for Term 3 Inside or outside depending on the weather.

Wear loose comfortable clothing, supportive footwear, sunhat, sunscreen and bring water and repellent. Movements modified as required.

#### **Commencing**

**Date: Tuesday 17th July**

**Where: Anderson Inlet Angling Club Hall**

**Time: 9:00am - 10:00am**

**Cost: \$8 (M) \$10 (NM)**

**Medical clearance required if not previously supplied  
No Booking required**

## YOGA

### \* With Katrina

Katrina offers you dynamic, flow-style yoga classes to transform your mind and heart-space, through working strongly and with intense focus, through your body. Regain abdominal, core, pelvic strength and tone, increase energy, fitness, improve flexibility, wellbeing, posture and body shape. Reduce stress in this flowing, gently dynamic yoga class.

#### Commencing

**Date: Thursday 19th July**

**Time: 9:30am—10:45am**

**Cost: \$20 casual or \$85 for 5 classes**

**Date: Thursday 19th July**

**Time: 6:00pm - 7:15pm**

**Cost: \$20 casual or \$85 for 5 classes**

**Contact Katrina for bookings 0400 840 634**

**Or go to [www.inverlochyoga.com](http://www.inverlochyoga.com)**

### \*Pilates

#### With Leah

Course suitable for able bodied persons of any age, working towards a stronger core, better posture and more flexible muscles and increased energy. A pre-exercise questionnaire needs to be submitted prior to commencing the class.

#### Commencing

**Date: Tuesday 17th July**

**Times: 9:00am - 10:00am, 10:05am - 11:05am,**

**11:10am - 12:10pm**

**Cost: \$143 (11 sessions)**

**Contact Leah for Bookings 0458 642 373**

## WRITING

### \* Bass Coast Writers

Do you like to write? We are people of all ages with different writing ability and support each other. We enter competitions and publish a book once a year. Come along to the House on a Thursday afternoon to be part of something very special. All welcome!

#### Commencing

**Date: Thursday 19th July**

**Time: 12:30pm - 3:00pm**

**Cost: \$5**



**All Welcome - just turn up on the day**

**We are a registered drop off  
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Sani t ary Donat i on**

## SUPPORT

### Knit one Give one

Inverloch Community House is a drop off point for **KoGo (Knit One Give One)**. KoGo is a not-for-profit organisation that asks volunteers to donate time and wool to knit warm winter woollies and cuddly knitted toys. koGo then distributes the items to people in need through over 250 community groups.

#### KoGo News Update

KoGo is in desperate need of babies' cardigans for their baby gift packs.

You can download 2 very simple patterns on the website <http://www.kogo.org.au/patterns> or feel free to knit or crochet your favourite pattern.

The Chatty Crafters are passionate supporters of KoGo. If you are interested in KoGo or crafts drop in for a chat on Tuesday afternoons.

### NDIS ongoing Support

here at Inverloch Community House.

1st Friday of the month . 10am –12pm

One on one sessions with a NDIS expert to guide you through NDIS MyGov Portal and assist you with any general NDIS information

**Bookings preferred on 56742 444**



### Inverloch Mens' Shed

The Shed is open to the public

**Mondays & Wednesdays**

**10am - 3pm**

It is located on the Cnr of Bolding Place and Sandy Mount Ave.

For more information phone

**Frank Deane 0490 032 054**

Or go to [www.inverlochcmensshed.com.au](http://www.inverlochcmensshed.com.au)

### Inverloch VIEW Club

The Club sponsors five Smith Family *Learning for Life* students and is actively involved in fundraising activities to raise donations for The Smith Family programs.

The Club meets on the 4th Tuesday of every month at the Inlet Hotel, 12pm. New members most welcome.

For more Information contact

**Jill Steer, President 03 5674 3144**

**Jill Widmer, Secretary 03 5674 3910.**



## FIRST AID

### \* First Aid – Accredited

*With Stan Hewerdine*

**CPR Update (HLTAID 001)**

**Date: Saturday 1st September**

**Time: 9:00am - 12:30pm**

**Cost: \$60 (M) \$70 (NM)**

**Level 1 (Includes CPR) (HLTAID002)**

**Date: Saturday 1st September**

**Time: 9:00am - 3:30pm**

**Cost: \$95 (M) \$105 (NM)**

**Level 2 Workplace First Aid (HLTAID003)**

**Date: Saturday 1st September**

**Time: 9:00am - 5:00pm**

**Cost: \$160 (M) \$170 (NM)**



This Class requires a minimum of 5 people to commence

BOOKINGS ESSENTIAL PH: 5674 2444

## BOAT LICENCE

### \* Boat Licence and PWC (Jet ski)

The Australian Boating College is conducting Boat licence courses including PWC Jet ski endorsement at no extra cost. Everyone 12 years and above is eligible.

**Commencing**

**Date: Saturday 4th August**

**Time: 1:00pm - 5:00pm**

**Cost: \$125**

BOOKINGS ESSENTIAL

For More Information Phone Bob 0417 524 005

## WANTED

**Welcome to Inverloch Morning tea Coordinator**

We are looking for someone who would be interested in organising a morning tea for the newcomers of Inverloch

For more information..

Please call Lisa on 5674 2444

**All Classes are run weekly on the day indicated for the commencement of the term unless otherwise specified**

## LANGUAGE

### French for Beginners 3

*With Bernadette*

(Native Speaker Teacher)

Learn to speak, write, and understand basic French used in everyday situations.

(Intermediate, Advanced and Conversations classes available on request).

**Commencing**

**Date: Wednesday 18th July**

**Time: 9:30am—10:30am**

**Cost: \$150 (M) \$160 (NM) Full Term (10 weeks)**

### French Advanced

*With Bernadette*

For students who completed Level 1 & 2 , or for those with a good knowledge of grammar and conversation.

**Commencing**

**Date: Wednesday 18th July**

**Time: 10:30am—11:30am**

**Cost: \$150 (M) \$160 (NM) Full Term (10 weeks)**

Both Classes require a minimum of 5 people to commence

BOOKINGS ESSENTIAL PH:5674 2444

## SOUP CAFÉ

The Soup Café, is back on board to share with you delicious home made soups proudly served by our lovely volunteers.

Join us from **July through to October**, every 2nd Tuesday of the month. It's a community café for everyone to enjoy.

**Commencing**

**Dates: 10th July**

**14th August**

**11th September**

**9th October**

**Time: 12.00pm - 1.30pm**

**Cost: Pay what you feel the meal is worth**

**Where: Inverloch Community Hub, Internal Street**

*If you would like to volunteer your time with the Soup Café then please let us know.*

*Contact Inverloch Community House (03) 5674 2444*



## TECHNOLOGY

### **Android Phone, Tablet, Computer Training and MYGOV.....**

*With Geoff*

Just purchased a Samsung Galaxy, HTC, Sony, Google Nexus or Motorola phone or tablet or a Windows Laptop? Geoff will show you the basics to get you up and running. If you would like to know about a specific application, Geoff will try to accommodate you with your query. Geoff is also offering to help you learn your way around **MyGov**. These sessions are one on one and run every Monday and Tuesday throughout the term .

#### **Commencing**

**Date: Monday 16th July & Tuesday 17th July**

**Time: 1:00pm - 3:00pm**

**Cost: \$8 (M) \$10 (NM)**

**BOOKINGS ESSENTIAL PH: 5674 2444**

## WINDOWS 10

*With Peter*

Get to know your way around Windows 10 with Peter. These one on one sessions are designed for participants with little or basic knowledge of computing and/or windows operating system. Let Peter answer your questions and guide you through the world of windows. No prerequisites required.

\*Please bring along your own laptop, tablet or other device.

**Contact Peter to make an appointment  
m.0414075980**



## OLD SCHOOL

*With Kev*

Step back in time on a tour of early communications history. Kev is a passionate collector of all things telecommunications and is keen to share his memorabilia with you. There's an array of early telephones from the morse code telegraphs, telephone exchange equipment, radios, gramophones and plenty more. Don't miss this great opportunity right here in Inverloch.

#### **Commencing**

**Date: Monday 24th September**

**Time: 10:30am –12pm**

**Cost: Gold Coin Donation**

**This tour requires a minimum of 10 people to commence**

**BOOKINGS ESSENTIAL PH:5674 2444**



## IPHONE AND IPAD

*With Brad*

Just got your first iPad or iPhone and feeling out of your depth with how to set it up or how to use it? Then why not let Brad, your local iPhone and iPad hero, show you the basics to get you up and running? If you're keen to learn how to set up your new iPhone or iPad, send messages and emails, connect to the internet, or even have a video chat with your family over the other side of the world, Brad will show you how easy it really is. Sessions are one on one.

#### **Commencing**

**Date: Friday 7th September**

**Time: 10:00am - 12:00pm**

**Cost: \$8 (M) \$10 (NM)**

**BOOKINGS ESSENTIAL PH: 5674 2444**

## HAPPY SNAPPERS

*With Mick*

Over a series of 3 weeks, one day per week you are invited to explore photography and videography via mobile devices.

Using a range of digital story telling techniques, participants will create a series of images which can then be uploaded to social media platforms..

Participants are welcome to bring their own technology (BYOD)

The sessions will cover areas such as effective digital story telling including pre production (concept development, planning) production (image capture and manipulation) and post production (editing and output).

No experience required.

#### **Commencing**

**Date: Tuesday 4th, 11th & 18th September**

**Time: 4pm –5:30pm**

**Cost: \$10 (M) \$12 (NM)**

**This class require a minimum of 5 people to commence**

**BOOKINGS ESSENTIAL PH:5674 2444**

**ALL ENROLMENTS AND BOOKINGS  
COMMENCE MONDAY 9TH JULY**

## HEALTH AND WELL BEING

### **\*Reiki Level I Workshop**

*With Reiki Master Angela Croaker*

Discover the easiest way to heal yourself naturally!  
Come along and learn the traditional Japanese art of Reiki, a gentle and effective hands-on healing technique that you can use on yourself and your loved ones.

A simple and natural way to relieve stress and anxiety; decrease pain and tension; release emotional blockages; maintain peace and calm; and deepen your connection to Self and Spirit.

In this deeply healing and transformative weekend, you will be given lots of practical demonstrations and exercises, opportunities for group sharing, discussions as well as support and guidance in a safe and nurturing space.

Upon completion you will be able to competently give a full Reiki treatment to yourself, family and friends; and have the opportunity to join a community of like-minded Reiki channels to connect with and practise in monthly shares

#### **Commencing**

**Date: Saturday 8th September &**

**Sunday 9th September**

**Time: 9am -5:pm**

**Cost: \$395 (includes both days ) early bird \$370 for payments received in full 2 weeks prior)**

Deposit \$100 required no later than 1 week before workshop commences.

\*Morning and afternoon tea included \*

Workshop Price Includes: Comprehensive Workshop Manual & Certificate (recognised worldwide)

Complimentary one-on-one Reiki session with Angela (valued at \$125)-21 days post workshop support

**This workshop requires a minimum of 4 people maximum of 10 people to commence.**

**BOOKINGS ESSENTIAL PH: 0467 244 803**

***Activities marked with an \* asterisk are on a room hire basis and not an activity of the Inverloch Community House Inc.***

## MEDITATION

### **\*Soulfulness Meditation**

*With Julia and Daniel Smaistrila and Bronwyn Durrant*

You will be learning a powerful yet simple meditation practice using the 5 power techniques as taught by Master Zhi Gang Sha. We will be connecting with the Power of Soul and learning how your soul carries the potential to bring Health and Happiness into every aspect of life including your Health, Relationships, Finances and more.. This will be a gentle, loving meditation to help bring more Balance into your daily life. Participants will be gifted a Love Peace and Harmony Meditation CD and book.

#### **Commencing**

**Date: Saturday 21st July, 18th August, 15th September**

**Time: 10am - 12:00pm**

**Cost : \$10**

**This Class requires a minimum of 3 people to Commence.**

**BOOKINGS ESSENTIAL PH: 5674 2444**

## SEED SWAP

Come and trade your beloved seeds & seedlings from your veggie garden, plants and fruit trees. Share your tips while enjoying a cuppa and a chat with other garden enthusiasts.

#### **Commencing**

**Date: Saturday 28th July**

**Time: 10.30am—11:30am**

**Cost: \$3 (M) \$5 (NM)**



**NO NEED FOR BOOKINGS JUST TURN UP ON THE DAY**

#### **SAVE THE DATE:**

**Wednesday 19th September, 1:00pm—2:30pm**

Jan Child Chief Executive Officer, will provide an update on Bass Coast Health including the Clinical Services Plan and the Master Plan for the new Wonthaggi Hospital.  
Venue to be confirmed I  
Inverloch community house facebook page for more information

**Attended Office hours: Monday – Friday 10:00am to 2:00pm**  
**You can contact us 5674 2444 or email: office-ichi@dcsi.net.au**

Payment by cash, cheque or EFTPOS accepted.

## GARDENING

### Urban Food Growing

*With Paul*

The Urban Food Growing course covers all aspects of growing your own fresh food, organically. Topics to be covered include;

**Week One - "The Veggie Patch"** - garden bed design, soils, crop rotation plus what to plant and when.

**Week Two - "Adding Some Fruit"** - fruit tree selection and pruning as well as solutions to pests and diseases.

**Week Three - "Keeping it all Growing"** - composting and fertilisers, vegetable pests and diseases.

**The Presenter** Paul Kirkpatrick is a former teacher and qualified horticulturist. He has recently moved from NSW where he was head gardener of a heritage listed property which led to an "Award of Excellence in horticulture" for his skills and promotion of the industry. Paul currently writes for Landscape Contractor magazine and manages a horticultural retail business.



**Commencing**

**The 3rd Saturday of the month.**

**Date: 21st July, 18th August, 15th September**

**Time: 12:30pm – 1:30pm**

**Cost: \$8 Members \$10 Non Members**

**This Class requires a minimum of 9 people to Commence.**

**BOOKINGS ESSENTIAL PH: 5674 2444**

## DRAWING

### Art Classes

*\*With Faye*

Faye will take you through basics of drawing and painting. In the first 5 weeks mediums taught are pencil, & charcoal, In the second 5 weeks you will move on to pastels and acrylic. Some Materials supplied

**Commencing**

**Date: Wednesday 28th July**

**Time: 1pm – 3:30pm**

**Cost: \$300 (full 10 weeks) Option for part payment**

**I'm back by  
POPULAR  
DEMAND**

**BOOKINGS ESSENTIAL PH: 56742 444**

**Require a minimum of 8 people to commence. And a maximum of 14 people per class**

## ARTS

### In House Painters

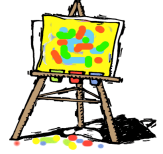
Come along, have some fun in an environment of inspiration and creativity. Be sure to bring along your own materials and projects. No experience is necessary just your enthusiasm is required.

**Commencing**

**Date: Friday 20th July**

**Time: 10:00am - 3:00pm**

**Cost: \$6(M) \$8 (NM)**



**All Welcome - just turn up on the Day**

## CRAFTS

### Chatty Crafters

A small friendly group who share thoughts and ideas whilst enjoying crafts, sewing, knitting, embroidery or whatever takes your fancy.

No experience necessary.

**Commencing**

**Date: Tuesday 17th July**

**Time: 1:00pm - 3:00pm**

**Cost: \$4 (M) \$6 (NM)**

**All Welcome - No Bookings Required**

## KIDS CRAFTS

### Lunch Time Knitters

#### Inverloch Primary School

**Learning to knit. 4 week sessions**

**Grade 5/6**

**Join Anne, Audrey and their team**

**Commencing Tuesday 24th July , 1pm.**

**Meet in the front foyer**

**Term 2**

**ALL ENROLMENTS AND BOOKINGS  
COMMENCE MONDAY 9TH JULY**

**Attended Office hours: Monday – Friday 10:00am to 2:00pm**  
**You can contact us 5674 2444 or email: office-ichi@dcsi.net.au**

Payment by cash, cheque or EFTPOS accepted.

## COOKING

### Sweet Indulgence

*with Soul Food Chef Angela Croaker*

A Journey into Temptation with Wholefoods!

Got a craving for sweet treats but avoiding dairy, gluten and refined sugar?

Do you love cheesecake, caramel slice and fudgy cookies? What about lemon curd tart?

In this half day class, learn how to satisfy and fulfil all those cravings without feeling guilty or causing yourself intestinal grief!

Let me show you how easy it is to create indulgent delights using natural wholesome and organic ingredients. No preservatives, nothing processed. Simple easy to follow recipes you can take home, quick tips and professional techniques in a fun, hands-on and supportive environment.

No need to deny yourself a little pleasure when you can have natural healthy alternatives!

#### Commencing

**Date: Wednesday 15th August**

**Time: 10.30am—2.30pm**

**Where: Inverloch Community Hub Kitchen**

**Cost: \$60**

**This class requires 6 people to commence  
BOOKINGS ESSENTIAL PH: 5674 2444**

## OUT AND ABOUT

### Op Shop Bus Tour

It's another surprise journey of treasures and treats for this Op Shop Tour. The Op Shop Bus will once again travel the roads in search of the elusive treasure .

A great way to spend the day in a fun, friendly atmosphere. Meal breaks scheduled along the way time permitting or BYO.

\* **Note:** for any participants with limited mobility please bring along a friend to assist you.

#### Commencing

**Date: Thursday 20th September**

**Time: 9:30am to 4:30pm**

**Where: meet outside the Hub, Reilly Street side**

**Cost: \$15**

**This tour requires 10 people to commence  
BOOKINGS ESSENTIAL PH: 5674 2444**

**Attended Office hours: Monday – Friday 10:00am to 2:00pm  
You can contact us 5674 2444 or email: office-ichi@dcsi.net.au**

Payment by cash, cheque or EFTPOS accepted.

## BREADMAKING

### Sour Dough Bread Making Master Class .

*With Lisa*

**Join Lisa Sartori at Dirty Three Wines** where you will Learn to bake your own sourdough bread from scratch. In this two hour class Lisa will take you through the whole process, turning handfuls of flour into your own warm, crusty loaves.

You will work with Lisa's 3 year old starter , be taken step by step through the creative process and learn the skills and techniques needed to replicate the baking process at home for the enjoyment of friends and family. This sourdough master class is suited for keen beginners. Junior bakers welcome.

#### Commencing

**Date: Thursday 6th September**

**Time: 7:00pm—9:00pm**

**Where: Dirty Three Wines, 64 Cashin Street**

**Wear: BYO Apron .No jewellery on wrists or fingers .**

Comfortable clothing that will survive a coating of flour. Flat non slip shoes with closed toes.

**Cost: \$50**

**This class requires 6 people to commence  
BOOKINGS ESSENTIAL PH: 5674 2444**

## ART TOUR

### Art Bus Tour

Mystery Art Tour hitting the road for a taste of the arts. Join other art enthusiasts for a day of appreciation and discoveries

Make new friends, discover some of Gippsland's finest works of art and relax while meandering through the beautiful Gippsland country side .

#### Commencing

**Date: Thursday 16th August**

**Time: 9:30am to 4:30pm**

**Where: meet outside the Hub, Reilly Street side**

**Cost: \$15**

**I'm back by  
POPULAR  
DEMAND**

**This tour requires 10 people to commence  
BOOKINGS ESSENTIAL PH: 5674 2444**