



# SUMMER PROGRAM 2020

### UPCYCLE

#### From Now To WOW

*With Jo Hinchliffe*

Come along and learn how to be creative with your clothing and catch Jo's passion for creating unique clothing on an amazingly low budget.

Jo recycles existing garments from her own wardrobe and from Op Shops by joining parts of each garment together to make completely new outfits. She calls this process 'Cut and Paste'.

This process enables anyone to be able to produce not only new garments, but also unique clothing that will always be bespoke items. Jo calls her outfits 'fashion stories' as most of them are combined garments from her past!

She will thread some of these fascinating stories into her presentation and encourage you to look at your own wardrobe in a very different way.

**Date: Saturday 29th February**

**Time: 10:00am — 11:00am**

**Date: Wednesday 4th March**

**Time: 10:30am — 11:30am**

**Cost: Gold Coin Donation**

**No Bookings Required. All welcome.**



### COMMUNITY

#### 2nd Stage Mural Launch

We are very proud to announce by the end of March, the second stage of our external Mural will be completed by The Inverloch Primary School students.

To celebrate this wonderful achievement we will be hosting a Community BBQ. Join us in sending our thanks to the many talented students who have contributed in giving the Community House a new look and leaving their mark on our community.

**Date: Friday 20th March (TBC)**

**Time: 3:30pm — 5:30pm**

**Cost: FREE**

**Where: Hub Lawn**

**All welcome.**



#### Volunteers Wanted.

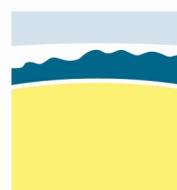
Do you like to meet new people, share your skills and be part of supporting the community. The Inverloch Community House is always on the look out for new volunteers.

We are currently looking for general office support workers.

If you can spare a couple of hours a week then drop into the House and have a chat to Lisa or phone. 5674 2444

**ALL ENROLMENTS AND BOOKINGS  
COMMENCE MONDAY 20TH JANUARY**

In partnership with the Hub we are a registered drop off organisation for Share The Dignity sanitary donation.



# BASS COAST

## WALKING GROUPS

### **Inverloch Walkie Talkies**

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

**Date:** Mondays - ongoing

**Time:** 9:00am—11:00am

**Where:** Outside the Community House

**Cost:** \$2



For more information 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.

**Commencing:** Tuesday 4th February

**Time:** 10:00am - 11:00am

**Where:** Anderson Inlet Angling Club car park

**Cost:** Gold Coin Donation

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

## TAI CHI

### **Tai Chi**

*with Carmel*

Beginners welcome. Join Carmel as we return to the Inlet. Classes will be held 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:** Tuesday 4th February

**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

For more information 5674 2444

## DANCE

### **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:** Tuesday 4th February

**Time:** 1:30pm—3pm

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

No need to book, just turn up!

### **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:** Thursday 6th February

**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!

## \*PILATES

### **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 is required to be submitted prior to commencing the class.

**Commencing:** Tuesday 4th February

**Times:** 9:00am—10:00am,

10:05am—11:05am,

11:10am—12:10pm

**Cost:** \$130 (10 sessions)

Contact Leah for Bookings 0458 642 373

## COMMUNITY YOGA

### **Inverloch Community Yoga Group**

*with Kristen*

Interested in yoga but feel a bit overwhelmed by a formal studio class? Love to take a class but the schedules around town don't work for you? Join us for a simple Hatha Yoga practice, complete with deep relaxation, on Saturday afternoons.

The Inverloch Community Yoga Group is led by Kristen, a qualified and experienced yoga teacher, and is a group of people who enjoy practising yoga in a down to earth, friendly and inclusive environment. All are welcome and we have a wonderfully diverse group with all levels of experience - including absolutely none!

We would also love local yoga teachers to join us and share their knowledge. BYO mat.

#### **Commencing**

**Date: Saturday 8th February**

**Time: 3:00pm—4:00pm**

**Cost:** Gold coin donation to cover room cost only

Contact Kristen on 0438 031 372 or  
[kristen.rose@gmail.com](mailto:kristen.rose@gmail.com) to confirm a spot

## WELL BEING

### **Introduction to Life Coaching**

*With Gail*

Are you stuck at a fork in the road in your career, relationship or just life in general? Or simply have a curious mind?

This is an opportunity to better understand human behaviour and learn how to tap into your own hidden resources to create a better life, reduce stress or to simply define your purpose.

Each of us has an 'ideal self' we would like to be. Find out how to achieve a more fulfilling life by joining Life Coach and Mentor, Gail Robertson, in these two-hour **Introductory FREE workshop** experience.

**Date: Wednesday 11th March**

**Time: 6:00pm—8:00pm**

**Date: Wednesday 18th March**

**Time: 11:00am—1:00pm**

**Cost: FREE**

**Both Classes require a minimum of 6 people to commence**

**BOOKINGS ESSENTIAL PH: 5674 2444**

## AWARENESS

### **Emergencies happen Protect what matters most**

*With Red Cross*

Red Cross will deliver a session focussing on things to be aware of if there is ever a reason to leave your home unexpectedly.

You will cover topics such as:

- Making a personal assessment of your emergency contacts, home security, your own capabilities.
- Get organised – what is important to take, where is it stored.
- Be ready to go.

Approximately 1 hour. A booklet handout per participant. No Charge.

**Date: Wednesday 26th February (TBC)**

**Time: 2:00pm—3:00pm**

**Cost: FREE**



**No need to book, just turn up!**

## WELL BEING

### **Exploring the Seasons of Grief**

*With Monica and Mary (Trained Grief Companions)*

Exploring the Seasons of Grief is a program of 90 min sessions over 5 weeks which draws on the imagery of the Seasons. It will examine effective ways for you to reflect on your experience of loss and develop skills in dealing with the significant change.

Monica and Mary have an interactive and creative approach using music, art and literature to help you develop skills to build inner strength and resilience.

**Commencing**

**Dates: Thursday 5th March (5 weeks)**

**Time: 10.00am—11.30am**

**Cost: \$25 per person for 5 sessions**

**BOOKINGS ESSENTIAL PH: 5674 2444**

**Course requires a minimum 6 people to commence**

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

## LANGUAGE

### **French for Beginners**

*with Bernadette*

(Native Speaker Teacher)

Learn to speak, write, and understand basic French used in everyday situations. Beginners with some French grammar knowledge may be suitable for this class but will need to confirm with Teacher prior to commencing.

**Commencing Wednesday 5th February**

**Time:** 9:30am—10:30am

**Cost:** \$120 (M) \$130 (NM) Full Term (8 weeks)

**Course requires a minimum of 5 people to commence**

**BOOKINGS ESSENTIAL PH:5674 2444**

## MORE FRENCH

### **French for Intermediate**

*with Bernadette*

(Native Speaker Teacher)

For students with a good basic knowledge of French grammar.

In this class the focus is on vocabulary and role play (eg: booking a train/plane ticket/a hotel room, at the restaurant/café, asking for directions etc to prepare you for your next trip to France.

**Commencing: Wednesday 5th February**

**Time:** 10:30am—11:30am

**Cost:** \$120 (M) \$130 (NM) Full Term (8 weeks)

**Course requires a minimum of 5 people to commence**

**BOOKINGS ESSENTIAL PH:5674 2444**

**ALL ENROLMENTS AND BOOKINGS  
COMMENCE MONDAY 20TH JANUARY**

### **INVERLOCH COMMUNITY HOUSE INC**

ABN 65 010 813 131

A0030114D

Address: Inverloch Hub, 16 A'Beckett Street, Inverloch

Postal Address: PO Box 368 INVERLOCH 3996

Email: office-ichi@dcsi.net.au

Website: www.inverlochcommunityhouse.org.au

## ITALIAN

### **Italian for Beginners**

*with Lucia*

(Native Speaker Teacher)

Learn Italian from an Italian! Lucia, our tutor, is a native speaker. This class is for adult beginners who want to understand basic Italian.

We will go through very common situations and a bit of grammar. You will learn to ask for information, to talk about yourself, to talk to your Italian relatives and friends. You will also learn something about Italian traditions, food, historical sites, local habits. All you need to bring with you is an exercise book.

**Commencing Monday 17th February**

**Time:** 10.00am—11.00am

**Cost:** \$90 (M) \$100 (NM) Full Term (6 weeks)

**Course requires a minimum of 5 people to commence**

**BOOKINGS ESSENTIAL PH:5674 2444**

## LEGAL INFORMATION

### **Legal Information**

*With Ian Symonds*

Ian and his team will help you to understand the different models of retirement villages /aged care accommodation.

He will also Explain the importance of having and maintaining a Will and Powers of Attorney.

**Date: Monday 17th February**

**Time:** 9:00am—10:00am or 5:30pm—6:30pm

**Cost:** FREE

**No need to book, just turn up!**

### **Membership Fee**

*\$11 per financial year*

*Members enjoy discounts on many classes and activities.*

*To join or renew drop into the House or*

*ph. 5674 2444*

*(M) Members (NM) Non Members*

## SPECIAL INTEREST

### Flower Arranging

*With Jill*

Flowers in your home adds life to a space. The same goes for a table setting – add some flowers and greenery to set a festive mood. We will look at how to keep your flowers anchored and fresh and the many container options you can use to create a pretty flower arrangement. From modern to traditional arrangements we will cover simple posies and spectacular centrepieces in this one-hour demonstration. Jill is a qualified florist from way back who enjoys sharing her creativity and passion.



**Date: Monday 23rd of March**

**Time: 10.30am—11.30am or 5.30pm—6.30pm**

**Cost: \$5 (M) \$7 (NM)**

Course requires a minimum of 5 people to commence  
**BOOKINGS ESSENTIAL PH:5674 2444**

## COOKING

### 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.

**Date: Thursday 20th February**

**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 (M) \$55 (NM)**

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

## BOAT LICENCE

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

Dive2U Mobile Adventures is conducting Boat licence courses including PWC Jet ski endorsement at no extra cost. Everyone 12 years and above is eligible.

**Date: Wednesday 8th January**

**Time: 6:00pm—10:00pm**

**Date: Wednesday 5th February**

**Time: 6:00pm-10:00pm**

**Date: Saturday 21st March**

**Time: 9:00am—1:00pm**

**Cost: \$135 per course**

**BOOKINGS ESSENTIAL**

**For More Information Phone AJ on 0409 411 299**

## ACCREDITED

### \* First Aid – Accredited

**Provide CPR (HLTAID 001)**

**Date: Monday 24th February**

**Time: 9:00am—12:00pm**

**Cost: \$60**

**Provide First Aid (HLTAID003)**

**Date: Monday 24th February**

**Time: 9:00am—4:30pm**

**Cost: \$155.00**

**Provide and Emergency First Aid Response in an Education and Care Setting (HLTAID004)**

**Date: Monday 24th February**

**Time: 9:00am—5:00pm**

**Cost: \$180**

**BOOKINGS REQUIRED GO TO**

[www.victorianfirstaid.com.au](http://www.victorianfirstaid.com.au)

## FAMILY FUN

### Planks

Creative construction fun for the whole family with a Green Hat workshop. All ages welcome. All materials supplied.

**Date: Thursday 9th January**

**Times: 11:00am—1:00pm**

**Where: Inverloch Hall—enter via Inverloch Library**

**Cost: FREE**

Go to <http://greenhatworkshop.com/>

**Bookings Online at [wgrlc.eventbrite.com](http://wgrlc.eventbrite.com)  
or phone 5674 1169**

**Presented by Inverloch Community House,  
Inverloch Library & Friends Of Inverloch Library**

## ARTS

### In House Painters

Bring your own materials/projects and have some fun in a mutually supportive environment. Our annual exhibition will be held in October this year.

**Date:** Fridays—ongoing  
**Time:** 10:00am—3:00pm  
**Cost:** \$6 (M) \$8 (NM)



All Welcome - just turn up

## 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.

**Date:** Tuesdays—ongoing  
**Time:** 1:00pm—3:00pm  
**Cost:** \$4 (M) \$6 (NM)

All Welcome -No Bookings Required

## PHOTOGRAPHY

### Inverloch Camera Club

The Inverloch Photography Club is a group that has been created for people who have a passion for and enjoy photography.

It is available for all levels of photographers, from experienced professionals to people just beginning their journey.

As a collective group, ideas and skills are shared to the benefit of all members.

#### Commencing

**Date:** Every 3rd Wednesday of the month  
(Including January Holidays)  
**Time:** 7:00pm— 8:30pm  
**Cost:** \$3 Donation

All Welcome - just turn up

For more information contact  
Kerri-Anne m. 0401 616 519

### Wanted: Succulent Cuttings

Cuttings and Small pots for our Hub Courtyard Garden.

Donations can be left at the Community House or drop into the Hub Courtyard on Saturday 2pm and see Nancy.

## CREATIVE

### Zentangle Art

With Annette

A popular creative art form that turns doodles into design. Learn how to create intricate tangles that become artistic designs. This relaxing process reduces stress and improves focus and they look great. A fun activity for all ages over

**Date:** Thursday 16th January  
**Time:** 10:00am—11:00am  
**Cost:** \$5 (M) \$7 (NM)  
Suitable for ages 12 +



### Mandala Art

The word mandala is an ancient Sanskrit word that means both circle and centre. Creating a symmetrical or organic design within a circle can be a very meditative process. Mandalas are fun to create and beautiful to look at. Mandala art can be used for self expression, spiritual transformation and healing personal growth.

**Date:** Saturday 22nd February  
**Time:** 9:30am—2:30pm  
**Cost:** \$12 (M) \$15 (NM)  
Suitable ages 12+



### Hand Made Printing

In this one day workshop, learn the basic art of lino cut printing! This beginner method of print making can be done without a print making press to create your own special prints and designs.

**Date:** Saturday 14th March  
**Time:** 9:30am—2:30pm  
**Cost:** \$12 (M) \$15 (NM)  
Suitable ages 15+



All sessions require a minimum of 5 people to commence

BOOKINGS ESSENTIAL PH: 5674 2444

## WRITING

### \* Bass Coast Writers

Do you like to write? We are people of all ages with different writing ability who 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!

**Date:** Thursdays— ongoing  
**Time:** 12:30pm—3:00pm  
**Cost:** \$5  
All Welcome - just turn up



## WELCOME

### Welcome to Inverloch Morning Tea

Inverloch CWA will be hosting a one off morning tea for any newcomers to Inverloch. Come along and meet other newbies and learn all about what's on offer in Inverloch over a cuppa and some delicious CWA treats.

**Date:** Thursday 27th February

**Time:** 10:30am—11:30am

**COST:** FREE

**For more information Ph 5674 2444**

**RSVP For Catering Purposes**

## OUT AND ABOUT

### Cranbourne Botanical Garden Tour

Come along on a bus tour to the wonderful **Royal Botanic Gardens Victoria in Cranbourne**. A contemporary landscaped space that showcases the beauty and diversity of Australian flora.

**BYO Lunch** or enjoy lunch at the café.

**Note:** for any participants with limited mobility please bring along a friend to assist you. Free entry into Gardens. Additional cost for guided tours.

**Date:** Thursday 19th March

**Time:** 9:30am—4:30pm

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

**Cost:** \$15 (M) \$17 (NM)

**This tour requires 10 people to commence**

**BOOKINGS ESSENTIAL PH: 5674 2444**

### Waste Wise Shopping Tour

Once a month we will be taking a tour to **Leongatha Health Foods Store** who stock a wide variety of bulk goods including, essential body products, household cleaning products, dry goods, seeds nuts fresh fruit and veg and much more. A great way to save on plastics and care for our environment. The tour will also make a surprise stop to another local producer along the way.

**BYO** containers and bags. **BYO Lunch** or enjoy lunch at a café. **Note:** for any participants with limited mobility please bring along a friend to assist you.

**Date:** Thursday 6th February

**Time:** 10:00am—4:30pm

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

**Cost:** \$15 (M) \$17 (NM)

**This tour requires 11 people to commence**

**BOOKINGS ESSENTIAL PH: 5674 2444**



## COURTYARD GARDENING

### Community Courtyard Garden

*With Nancy*

Nancy is a garden enthusiast who enjoys the challenge and creativity of working with succulents and gardens in general. She is here to help guide your imagination, tease out your skills and knowledge and be a part of creating a community courtyard garden.

If you are a keen gardener, have knowledge of vertical gardens and/or succulents or would simply like to share your tips, swap cuttings and get your hands in the dirt; come along and join in the fun. Whether its an edible garden, an arty flower garden, a garden with a recycled focus or all of the above. Make Saturdays a day of watering your imagination and feeding your greener inspiration.

**Commencing**

**Date:** Saturdays 8th February

**Time:** 2:00pm—3:00pm

**Cost:** Gold Coin Donation



**No need to book, just turn up!**

## SUPPORT

### 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 at various locations.

**Date:** Monday 10th February

**Time:** 10:00am—12:30pm

**Cost:** Gold Coin Donation

**For More Information on other session locations**

**Contact:** Rosemary 0481 098 248

### Parkinson's Support Group Wonthaggi Parkinson's Peer Support Group meets the

**3<sup>rd</sup> Friday of the month, 1-3pm**

@ The Miners Dispensary 169 Graham St,  
Wonthaggi VIC.

**Contact:** Gill Heal 0427 511 507

## FISHING

### Get hooked, get started, get fishing

*with June*

Join June in a 4 week fishing extravaganza where you will cast your line into the world of fishing.

**Week 1**—Knot tying & rig setting; fish & bait regulations & fish I.D

**Week 2**—Rod & reel basics; casting practise.

**Week 3**—Bait stuff; pumping your own bait; what bait to use

**Week 4**—Bait pumping & fishing excursion, weather permitting. **All fishing equipment supplied**

#### Commencing

**Date: Wednesday 4th March**

**Time: 10:00am—11:00am or 4:00—5:00pm**

**Where: Anderson Inlet Angling Club**

**Cost: \$10 (M) \$20 (NM) payment for full 4 weeks**

**BOOKINGS ESSENTIAL PH: 0417 386 081**

**OR EMAIL: [junelay3@outlook.com](mailto:junelay3@outlook.com)**

### Convert old Video tapes to USB

*with Peter*

Peter is here to save the day and your memories as well. Your old video tapes can be converted so you can view them on your TV via USB.

\$15 per tape with a free sample upon request.

Please note there is no editing but Peter can give advice on what PC software is available.

Pickup and delivery to the Inverloch Community House.

For more information contact

Peter : 0414 075 980 [peter@linksmart.com.au](mailto:peter@linksmart.com.au)

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



## 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. He is also offering to help you learn your way around my Gov. These individual sessions are one on one and run on a Monday or Tuesday from 11th November.

#### Commencing

**Date: Monday 3rd February**

**Tuesday 4th February**

**Time: 1:00pm—3:00pm**

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

**BOOKINGS ESSENTIAL PH: 5674 2444**

## APPLE SUPPORT

### Apple, iPhone, iPad and Mac Tips and Tech for Beginners

*with Clare*

Are you unsure where to begin, a first time user or just want to get more out of your device?

In one-on-one sessions, Clare will assist you to become more comfortable with your device and navigating its capabilities.

Learn how to set up your contact list, make phone calls, send emails, take photos, surf the web, use apps and much more.

Clare is available for individual sessions on Thursday mornings throughout the term.

#### Commencing

**Date: Thursday 6th February**

**Time: 10:00am—12 noon**

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

**BOOKINGS ESSENTIAL PH: 5674 2444**

### Cartridges 4 Planet Ark

We are an official collection point for used cartridges. A recycled cartridge bin is located in the Hub area for all your used cartridges, big or small.

**Attended Office hours: Monday – Friday 10:00am to 2:00pm**

**You can contact us 5674 2444 or email: [office-ichi@dcsi.net.au](mailto:office-ichi@dcsi.net.au)**

Payment by cash, cheque or EFTPOS accepted.