



SUMMER PROGRAM 2021

COMMUNITY

We are Back.

We are going to be taking it slowly, making sure you feel safe and assured that the House can once again celebrate and support this wonderful community.

With our COVID Safe plan in place there are a few changes to how things will run so please be patient and considerate of our volunteers and staff.

Its very exciting to have you back on board .

Thank you for your patience and we can't wait to see you all again in person. 2021

**ALL ENROLMENTS AND BOOKINGS
COMMENCE MONDAY 18TH JANUARY**

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

COMMUNITY

2nd Stage Mural Launch

Earlier this year, COVID interrupted our plans on launching the 2nd stage of our Mural so we are going to give it another go. The wonderful work of Inverloch Kongwak Primary School students is something of a marvel and we want to celebrate and share our thanks to the children involved. Let's show our support as the proud community that we are.

In our usual style we will be hosting a FREE BBQ for all to enjoy with a COVID Safe plan in place.

Date: Friday 19th March

Time: 3:30pm—5:30pm

Cost: FREE

Where: Hub Lawn

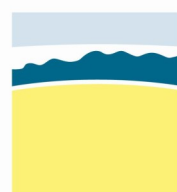
All welcome.

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



**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

Where: Meet outside the Hub, on the lawn.

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 2nd February

Time: 10:00am - 11:00am

Where: Anderson Inlet Angling Club car park

Cost: Gold Coin Donation

No need to book just turn up on the day.

*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 2nd February

Times: 9:00am—10:00am,
10:10am—11:10am,
11:20am—12:20pm

Cost: \$117 (9 sessions)

Contact Leah for Bookings 0458 642 373

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 2nd February

Where:

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 4th February

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

Time: 1:15pm - 2:15pm **Upper Beginners**

Time: 2:30pm - 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!

**ALL ENROLMENTS AND BOOKINGS
COMMENCE MONDAY 18TH JANUARY**

**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 Thursday 4th February

Time: 9:30am—10:30am

Cost: \$125(M) \$135 (NM) Full Term (9 weeks)

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

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 1st February

Time: 10.00am—11.00am

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

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

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

LANGUAGE

***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: Thursday 4th February

Time: 10:30am—11:30am

Cost: \$125 (M) \$135 (NM) Full Term (9 weeks)

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

ACCREDITED

*** First Aid – Accredited**

Provide CPR (HLTAID 001)

Date: Saturday 20th March & Saturday 17th April

Time: 9:00am—10:30pm

Cost: \$60

This course has an online workbook to be complete prior to the practical day due to Covid 19 Pandemic.

Provide First Aid (HLTAID003)

Date: Saturday 20th March & Saturday 17th April

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 20th March & Saturday 17th April

Time: 9:00am—2:00pm

Cost: \$180

This course has an online workbook to be complete prior to the practical day due to COVID 19 Pandemic.

BOOKINGS REQUIRED GO TO
www.victorianfirstaid.com.au

NDIS Support

For assistance and information relating to NDIS

contact your Local Area

Coordinator from

Latrobe Community Health Service

1800 242 696

HEALTH & WELLBEING

Healthy Eating for 1 & Cooking on a Budget *With Christopher*

Join Chris, an Accredited Practising Dietitian in our POP UP Healthy Eating for 1 & Cooking on a Budget In this FREE session.

A great way to start the Year.

For enquiries contact Chris 0491 625 747

Commencing

Dates: Wednesday 10th February

Time: 1:00pm—2:00pm

Cost: FREE

BOOKINGS ESSENTIAL PH: 5674 2444

Course requires a minimum 5 people to commence

COOKING

Cooking With June

We loved June's cooking online now we get to cook with her in person. Its always entertaining, simple and fun. Be prepared for slight ingredient adaptations and to go with the flow. Its all about the enjoyment of cooking in the good company of others.

Commencing

Dates: Tuesday 23rd February

Time: 5:30pm—7:30pm

Cost: TBC

BOOKINGS ESSENTIAL PH: 5674 2444

Course requires a minimum 5 people to commence

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

INVERLOCH COMMUNITY HOUSE INC

ABN 65 010 813 131

A0030114D

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Postal Address: PO Box 368 INVERLOCH 3996

Email: office-ichi@dcsi.net.au

Website: www.inverlochcommunityhouse.org.au

LITERATURE

Book Club

It started online through COVID but now we can meet in person. If you love to read and discuss books with others then come along to our Book Club. Keep an eye on our Face Book page and website for more details. Book of the month to be confirmed.

Books available online through Inverloch Library.

Commencing

Dates: 2nd Wednesday of the Month

Time: 7:00pm—8:00pm

Cost: FREE

Venue: To Be Confirmed

BOOKINGS ESSENTIAL PH: 5674 2444

For more details go to
www.inverlochcommunityhouse.org.au

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



BOOKINGS ESSENTIAL PH: 5674 2444

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)

BOOKINGS ESSENTIAL PH: 5674 2444



CRAFTS

Chatty Crafters

A 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

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 4th February

Time: 10:00am—12 noon

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

BOOKINGS ESSENTIAL PH: 5674 2444



MEMBERS

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

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 MyGov. These individual sessions are one on one and run on a Monday or Tuesday from 11th November.

Commencing

Date: Monday 1st February

Tuesday 2nd February

Time: 1:00pm—3:00pm

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

BOOKINGS ESSENTIAL PH: 5674 2444

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COMMENCE MONDAY 18TH JANUARY**

VISION: The House in The Hub Connecting our Community

PURPOSE: Fostering Community Connections By Providing a Supportive Environment.

To Learn, Share Ideas, Skills & Information.