

# The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

## AUTUMN PROGRAM 2022

ALL ENROLMENTS AND BOOKINGS COMMENCE TUESDAY 19TH APRIL

### SOUP CAFÉ

#### Soup Café

- Our Soup Cafes is back and we are very excited to be welcoming you along. Come and warm your bones and fill your bellies with delicious home made soups at our cozy, welcoming **Soup Café**. Proudly hosted by our lovely volunteers and community groups. It's a community café for everyone to enjoy.

• All Welcome. Just turn up on the day

Back by  
**POPULAR  
DEMAND**

Date	10th May & 14th June
Time	12:00pm—1:30pm
Cost	Pay as you feel the meal is worth
Venue	Inverloch Hub Hall

Did you know that we offer a range of Admin Services such as Photocopying, Printing Laminating and much more...

FREE fast WiFi

Internet access

PHOTOCOPYING

Black & White Printing	25c per page
Colour Printing	40c per page
Photocopying	20c per page
Laminating	\$2 per page

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



### COMMUNITY

#### Welcome to Inverloch Morning Tea

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

Date	Monday 6th June
Time	11:00am—12:00pm
Cost	FREE
Bookings	5674 2444

### SAFETY

#### Safe Seats Safe Kids with Kids Safe Victoria

Let's make sure our children are travelling safely. In partnership with Kids Safe Victoria & Inverloch Childcare, we are offering **FREE** child car restraint fittings and safety checks for parents and carers (including grandparents) of Inverloch. 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, book into a one on one session with a professional fitter who will check your restraints and put your mind at ease.

**ONLINE BOOKINGS ESSENTIAL**

<https://safeseatssafekids.com.au>

For more information contact the House on 5674 2444

Dates	Monday 16th May
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

## HEALTH & WELLBEING

### 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.

<b>Date</b>	Mondays - ongoing
<b>Time</b>	9:00am
<b>Cost</b>	\$2.00
<b>Venue</b>	Meet outside the Hub, on the lawn
<b>Info</b>	Contact Sue Ph 0411 053 306

### \*Seated Yoga with Maree

Chair yoga is suitable for all abilities and postures can be varied for individuals. Yoga connects the body and mind with the breath and strengthens the relaxation response of the nervous system. Yoga can improve your flexibility, concentration and strength, while boosting your mood and reducing stress and joint strain. This form of yoga can be done seated and also standing using a chair for support. Chair yoga is a great introduction if you are new to yoga or if you have a long term health condition or are returning to yoga after having a break.

<b>Date</b>	Weekly from Wednesday 27th April
<b>Time</b>	12:00pm—1:00pm
<b>Cost</b>	\$10.00(M) \$12.00 (NM) per session
<b>Bookings</b>	5674 2444

#### 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

### Membership Fee

\$11 per financial year. Members enjoy discounts on many classes and activities. To join or renew drop into the House or phone 5674 2444.

(M) Members (NM) Non Members

## HEALTH & WELLBEING

### \*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.

<b>Date</b>	Weekly from Tuesday 26th April
<b>Times</b>	9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm
<b>Cost</b>	\$126.00 (9 sessions)
<b>Bookings</b>	Call Leah 0458 642 373

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

<b>Date</b>	Weekly from Thursday 28th April
<b>Times</b>	12:00pm-1:00pm <b>Easy to Intermediate</b> 1:15pm-2:15pm <b>Upper Beginners</b> 2:30pm-3:30pm <b>Beginners</b>
<b>Cost</b>	\$4.00 (M) \$6.00 (NM) <b>1hr</b> \$5.00 (M) \$7.00 (NM) <b>2hrs</b> \$6.00 (M) \$8.00 (NM) <b>3hrs</b>
<b>Venue</b>	Inverloch Community Hub Hall

### 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.

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

<b>Date</b>	Weekly from Tuesday 26th April
<b>Time</b>	1.30pm—3.00pm
<b>Cost</b>	\$3 (M) \$5 (NM)

## LANGUAGE

### \*French for Beginners 2

with Bernadette

(Native Speaker Teacher)

Learn to speak, write, and understand basic French used in everyday situations. This class is a continuation of term 1 Beginners.

<b>Date</b>	Weekly from Thursday 28th April
<b>Time</b>	10:30am—11:30am
<b>Cost</b>	\$126.00 (M) \$136.00 (NM) Full Term (9 weeks)
<b>Bookings</b>	5674 2444—Course requires a minimum of 5 people to commence

### \*French Intermediate

with Bernadette

(Native Speaker Teacher)

This class is a continuation of Term 1 Intermediate. For new students, contact the House for more information prior to booking.

<b>Date</b>	Weekly from Thursday 28th April
<b>Time</b>	9:15am—10:15am
<b>Cost</b>	\$126.00 (M) \$136.00 (NM) Full Term (9 weeks)
<b>Bookings</b>	5674 2444—Course requires a minimum of 5 people to commence



#### Volunteers Wanted

We welcome people with a diverse range of skills to help in the House. Drop into the House and have a chat to Lisa or phone 5674 2444



## LANGUAGE

### \*Italian Advanced

with Lucia

(Native Speaker Teacher)

If you have enjoyed your first level, or you want to improve your knowledge of Italian, join the Italian advanced class. We will have fun speaking and reading, telling jokes and a lot of grammar!

Just bring a notebook and all your questions with you.

<b>Date</b>	Weekly from Tuesday 26th April
<b>Time</b>	4:00pm—5:00pm
<b>Cost</b>	\$126.00 (M) \$136.00 (NM) Full Term (9 weeks)
<b>Bookings</b>	5674 2444—Course requires a minimum of 5 people to commence



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

## DID YOU KNOW

### Inverloch CWA

The Inverloch Branch of CWA meets every 2nd Tuesday of the month at Inverloch Men's Shed. 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**

### Inverloch Men's Shed

The Shed is open to the public

**Mondays to Friday 10.00am - 3.00pm**

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

For more information go to

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

## LITERATURE

### 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!

<b>Date</b>	Thursdays— ongoing
<b>Time</b>	1:00pm—3:00pm
<b>Cost</b>	\$5.00
<b>Bookings</b>	5674 2444

### Book Club

If you love to read and discuss books with others then come along to our Book Club. Keep an eye on our Facebook page and website for details of the monthly book and the venue for the meeting. Book of the month can be an ebook or a 'Book in a Box' through Inverloch Library, our book club partner.

<b>Date</b>	2nd Wednesday of the Month
<b>Time</b>	5:30pm—6:30pm (approximately)
<b>Cost</b>	FREE
<b>Venue</b>	Pearl Restaurant Broadbeach
<b>Bookings</b>	5674 2444
<b>Details</b>	<a href="http://www.inverlochcommunityhouse.org.au">www.inverlochcommunityhouse.org.au</a>

## COOKING

### \* French Savoury with Bernadette

Learn how to make traditional mini French savoury finger food that can be prepared in advance; giving you more time to enjoy the company of family and friends at your next gathering.

<b>Date</b>	Saturday 18th June
<b>Time</b>	10.00am—12.00pm
<b>Cost</b>	\$50.00
<b>Venue</b>	Hub Kitchen
<b>Bookings</b>	5674 2444 This class requires a minimum of 5 participants to commence with a maximum of 8.

## ARTS AND 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.

**All welcome -no bookings required**

<b>Date</b>	Tuesdays—ongoing
<b>Time</b>	12:30pm—3:30pm
<b>Cost</b>	\$4.00 (M) \$6.00(NM)

### Introduction to SnapFish Photo Book

Together, create a SnapFish topic of choice photo book. You might choose to create a book about a holiday, your grandchild's favourite game, family history or a special event. This session is for those who are new to SnapFish. Bring along your creative ideas and enjoy the shared experience.

BYO photos on device, laptop or tablet. Email address required. Suitable for all abilities.

<b>Date</b>	Wednesday 8th June
<b>Time</b>	2:00pm—3:30pm
<b>Cost</b>	\$4.00 (M) \$6.00 (NM)
<b>Bookings</b>	5674 2444. This class requires a minimum of 4 to commence

### Knit one Give one &

### Oz Comfort Quilts

Inverloch Community House is a drop off point for **KoGo (Knit One Give One)** and **Oz Comfort Quilts**.

**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 300 community groups.

**Oz Comfort Quilts** - an organization distributing donated quilts for those in need of comfort after floods, bushfires, earthquakes, and serious health challenges. Donations accepted at the House on Tuesdays when Chatty Crafters are in the House.

For more information chat to  
Cathy Bruton m. 0407 352 910

## ARTS AND CRAFTS

### Sewing Studio

with Brian

Brian Ahern has had a long career in the clothing industry, both here and overseas. Lucky for us, Brian would like to share his knowledge of all aspects of pattern making and sewing with you in a fun, friendly environment so, to that end, Brian will be holding weekly sessions at the House. If you have a pattern to be altered to fit, a garment that you want to make or a partly finished garment which you need help with or in fact, you have any questions at all about your sewing project, come along and join Brian and together work on finding a solution.

BYO own machine, fabric, scissors, pattern and fabric, tape measure, pins and marking chalk or pencil. Whatever your skill level come along for a fun, productive morning of sewing with Brian.

<b>Date</b>	<b>Weekly from Wednesday 27th April</b>
<b>Time</b>	10:00am—11:30am
<b>Cost</b>	\$4.00 (M) \$6.00 (NM) per session
<b>Date</b>	<b>1st Saturday of the Month from 4th June</b>
<b>Time</b>	10:00am—12:00pm
<b>Bookings</b>	Maximum of 5 participants 5674 2444

## HOBBY

### Game of Cards

Games can be more than just a fun way to pass time; they also offer a number of mental health benefits as well, encouraging socialisation, alleviating stress and keeping the mind sharp and active. We're starting up a Card Club for all levels. It doesn't matter if you have never played a game before or are an expert. This group will be focusing on Canasta, 500 and Gin rummy. If you're someone who enjoys teaching, or you're keen to learn something new, come on down and give it a go. This is a self run activity.

<b>Date</b>	Weekly from Monday 9th May
<b>Time</b>	12:30pm—1:45pm
<b>Cost</b>	Gold coin Donation
<b>Bookings</b>	5674 2444 This class requires a minimum of 6 participants to commence with a maximum of 8.

## MORE ARTS

### In House Painters

Bring your own materials/projects and have some fun in a mutually supportive environment.

In House Painters' annual exhibition will be held in October this year.

<b>Date</b>	Fridays—ongoing
<b>Time</b>	10:00am—3:00pm
<b>Cost</b>	\$6.00 (M) \$8.00 (NM)
<b>Bookings</b>	5674 2444

## MORE HOBBIES

### Flower Arranging

with Jill

Did you know a university study found that the link between flowers and your satisfaction with life is far more important than previously thought?

Having flowers in your home increases happiness, reduces depression and anxiety and actually can increase emotional contact with friends. Join us and learn how to make the best of the flowers in your life.

You will love what you get to take home!

<b>Date</b>	Monday 9th May
<b>Time</b>	2:00pm—4:00pm
<b>Cost</b>	\$6.00 (M) \$8.00 (NM)
<b>Bookings</b>	5674 2444

## RECREATION

### Women's Fishing Clinic Catch, Clean and Cook

Last year we ran a very successful Women's fishing clinic in partnership with the Andersons Inlet Angling Club. This term we will once again be running an introduction to fishing clinic along with a Catch, clean and component. These sessions are suitable for beginners as well as those who would like to brush up on their skills. Join the friendly team from the Angling Club and learn how to bake that prize winning fish to perfection.

<b>Dates</b>	Monday 23rd & Thursday 26th May
<b>Time</b>	Monday 10:30am—1:30pm Thursday 9:30—2:00pm
<b>Cost</b>	FREE
<b>Venue</b>	Andersons Inlet Angling club rooms
<b>Info</b>	Call the House 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. 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.

<b>Date</b>	Weekly from Monday 2nd May & Tuesday 3rd May
<b>Time</b>	1:00pm—3:00pm
<b>Cost</b>	\$8.00 (M) \$10.00 (NM)
<b>Bookings</b>	5674 2444

### **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** is available to 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

#### **CLARE**

<b>Date</b>	Weekly from Thursday 5th May
<b>Time</b>	10:00am—12:00 noon
<b>Cost</b>	\$8.00 (M) \$10.00 (NM)
<b>Bookings</b>	5674 2444

#### **NDIS Support**

For assistance and information relating to NDIS contact your Local Area Coordinator from Latrobe Community Health Service  
1800 242 696

## COMMUNITY

### **Cyber Security** with Peter

The aim of these information-sharing sessions is to discuss, understand and help us avoid our exposure to an array of threats and vulnerabilities from malevolent actors such as cybercriminals and hackers. Sessions will focus on (1) brief presentations on several topics of general and recent interest and (2) attendees specific questions, concerns, ideas, recommendations, and experience.

<b>Date</b>	Weekly from Monday 16th May
<b>Time</b>	2:00pm—3:00pm
<b>Cost</b>	Gold Coin Donation
<b>Bookings</b>	5674 2444 This group requires a minimum of 6 participants to commence.

## ACCREDITED

### **\* First Aid – Accredited**

#### **Provide CPR (HLTAID 009)**

**Date:** Saturday 14th May

**Time:** 9:00am—10:30pm

**Cost:** \$60

#### **Provide First Aid (HLTAID011)**

**Date:** Saturday 14th May

**Time:** 9:00am—1:30pm

**Cost:** \$155.00

#### **Provide First Aid in an education and care setting (HLTAID012)**

**Date:** Saturday 14th May

**Time:** 9:00am—2:00pm

**Cost:** \$180

**\*Please note all course have online pre course work to be completed prior to the practical session.**

BOOKINGS REQUIRED GO TO  
[www.victorianfirstaid.com.au](http://www.victorianfirstaid.com.au)



## SUSTAINABLE LIVING

### Garment Repair Café

Do you have any clothes or other textile items that you would like to have repaired? Perhaps you have an old coat you don't want to throw away or a pair of trousers that fit so comfortably. Our repairers will do their utmost to let you enjoy your belongings again.

- Garments, buttons, hems
- Pillow case simple repairs
- Renew garments, freshen your wardrobe.
- Team of repairers ready to assist
- No need to book. Let the team do their magic

The Garment Repair Café is now supporting Upparel. An organisation on a mission to reduce the number of textiles/clothing that end up in landfill and upcycle into socks and quality useful products.

CLEAN garments and textiles can be dropped off at the Repair Café for upcycling.

\*Please note due to storage limitations items will not be taken earlier than the dates indicated below.

For more information on Upparel go to [The Most Sustainable Sock Brand in Australia. | UPPAREL](#)

<b>Dates</b>	The last Saturday of the Month Commencing Saturday 30th April
<b>Time</b>	10:00am – 12:00pm
<b>Cost</b>	Gold coin donation

## SUPPORT

### The Power Saving Bonus

Outreach Program is back . Extended until June 2022. We can help you access the \$250.00 Power Saving Bonus from the State Government. To be eligible you must be receiving payments under one of the following concession programs

- Centrelink Pensioner Concession
- JobSeeker, Youth Allowance, Austudy or Abstudy
- Department of Veterans Affairs Pensioner Concession or Gold Card

<b>Date</b>	Weekly from Wednesday 4th May
<b>Time</b>	10:00am—12:00pm
<b>Cost</b>	FREE
<b>Bookings</b>	5674 2444

## SUPPORT FOR DADS

### Leongatha Dads Group

A great opportunity for dads and carers to connect to hear about local events, programs and supports.



Monthly meetings alternate between Inverloch Community House and Leongatha Community House. Email address below to register. \*A partnership activity with Leongatha Community House, Inverloch Community House and Berry Street

Dads Group Monthly Meetings	
<b>Where</b>	Alternating between Inverloch and Leongatha Community House
<b>Date</b>	Monday 30th May Leongatha Monday 27th June Inverloch
<b>Time</b>	7:00pm—8.30pm
<b>Cost</b>	Donation towards pizza
<b>Bookings</b>	office@leongathacommunityhouse.org.au or call Leongatha 03 5662 3962

## CARERS 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.

<b>Date</b>	The 2nd Monday of the month commencing 9th May
<b>Time</b>	10:00am—12:00pm
<b>Cost</b>	FREE
<b>Bookings</b>	5674 2444

# The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

## AUTUMN TERM AT A GLANCE

### MONDAY

9.00am	Walkie Talkies	Monday—Ongoing
10:00am– 12:00pm	South Gippsland Mental Illness Carers Group	2nd Monday of the Month Commencing 9th May
10:30am - 1:30pm	Womens Fishing Clinic	Monday 23rd May
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 2nd May
2:00pm—3:00pm	Cyber Security	Weekly from 16th May
10:00am—2:00pm	Safe Seats Safe Kids	16th May
11:00am—12:00pm	Welcome to Inverloch Morning Tea	6th June
2:00pm—4:00pm	Flower Arranging	9th May
7:00pm—8:00pm	Leongatha Dads Group	30th May at Leongatha & 27th June at Inverloch
12:30pm—1:45pm	Game of Cards	Weekly from 9th May

### TUESDAY

12:30pm—3:30pm	Chatty Crafters	Tuesday—Ongoing
9:00am—10:00am	Pilates	Weekly from 26th April
10:10am—11:10am		
11:20am—12:20pm		
12:00pm—1:30pm	Soup Café	10th May & 14th June
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 3rd May
1:30pm—3:00pm	Circle Dancing	Weekly from 26th April
4:00pm—5:00pm	Italian Intermediate	Weekly from 26th April

### WEDNESDAY

10:00am—11:30am	Sewing Studio	Weekly from 27th April
10:00am—12:00pm	PSB power saving bonus	Weekly from 4th May
12:00pm—1:00pm	Seated Yoga	Weekly from 27th April
2:00pm—3:30pm	Introduction to SnapFish Photo book	8th June
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month from 11th May



## AUTUMN TERM AT A GLANCE

### THURSDAY

9:30am—2:00pm	Women's Fishing Clinic	26th May
9:15am-10:15am 10:30am-11:30am	Intermediate French Beginners French 2	9 weeks from 28th April 9 weeks from 28th April
10:00am—12:00pm	Apple, iPhone, iPad & Mac Tips— Clare	Weekly from 28th April
12:00pm-1:00pm 1:15pm-2:15pm 2:30pm-3:30pm	Line Dancing	Weekly from 28th April
1:00pm—3:00pm	Bass Coast Writers	Thursdays—ongoing

### FRIDAY

10:00am—3:00pm	In-House Painters	Fridays—ongoing
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### SATURDAY

10.00am – 12:00pm	Garment Repair Café	30th April, 28th May, 25th June
10.00am—12.00pm	French Savoury Cooking	18th June
9:00am—2:00pm	First Aid	14th May
10:00am—12:00pm	Sewing Studio	4th June

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

## Inverloch Community House Room Hire

For Room Hire and availability, contact the coordinator on 5674 2444  
Please note our rooms are not suitable for large social gatherings and adhere to COVID 19 capacity requirements



**Our VISION:** The House in The Hub  
Connecting our Community

**Our PURPOSE:** Fostering community connections by providing a supportive