



The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

SPRING PROGRAM 2022

ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 26TH SEPTEMBER

COMMUNITY BBQ

Summer sizzle BBQ

Our BBQs are a relaxed and easy way to catch up with family and friends in celebration of the warmer weather. Set on the lawn of the Hub on a Friday afternoon, the House hosts a BBQ that's all about community coming together and sharing delicious healthy food. A pay as you feel event. All Welcome



Date	TBC
Time	3:30pm—5:30pm
Cost	Pay as you feel event
Venue	Inverloch Hub Lawn

SOUP CAFÉ

Yooralla Soup Café

We thought our last one was in September but we are fortunate to have Yooralla hosting one more for the year. A community event where everyone is welcome to join us over a heart warming bowl of soup in the company of others. Yooralla's catering team will share their culinary skills and delicious soups. No bookings required.

Date	Tuesday 11th October
Time	12:00pm—1:30pm
Cost	A pay as you feel event

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

WORKSHOPS

Women's Fishing Clinics

Ever wanted to learn how to fish but not sure where to start? The Anderson Inlet Angling Club are on the job. They have been running Women's clinics for quite some time now and are all over it. You will learn all the basics in a fun and welcoming environment. Topics covered. Knot tying & rig setting; fish & bait regulations & fish I.D, Rod & reel basics; casting practise. Also included pumping your own bait; what bait to use and fishing excursion (weather permitting). **All fishing equipment supplied**

Date	14th & 21st November
Time	9:30am—12:30pm
Cost	\$10 (M) \$20 (NM)
Where	Anderson Inlet Angling Club Inverloch
Bookings	5674 2444



ADVOCACY

Gippsland Women's Health Pop Up Roadshow

We are very proud to support the GWH pop up road show. The team will be traveling around Gippsland to listen and learn from the women in the region and to showcase their amazing work. They will be stopping in Inverloch as part of the tour. Hosted in the Hub. Be sure to gather your girlfriends and come on down.

Date	Tuesday 4th October
Time	10:00am—4:00pm
Cost	FREE
Where	The Hub



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.

Date	Mondays - ongoing
Time	9:00am
Cost	\$2.00
Venue	Meet outside the Hub, on the lawn
Info	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. 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.

CLASSES Run for one hour with a mix of relaxation, breath techniques and physical postures.

Date	Weekly from Wednesday 5th October
Time	12:00pm—1:00pm
Date	Weekly from Thursday 6th October
Time	3:30pm—4:30pm
Cost	\$10.00(M) \$12.00 (NM) per session
Bookings	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

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.

Date	Weekly from Tuesday 4th October
Times	9:00am—9:50am 10:00am—10:50am 11:00am—11:50am
Cost	\$154.00 (11 sessions)
Bookings	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!**

Date	Weekly from Thursday 6th October
Times	12:00pm-1:00pm Easy to Intermediate 1:15pm-2:15pm Upper Beginners 2:30pm-3:30pm Beginners
Cost	\$4.00 (M) \$6.00 (NM) 1hr \$5.00 (M) \$7.00 (NM) 2hrs \$6.00 (M) \$8.00 (NM) 3hrs
Venue	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!

Date	Weekly from Tuesday 4th October
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)

LANGUAGE

*French for Beginners 4

with Bernadette

(Native Speaker Teacher)

Learn to speak, write, and understand basic French used in everyday situations. This class is a continuation of term 1,2 & 3 Beginners.

Date	Weekly from Thursday 6th October
Time	10:30am—11:30am
Cost	\$154.00 (M) \$164.00 (NM) Full Term (11 weeks)
Bookings	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 2 & 3 Intermediate. For new students, contact the House for more information prior to booking.

Date	Weekly from Thursday 6th October
Time	9:15am—10:15am
Cost	\$154.00 (M) \$164.00 (NM) Full Term (11 weeks)
Bookings	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



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 21st November
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 21st November
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

Helping Hands Project

Brought to you by Bass Coast Shire Council and Wonthaggi Rotary Club.

Collect bottle tops from milk cartons, soft drink, juice and water bottles and drop them off in the Helping Hands Bin located at Inverloch Community Hub .

Envision Hands Projects turns your recycled plastic bottles tops into prosthetic hands for children in developing countries.

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!

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

Book Club

If you love to read and discuss books with others then come along to our Book Club. The book of the month is promoted on our website and Facebook page . This book club is in partnership with Inverloch Library through the 'Book in a Box' program.

Date	2nd Wednesday of the Month from 12th October
Time	5:30pm—6:30pm (approximately)
Cost	FREE
Venue	Pearl Restaurant Broadbeach
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

COOKING

*Mini French Savoury Pastries with Bernadette

Learn how to make easy mini French Pastries perfect for picnics, appetisers, snacks and your buffet table. Ideal for your Christmas gatherings with family and friends.

Date	Saturday 10th December
Time	10.00am—12.00pm
Cost	\$50.00
Venue	Hub Kitchen
Bookings	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

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

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. Bring along your creative ideas and enjoy the shared experience.

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

Date	Wednesday 23rd November
Time	1:30pm—3:30pm
Cost	\$4:00 (M) \$6:00 (NM)
Bookings	5674 2444

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

Date	Fridays—ongoing
Time	10:00am—3:00pm
Cost	\$6.00 (M) \$8.00 (NM)
Information	5674 2444

Flower Arranging with Jill

With Christmas just around the corner, its time to get stuck into creating your Christmas Wreath . Qualified florist Jill has all the skills and enthusiasm to help you create the perfect wreath for family and friends to admire.

Date	Wednesday 7th December
Time	2:00pm—4:00pm
Cost	\$6.00 (M) \$8.00 (NM)
Bookings	5674 2444 This course requires a minimum of 5 people to commence

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.

Date	Weekly from Wednesday 5th October
Time	10:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444

GAMES

Board Games & Cards

This term we are mixing it up. Who doesn't love a game. Make new friends while learning a board or card game while you're at it. No experience needed. This group is all about sharing your tricks of the trade or learning some new ones and having fun. Keep the mind sharp and the winter blues away. This is a self run activity group.

Date	Weekly from Monday 10th October
Time	12:30pm—2:30pm
Cost	Gold coin Donation
Bookings	5674 2444 This class requires a minimum of 6 participants to commence with a maximum of 8.



CARERS SUPPORT

Mental Health Workshops

Carers Programs will be running monthly mental health workshops at Inverloch Community House. Facilitated by the very experienced Linda Rowley. The workshops aim to promote wellbeing and are targeted to carers of someone with mental health challenges. Join other carers for afternoon tea and support in an understanding and caring atmosphere. Proudly brought to you by La Trobe Community Health and Inverloch Community House.

Date	Wednesday 9th November & 14th December
Time	1:30pm—3:30pm
Cost	Gold Coin Donation
Bookings	5674 2444

SUPPORT

R U OK Morning tea

You don't need to be an expert to have an R U O K conversation. Listening and giving someone the time might be just what they need to help them through. Ask R U OK? No qualifications needed because a conversation could change a life. Join us for a morning tea to learn how you can help start more life changing conversations. And chat with the team from Wellways on what other services are on offer.

Date	Wednesday 12th October
Time	10:00am—11:30am
Cost	FREE
Bookings	5674 2444



Elders Rights

Elders Right Advocacy will be hosting an information session in understanding your rights when accessing aged care. An important session for family friends and those moving through to the next chapter of

Date	Wednesday 26th October
Time	1:30pm—2:30pm
Cost	FREE
Bookings	5674 2444. This session requires a minimum of 5 to commence



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.

Date	Weekly from Monday 3rd & Tuesday 4th October
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	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

Date	Weekly from Thursday 6th October
Time	10:00am—12:00 noon
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	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

Staying Safe Online with Peter

The aim of this information-sharing session is to discuss, understand and help you to avoid exposure to an array of threats and vulnerabilities from malevolent actors such as cybercriminals and hackers.

Brought to you by Bendigo Bank and Peter Greening the session will focus on (1) brief presentations on several topics of general and recent interest and (2) attendees specific questions, concerns, ideas, recommendations, and experience.

Date	Monday 28th November
Time	1:30pm—2:30pm
Cost	Gold Coin Donation
Bookings	5674 2444 This group requires a minimum of 6 participants to commence.

ACCREDITED

*** First Aid – Accredited**

Provide CPR (HLTAID 009)

Date: Saturday 3rd December

Time: 9:00am—10:30am

Cost: \$60

Provide First Aid (HLTAID011)

Date: Saturday 3rd December

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 3rd December

Time: 9:00am—2:00pm

Cost: \$180

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

BOOKINGS REQUIRED GO TO
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](#)

Dates	The last Saturday of the Month Saturday 29th October & 26th November
Time	10.00am – 12:00pm
Cost	Gold coin donation

Put a lid on it

Would you like to tidy up your Tupperware, have more lids than containers or have plenty of containers with no lids? We have the solution. Gather those rogue plastic items and bring them to our Put a lid on it, Tidy Tupperware Trade off. How will it work? Bring along your CLEAN item/s. Place tuppaware donations in the boxes supplied, then begin your hunt for the that perfect match. Tupperware or other plastic such as Decor, Systema and Snaplock welcome. Donations accepted as well. It's all about recycling, efficiency and having some fun. Tupperware Donations accepted on the day only.

Dates	TBC– keep an eye on facebook page
Time	TBC–keep an eye on facebook page
Cost	50c per matched item
Info	Call the House 5674 2444

SUPPORT

The Power Saving Bonus

We can help you access the \$250.00 Power Saving Bonus 3 from the State Government. This new program will be open to **all households**, and concession card holders who previously received the bonus will be able to apply for it again. Contact the House to book in a session with Pete. **Bookings Required**

Date	Weekly from Wednesday 5th October
Time	10:30am—12:00pm
Cost	FREE
Bookings	5674 2444

SPECIAL INTEREST

Astronomy

With Brad

Following on from the Introduction to Astronomy, Brad will take you on a trip through Galaxies, nebulas to infinity and beyond. This 5 week course will begin with a overview of previous session moving into a more advanced understanding of the cosmos.

BOOKINGS REQUIRED

Date	Thursday 6th October to 3rd November (5 weeks)
Time	11:45am—12:45pm
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444. This class requires a minimum of 5 to commence

Energy Efficiency and Cosy Homes

John Coulter from Gippsland Community Energy Hub and Jessica Harrison from the Cosy Homes Project come together to share tips and information about energy efficiency, saving money on bills, and simple measures to making a home (or room) more efficiently warmer over the winter months. .

Dates	Wednesday 19th October
Time	1:30pm –3:30pm
Cost	FREE
Bookings	5674 2444

RESCHEDULED

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



SPRING TERM AT A GLANCE



The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

SPRING TERM AT A GLANCE

MONDAY

9.00am	Walkie Talkies	Ongoing
9:30am—12:30am	Women's Fishing Clinic	14th & 21st November
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 3rd October
10:00am—2:00pm	Safe Seats Safe Kids	21st November
11:00am—12:00pm	Welcome to Inverloch Morning Tea	21st November
12:30pm –2:30pm	Board Games and Cards	Weekly from 10th October
1:30– 2:30pm	Staying Safe On line	28th November

TUESDAY

9:00am—9:50am 10:00am—10:50am 11:00am—11:50am	Pilates	Weekly from Tuesday 4th October
10:00am—4:00pm	Gippsland Women's Health Roadshow	4th October
12:00—1:30pm	Soup Café—hosted by Yooralla	11th October
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 4th October
1:30pm—3:00pm	Circle Dancing	Weekly from 4th October

WEDNESDAY

10:00am—11:30am	Sewing Studio	Weekly from 5th October
10:00am—11:30am	R U OK Morning Tea	12th October
10:30am—12:00pm	PSB power saving bonus	Weekly from 5th October
12:00pm—1:00pm	Seated Yoga	Weekly from 5th October
1:30pm—3:30pm	Mental Health Workshops	9th November & 14th December
1:30pm—3:30pm	SnapFish Photo book	23rd November
1:30pm—3:30pm	Energy Efficiency and Cosy Homes	19th October
1:30pm— 2:30pm	Elders Rights	26th October
2:00pm—4:00pm	Flower Arranging	7th December
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month

SPRING TERM AT A GLANCE

THURSDAY

9:15am-10:15am 10:30am-11:30am	Intermediate French Beginners French 4	11 weeks from 6th October 11 weeks from 6th October
11:45am– 12:45pm	Astronomy	From 6th October (5 Weekly sessions)
12:00pm-1:00pm 1:15pm-2:15pm 2:30pm-3:30pm	Line Dancing	Weekly from 6th October
1:00pm—3:00pm	Bass Coast Writers	Thursdays—ongoing
3:30pm—4:30pm	Seated Yoga	Thursdays 6th October

FRIDAY

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

10.00am – 12:00pm	Garment Repair Café	29th October & 26th November
10.00am—12.00pm	Mini French Pastries	10th December
9:00am—2:00pm	First Aid Accredited	3rd December

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



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

Our VISION

The House in The Hub Connecting our Community

Our PURPOSE

Fostering community connections by providing a supportive environment to learn, share ideas, skills & information.