



The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

SUMMER PROGRAM 2022

ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 24TH JANUARY

ASTRONOMY

Introduction to Astronomy

with Brad

Are you a keen star gazer, want to know more about galaxies, nebulas and the universe beyond? Brad is offering a 4 week beginners information session to unleash your curiosity, discover new things and share in the joy with like minded people. End the final session with a night of star gazing.

Taking Expressions of Interest.

Date	Weekly from Monday 7th March *public holiday 14th March
Time	12:30pm—1:30pm
Cost	\$4(M) \$6 (NM)
Bookings	5674 2444

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	Thursday 17th February
Time	11:00am—12:00pm
Cost	FREE
Bookings	5674 2444

SAFETY

Safe Seats Safe Kids

with Kids Safe Victoria

Lets 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>

I'm back by
**POPULAR
DEMAND**

Dates	Monday 21st February
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

For more information contact the House on
5674 2444

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.

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.

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

Date	Weekly from Wednesday 2nd February
Time	12:00pm—1:00pm
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

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.

Date	Weekly from Tuesday 1st February
Times	9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm
Cost	\$140.00 (10 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 3rd February
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 1st February
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)

LANGUAGE

*French for Beginners 1

with Bernadette

(Native Speaker Teacher)

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

Date	Weekly from Thursday 10th February
Time	10:30am—11:30am
Cost	\$126.00 (M) \$136.00 (NM) Full Term (9 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 last years Beginners Unit 4. For new students, contact the House for more information prior to booking.

Date	Weekly from Thursday 10th February
Time	9:30am—10:30am
Cost	\$126.00 (M) \$136.00 (NM) Full Term (9 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

LANGUAGE

*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.

Date	Weekly from Monday 31st January
Time	11:15am—12.15pm
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 weeks)
Bookings	5674 2444—Course requires a minimum of 5 people to commence

*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 with you and all your questions.

Date	Weekly from Monday 31st January
Time	10:00am—11:00am
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 weeks)
Bookings	5674 2444—Course requires a minimum of 5 people to commence



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. 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.

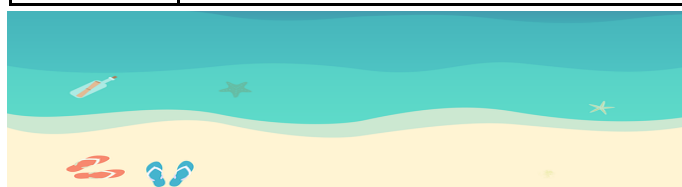
Date	2nd Wednesday of the Month
Time	5:30pm—6:00pm (approximately)
Cost	FREE
Venue	Various; check with the House for details
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

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.

Date	Saturday 19th March
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	1:00pm—3:00pm
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. If you are new to SnapFish the group will happily show you the ins and outs.

Bring along your creative ideas and enjoy the shared experience.

BYO photos on device laptop or tablet. Email address required. Suitable for all school age children and every age adult.

Date	Fortnightly Wednesday 9th February
Time	2:00pm—4:00pm
Cost	\$4.00 (M) \$6.00 (NM)
Bookings	5674 2444

MOSAIC

Glass Mosaic

With Kay

Come along and learn about my love of mosaics. Kay will show you some of her creations using different materials; glass, ceramic, beads, pebbles etc.

Learn how she started 'dabbling' in mosaics 10 years ago and the pleasure in creating all sorts of things in mosaics, primarily in glass (her personal love) but also in broken ceramic tiles etc. There are numerous techniques which can be used for cutting, grinding, glueing and finishing a project.

Kay looks forward to meeting you and hearing what you may like to create yourself and taking the steps to enjoy some creative time together. Bring along your ideas too!

Dates	Saturday 12th February & Saturday 12th March
Time	10.00am – 12:30pm
Cost	Gold coin donation
Bookings	5674 2444 requires 5 participants to commence

ARTS AND CRAFTS

Sewing Studio

with Brian

Make Sewing Fun

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; he 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 2nd February
Time	10:00am—11:00am
Cost	\$4.00 (M) \$6.00 (NM) per session
Date	Monthly from 1st Saturday of the Month 5th February
Time	10:00am—11:00am
Bookings	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.

Date	Weekly from Monday 7th February
Time	7.00pm—9.00pm
Cost	Gold coin Donation
Bookings	5674 2444 This class requires a minimum of 6 participants to commence with a maximum of 8.

RECREATION

Women's Fishing Clinic Catch, Clean and Cook

Last year we ran a very successful Women's fishing clinic in association with the Andersons Inlet Angling Club. We are planning to do a follow up session in the new term learning how to clean and cook our prized catches. Join the team from the Angling Club along with a local volunteer cook in preparing and tasting the produce of the inlet. We are currently taking expressions of Interest.



Dates	TBC Expressions Of Interest
Time	9:00am—12pm
Cost	FREE
Venue	Andersons Inlet Angling club rooms
Info	Call the House 5674 2444

NDIS Support

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

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.

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

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

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 31st January & Tuesday 1st February
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 & Daniel

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 & Daniel** are 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 and Daniel is available on Wednesdays.

CLARE

Date	Weekly from Thursday 3rd February
Time	10:00am—12:00 noon
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

DANIEL

Date	Weekly from Wednesday 2nd February
Time	12:00pm - 2:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

COMMUNITY

Current Affairs with Peter

Join Peter in good-natured and respectful conversations delving into a range of local to international topics. An opportunity to express and exchange views, ideas, and frustrations. Sessions to be initially scheduled as 60-90 minutes.

Date	Weekly from Monday 31st January
Time	1:30pm—3:00pm
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 19 March,

Time: 9:00am—10:30pm

Cost: \$60

Provide First Aid (HLTAID011)

Date: Saturdays 19 March

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 19 March

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



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 Commencing Saturday 29th January
Time	10.00am – 12:30pm
Cost	Gold coin donation

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.



SUPPORT FOR DADS

Leongatha Dads Group

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

Begin the New Year with a meet and greet at the Inverloch Rainbow park (Wyeth-McNamara Park).

Free BBQ . Scan the QR Code to register for the BBQ



All other monthly meetings will take place at Leongatha Community House. Email address below to register. *A partnership activity with Leongatha Community House, Berry Street and Inverloch Community House

Where	Rainbow Park (Wyeth-McNamara Park) Inverloch
Date	Monday 24th January BBQ
Time	11:30—2:00pm
Cost	FREE
Bookings	Scan QR Code Above
Dads Group Monthly Meetings	
Where	Leongatha Community House
Date	The last Monday of the month from 28th February
Time	6:30pm—8.30pm
Cost	Donation towards pizza
Bookings	office@leongathacommunityhouse.org. au

SERVICES

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 on the day indicated for the commencement of the term unless otherwise specified

SUMMER TERM AT A GLANCE

MONDAY

9.00am	Walkie Talkies	Ongoing
11:15am-12:15pm 10:00am-11:00am	Italian for Beginners Italian Advanced	10 weeks from 31st January 10 weeks from 31st January
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 31st January
1:30pm—3:00pm	Current Affairs	Weekly from the 31st January
10:00am—2:00pm	Safe Seats Safe Kids	21st February
12:30pm– 1:30pm	Astronomy	4 Weekly sessions from 7th March
11:30am-2:00pm	Dads Group BBQ	24th January
6:30pm-8:30pm	Leongatha Dads Group	Monthly from 28th February
7:00pm-9:00pm	Cards Group	Weekly from 7th February

TUESDAY

1:00pm—3:00pm	Chatty Crafters	Ongoing
9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm	Pilates	Weekly from Tuesday 1st February
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 1st February
1:30pm—3:00pm	Circle Dancing	Weekly from 1st February

WEDNESDAY

10:00am—1:00pm	Power Saving Bonus Support	Weekly from 2nd February
2:00pm—4:00pm	SnapFish Photo book	Fortnightly from 9th February
12:00pm - 2:00pm	Apple, iPhone, iPad & Mac Tips—Daniel	Weekly from 2nd February
10:00am—11:00pm	Sewing Studio	Weekly from 2nd February
12:00pm—1:00pm	Seated Yoga	Weekly from 2nd February
5.30pm—6:00pm	Book Club	2nd Wednesday of the Month

THURSDAY

1:00pm—3:00pm	Bass Coast Writers	Ongoing
10:00am—12:00pm	Apple, iPhone, iPad & Mac Tips— Clare	Weekly from 3rd February
10:30am-11:30am 9:30am-10:30am	Beginners French Intermediate French	9 weeks from 10th February 9 weeks from 10th February
12:00pm-1:00pm 1:15pm-2:15pm 2:30pm-3:30pm	Line Dancing	Weekly from 3rd February
11:00am-12:00pm	Welcome to Inverloch Morning Tea	17th February

FRIDAY

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

10.00am – 12:30pm	Garment Repair Café	29th January , 26th February, 26th March
10.00am—12.00pm	French Savoury Cooking	19th March
10:00am-12:30pm	Glass Mosaic	12th February & 12th March
9:00am—2:00pm	First Aid	19th March