

The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc



WINTER PROGRAM 2022

ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 4TH JULY

SOUP CAFÉ

Soup Café

Our Soup Cafes are 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

Date	12th July, 9th August & 13th September
Time	12:00pm—1:30pm
Cost	Pay as you feel the meal is worth
Venue	Inverloch Hub Hall

Auslan With Cathi



Often people say they would love to learn to sign so here is an opportunity to learn some basic skills. Auslan has had a much higher profile recently with Covid but also as it becomes a greater part of our culture in areas such as education, sporting events and the Arts. As with other languages, members of the Deaf Community always appreciate the effort to communicate with them and it can be very rewarding. It is also an opportunity to learn some key things about Deaf Culture which is quite unique. Join Cathi and her daughter Emily in the discovery of a new language and culture. *Please note that this is not an accredited course but the sharing of experience and knowledge.

Date	Monday 22nd August (4 weeks)
Time	3:00pm—4:00pm
Cost	\$4.00 (M) \$6.00 (NM)
Bookings	5674 2444. This class requires a minimum of 5 to commence

WORKSHOPS

Women on Tools

Are you interested in learning how to fix things around the home for yourself, maybe you would like to upskill for work or perhaps its all about being creative. We are taking expressions of interest for this exciting **new** course designed to support women build their confidence and capacity to use hand tools and power tools, practically and creatively. Participants will be safely guided through the use of electric saws, sanders, drills, angle grinders, welders and routers. This course will run one day per week over a 5 week period. Requires an minimum of 6 people to commence. For more information contact the House 5674 2444



Date	TBC
Time	5 hours per day over 5 weeks
Cost	Approximately \$225 full course
Bookings	5674 2444



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

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 13th July
Time	12:00pm—1:00pm
Date	Weekly from Thursday 14th July
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

*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 12th July
Times	9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm
Cost	\$126.00 (9 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 14th July
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 12th July
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)

LANGUAGE

*French for Beginners 3

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 Beginners.

Date	Weekly from Thursday 14th July
Time	10:30am—11:30am
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 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 1 & 2 Intermediate. For new students, contact the House for more information prior to booking.

Date	Weekly from Thursday 14th July
Time	9:15am—10:15am
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 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 22nd August
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 15th August
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. 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 from 13th July
Time	5:30pm—6:30pm (approximately)
Cost	FREE
Venue	Pearl Restaurant Broadbeach
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

COOKING

* French Sauces with Bernadette

Come and learn how to make traditional French sauces to complement countless dishes. Bernadette will take you through the steps to ensure you master the skills of French Sauces that will be relished by family and friends

Date	Saturday 10th September
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)

Quick knit

This quick and easy knit will have your fingers cosy and your head toasty in no time. In this 3 week session you will click clack your way to simple fingerless gloves and beanie. How clever you will feel parading your styles around town. This is a partnership activity with Inverloch Community House and Inverloch Library. We are keen to find out if your passionate about this short course. Time and date to be determined Please share your **expression of interest to Inverloch Community House.**

Venue	Inverloch Library
Info	Call the House on 5674 2444



CRAFTS

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. Once a month join other passionate SnapFishers and share your creations. 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	The 4th Wednesday of the month from 27th July
Time	1:30pm—3:30pm
Cost	\$4:00 (M) \$6:00 (NM)
Bookings	5674 2444

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 and monthly 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 17th August
Time	10:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Date	1st Saturday of the Month 6th August & 3rd September
Time	10:00am—12:00pm
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 18th July
Time	12:30pm—1:45pm
Cost	Gold coin Donation
Bookings	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. **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

HOBBIES

Flower Arranging

with Jill

You may think that winter is the wrong time to go about creating flower arrangements bursting with colour and interest. However, it absolutely can be the right time if you know which flowers are blooming in the cooler, crisp winter months. Jill has the skill to make any seasonal arrangement brighten up your day. Create your individual arrangements in this hands on fun and informative session.

Date	Wednesday 17th August
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

UP SKILL

How to run a class

With Emily

Do you have knowledge or skills that others might want to learn but not sure how to teach them?

Join Emily in this simple, immersive "teach the teacher" introduction covering understanding your audience, timing, breaking down skills into simple steps, getting students involved, and avoiding overwhelm. Bring along your ideas and sense of adventure!

Date	Wednesday 13th July
Time	2:00pm—3:00pm
Cost	FREE
Bookings	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.

Date	Weekly from Monday 18th July & Tuesday 19th July
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

COMMUNITY SAFETY

Staying Safe Online

With Local Vic Police & Bendigo Bank

Common scams impact everyday people like you and I. Learn how to protect yourself on how NOT to fall victim. Proudly brought to you by Community Bank Inverloch - Branch Manager Penelope and Supported by Inverloch Police Station - Sergeant Adrian Condron

Date	Monday 11th July
Time	2:00pm—3:00pm
Cost	Gold Coin Donation
Bookings	5674 2444 This group requires a minimum of 6 participants to commence.

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

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.

Date	Weekly from Monday 18th July
Time	2:00pm—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 20th August

Time: 9:00am—10:30pm

Cost: \$60

Provide First Aid (HLTAID011)

Date: Saturday 20th August

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 20th August

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 Commencing Saturday 30th July
Time	10.00am – 12:00pm
Cost	Gold coin donation

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 20th July
Time	1:30pm –3:30pm
Cost	FREE
Bookings	5674 2444



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

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

SUPPORT FOR DADS

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	
Where	Alternating between Inverloch and Leongatha Community House
Date	Inverloch 4th July & 29th August Leongatha 25th July & 26th September
Time	7:00pm—8.00pm
Cost	Donation towards pizza
Bookings	office@leongathacommunityhouse.org.au or call Leongatha 03 5662 3962

SUPPORT

The Power Saving Bonus

Outreach Program is back . We can help you access the \$250.00 Power Saving Bonus 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 Peter.

Date	Weekly from Wednesday 13th July
Time	10:00am—12:00pm
Cost	FREE
Bookings	5674 2444





The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

WINTER TERM AT A GLANCE

MONDAY

9.00am	Walkie Talkies	Monday—Ongoing
10:00am—2:00pm	Safe Seats Safe Kids	15th August
11:00am—12:00pm	Welcome to Inverloch Morning Tea	22nd August
12:30pm—1:45pm	Board Game and Cards	Weekly from 18th July
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 18th July
2:00pm—3:00pm	Staying Safe Online	11th July
2:00pm—3:00pm	Cyber Security	Weekly from 18th July
3:00pm—4:00pm	Auslan	Monday 22nd August to 12th September (4 weeks)
7:00pm—8:00pm	Dads Group	Inverloch 4th July & 29th August Leongatha 25th July & 26th September

TUESDAY

12:30pm—3:30pm	Chatty Crafters	Tuesday—Ongoing
9:00am—10:00am	Pilates	Weekly from 12th July
10:10am—11:10am		
11:20am—12:20pm		
12:00pm—1:30pm	Soup Café	12th July, 9th August & 13th September
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 19th July
1:30pm—3:00pm	Circle Dancing	Weekly from 12th July

WEDNESDAY

10:00am—11:30am	Sewing Studio	Weekly from 17th August
10:00am—12:00pm	PSB power saving bonus	Weekly from 13th July
12:00pm—1:00pm	Seated Yoga	Weekly from 13th July
1:30pm—3:30pm	Energy Efficiency and Cosy Homes	20th July
1:30pm—3:30pm	SnapFish Photo Book	4th Wednesday of the Month from 27th July
2:00pm—3:00pm	How to Run a Class	13th July
2:00pm—4:00pm	Flower Arranging	17th August
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month from 13th July

WINTER TERM AT A GLANCE

THURSDAY

9:15am-10:15am 10:30am-11:30am	Intermediate French Beginners French 3	10 weeks from 14th July 10 weeks from 14th July
12:00pm-1:00pm 1:15pm-2:15pm 2:30pm-3:30pm	Line Dancing	Weekly from 14th July
1:00pm—3:00pm	Bass Coast Writers	Thursdays—ongoing
3:30pm—4:30pm	Seated Yoga	Thursdays 14th July

FRIDAY

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

10.00am – 12:00pm	Garment Repair Café	30th July, 27th August, 24th September
10.00am—12.00pm	French Sauces	10th September
9:00am—2:00pm	First Aid Accredited	20th August
10:00am—12:00pm	Sewing Studio	6th August & 3rd September



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.