

The House In The Hub

Inverloch Community House Inc.

Spring Program 2023



Community

Armchair Travel

With Di and Jenny

Jenny and Di love to travel and even better, love to share their travel experiences and knowledge, which is what this session is all about. Sharing the journeys you have taken and all the helpful tips gathered along the way.

BOOKINGS REQUIRED

Date	Friday 13th October
Time	1:30pm—3:00pm
Date	Sunday 15th October 
Time	2:30pm—4:00pm
Cost	FREE
Bookings	5647 2444

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

ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 25TH SEPTEMBER



Neighbourhood Houses
The Heart of Our Community™

Creative

Intro to Canva

With Simone

What is Canva I hear some of you say! Canva is an Australian global multi-national graphic design platform that is used to create social media graphics and presentations. It is incredibly user friendly, loaded with thousands of amazing templates and graphics and most of all, so much fun to use.

The great thing is we are very lucky to have the lovely Simone who is volunteering to share her knowledge about the basics of Canva.

These sessions would be great for community groups, small business owners, event organisers or those just wanting to explore something creative.

The sessions will run over 5 weeks. You can either attend all sessions or choose the ones you are interested in.

Week 1: What is Canva? Intro to the program and signing up, logging in, learning about what it's for.

Week 2: How to: create invitations

Week 3: How to: make a flyer

Week 4: How to: create social posts

Week 5: How to: use AI in Canva

*Canva workshops proudly brought to you by

Inverloch Library and Inverloch Community House

BOOKINGS REQUIRED



Dates	Weekly from Monday 2nd October to 30th October
Time	4:30pm—5:30pm 
Cost	Gold Coin Donation
Venue	Inverloch Library. This course requires 5 people to commence
Bookings	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.

No need to book, just turn up!

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

New timetable

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, breathing techniques and physical postures.

A pre-exercise questionnaire is required to be submitted prior to commencing the class.

BOOKINGS REQUIRED

Date	Weekly from Wednesday 4th October
Time	12:00pm—1:00pm
Date	Weekly from Thursday 5th October
Time	11:45am—12:45pm
Cost	\$10.00(M) \$12.00 (NM) per session
Bookings	Call Maree 0402 092 510

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 more flexible muscles and increased energy. **A pre-exercise questionnaire is required to be submitted prior to commencing the class.**

BOOKINGS REQUIRED

Date	Weekly from Tuesday 3rd October
Times	9:00am—9:50am 10:00am—10:50am 11:00am—11:50am
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 5th October
Times	12:00pm-1:00pm Easy to Intermediate 1:00pm-2:00pm Upper Beginners 2:00pm-3:00pm 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 3rd October
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)
Venue	Inverloch Community Hub Hall

Language

*French Intermediate 1

with Bernadette
(Native Speaker Teacher)

This class is a continuation of term 3. For students with basic knowledge of French Grammar.

For new students, contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Thursday 5th October
Time	10:30am—11:30am
Cost	\$155.00 (M) \$165.00 (NM) Full Term (11 weeks)
Bookings	Call Bernadette 0404 059 344 This course requires a minimum of 5 people to commence

*French Intermediate 2

with Bernadette

(Native Speaker Teacher)

This class is a continuation of term 3. For new students, contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Thursday 5th October
Time	9:15am—10:15am
Cost	\$155.00 (M) \$165.00 (NM) Full Term (11 weeks)
Bookings	Call Bernadette 0404 059 344 This 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. No bookings required

Date	Thursdays— ongoing
Time	1:15pm—3:15pm
Cost	\$7.00 (first three meetings attended free)
Bookings	5674 2444

Language

Italian beginners


Expression of Interest
with David

David is passionate about Italy. Having spent many memorable holidays in Bella Italia, he would love to share his passion and experiences with others who would like to learn more about this fascinating country.

This course is aimed specifically at those with minimal or no knowledge of the Italian language. The classes will consider both spoken and written forms with the aim of being able to understand written information and the ability to converse in everyday situations such as in a café, hotel, railways station, etc.

The lessons will be varied, touching on various aspects of Italian culture, its music, food, history, fashion and politics.

We will be taking expressions of interest for lessons which will commence either on Mondays at 11.00am to 12.00noon or 5.30pm to 6.30pm depending on overall student preference.

Date	Weekly from Monday 2nd October
Time	11:00am—12:00noon OR 5:30pm—6:30pm
Cost	\$4(M) \$6.00 (NM) 
Bookings	5674 2444—This Course requires a minimum of 5 people to commence

Literature

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.

BOOKINGS REQUIRED

Date	2nd Wednesday of the Month from 11th October
Time	5:30pm—6:30pm (approximately)
Cost	Donation
Venue	Pearl Restaurant Broadbeach
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

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Literature

The Memoir Experience

A workshop by Bass Coast Writers

Have you ever wanted to write your personal stories but don't know where to start...

This interactive workshop includes:

- The Memoir Experience
- Writing from the Heart
- Confronting Your Disbelief
- Sample Readings
- I Remember – A Creative Writing Exercise
- Give it a go session

Afternoon Tea provided to keep your creative juices flowing. Your presenters are

Liz Low, Penny Walder, Gill Ryan and Gayle Marien

Each participant will receive a complimentary copy of a Bass Coast Writers Anthology.

BOOKINGS REQUIRED

Date	Thursday 19th October
Time	1:15pm—3:15pm
Cost	FREE
Bookings	5674 2444

Arts and Crafts

Chatty Crafters

A friendly group who share thoughts and ideas whilst enjoying crafts such as sewing, knitting, embroidery or whatever takes your fancy. No experience necessary.

All welcome. No bookings required

Date	Tuesday 3rd October
Time	12:30pm—3:30pm
Cost	\$4.00 (M) \$6.00(NM)

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—1:00pm
Cost	\$4.00 (M) \$6.00 (NM)
Information	5674 2444

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

Arts and Crafts

Flower Arranging

with Jill

With Christmas just around the corner, it's 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. Participants are asked to bring flowers from the garden to share if you have them, and basic floristry equipment. A materials list will be supplied once session is confirmed.

BOOKINGS REQUIRED

Date	Monday 27th November
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

The lovely and talented Brian is back and ready to sew. Brian Ahern has had a long career in the clothing industry, both here and overseas. Lucky for us, Brian loves to share his knowledge of all aspects of pattern making and sewing with you in a fun, friendly environment. Brian hosts 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, if you have any questions at all about your sewing project, come along and join Brian and together work on finding a solution. All skill levels welcome including beginners. BYO own machine, fabric, scissors, pattern and fabric, tape measure, pins and marking chalk or pencil. **No need to book, just turn up!**

Date	Weekly from Wednesday 4th October
Time	9:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444



Cooking

*French Cooking

with Bernadette

Bernadette will take you on a delicious journey of French Sauce making. It's French, it's delicious and it's wonderfully authentic, suitable for all skill levels.

BOOKINGS REQUIRED

Date	Saturday 9th December
Time	10.00am—12.00pm
Cost	\$50.00
Venue	Hub Kitchen
Bookings	Call Bernadette 0404 059 344 .This class requires a minimum of 5 participants to commence with a maximum of 8.

Gluten Free Pastry Making Demo

with Pete

Everyone needs to know how to look after our Coeliac friends and relatives.

Give them a surprise by cooking/baking a delicious treat for them, and for yourself as well!

This demo will surprise you with just how easy it can be, the usual ingredients for making pastry, but with gluten-free substitutes.

No fuss, no frills, just a quick demo to get you going with confidence to try sweet, savoury or flaky pastry. Recipes will contain dairy (butter, milk and yoghurt).

Bon appetite. **BOOKINGS REQUIRED**

Dates	Monday 9th October
Time	12:30pm—1:30pm 
Cost	Gold Coin Donation
Venue	Inverloch Hub Kitchen.
Bookings	5674 2444

Lunch

Gluten Free Lunch

Each month we invite you to BYO plate of your favourite gluten free food to share with others. Printed recipes are encouraged.

This group is all about supporting those who need to eliminate gluten from their diet and are looking to share information and handy tips. Microwave available if needed for reheating.

No need to book, just turn up!

Date	The 2nd Monday of Month from the 9th October
Time	12:30pm—1:30pm
Cost	Gold coin donation

Cooking

Men's Group Meet and Eat

With Pete

Come on fellas, learn easy and delicious cooking skills with 3 sessions where we will prepare, cook and eat! (And clean up).


Quick and easy is the motto – makes it a treat, not a chore for healthy meals any time.

Session 1 – Why not try stir Fry

Session 2 – Forget the glitter, make a fritter

Session 3 – Quick curry for in a hurry.

All recipes will include vegetarian options and/or be gluten free, full of flavour and set to tempt your taste buds as kitchen cooking smells waft your way!

Date	Wednesday 4th October, 1st November & 6th December 
Time	11:00am—1:00pm
Cost	\$4.00 (M) \$6.00 (NM)
Bookings	5674 2444 This group requires 4 people to commence

Community

Community Singing

Did you know that singing increases oxytocin levels (aiding bonding) and decreases cortisol (lowering stress)? Just a few reasons to give singing a go.

Our singing group is for anyone. No singing experience is required, you just have to be ready to have a go, have some fun and hopefully find a new found passion for singing. **Everyone welcome just turn up on the day.**

Date	Fortnightly from Monday from 2nd October
Time	12:15pm to 1:15pm
Venue	Inverloch Hub Meeting Room
Cost	Gold Coin Donation

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

Inverloch Men's Shed

The Shed is open to the public
Mondays to Friday 10.00am - 3.00pm
It is located on the corner of Bolding Place and Sandy Mount Ave

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. Geoff also offers assistance in MyGov including accessing the MyHealthRecord . These individual sessions are one on one and run on a Monday or Tuesday.

BOOKINGS REQUIRED

Date	Weekly from Monday 2nd & Tuesday 3rd 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 also offers assistance in MyGov including accessing the MyHealthRecord .These individual sessions are one on one and run on Thursday mornings throughout the term.

BOOKINGS REQUIRED

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

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

Recreation

Pickleball New timetable

Pickleball is an indoor or outdoor racket/paddle sport where two players (singles), or four players (doubles), hit a perforated hollow polymer ball over a 36-inch-high (0.91 m) net using solid-faced paddles. The game resembles tennis, but the court is the size of a doubles badminton court. It is a game for all ages and all abilities.

We have three sessions weekly. Tuesday sessions participants are required to pay for the full term. Thursday and Sunday sessions are on a casual basis. Beginners and Intermediate session will be split into two courts each. Plenty of room for everyone.

***Sport shoes suitable for indoor court activities must be worn in order to participate. Pickleball shoes are available on line.**

***Children under 18 years of age must be accompanied by an adult to participate**

BOOKINGS REQUIRED FOR TUESDAY SESSIONS

Date	Weekly from Tuesday 3rd October
Time	9:30am—11:00am Beginners / Intermediate 11:00am—12:30pm Intermediate/Advanced
Cost	\$35 (M) \$50 (NM) full term
Bookings	5674 2444 These sessions require 8 people to commence
Date	Weekly from Thursday 5th October
Time	7:00pm—8:30pm
Cost	\$5.00 per session casual fee only
Date	Weekly from Sunday 8th October
Time	3:00pm—5:00pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium

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

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 don't 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.
- 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 only be taken on 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 30th September, 28th October & 25th November
Time	10.00am – 12:00pm
Cost	Gold coin donation

Spring Clothes Swap Swap your Best Spring Garments

- ◇ Bring along up to six of your best spring garments (pressed and hung) Shoes and bags can be included.
- ◇ Check in your items between 1 & 2pm or 7pm & 8pm to receive your tokens.
- ◇ Enjoy some nibbles while you wait.
- ◇ From 2pm in the afternoon & 8pm in the evening use your tokens and enjoy shopping for your new outfit. Then simply swap 1 token per item.
- ◇ Dressing rooms will be available on the day.

**If you would like to volunteer your assistance for either of these event*

**I'm back by
POPULAR
DEMAND**

Date	TBD
Time	1:00pm—3:00pm & 7:00—9:00pm
Cost	FREE
Venue	Inverloch Hub Internal Street

Sustainable Living

Nifty Thrifty Upcycle Workshop

With Jill

The very creative and very clever Jill is once again sharing her passions and skills through the art of clothing upcycling. Are you hanging onto that piece of clothing that you just can't throw out but it needs some life put back into it? Or perhaps you love to op shop but the pieces you find aren't quite right.


In this Nifty Thrifty two day workshop you will learn some basic techniques to revitalise and reuse your garments.

You will have a new Christmas wardrobe in no time. It's Nifty Thrifty Upcycling. The workshop includes a trip to the local op shop for some inspiration.

BYO scissors, fabric, sewing machine and your favourite clothing for upcycling.

Beginners to intermediate welcome.

BOOKINGS REQUIRED

Date	Saturday 11th & 18th November (2 weeks)
Time	10:00am—12noon 
Cost	Gold Coin Donation
Bookings	5674 2444 This class requires a minimum of 4 people to commence

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 cater to approximately 12 people comfortably for activities such as yoga and approximately 30 people for seated activities

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

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MONDAY 25TH SEPTEMBER**

Accreditation

* First Aid

Provide CPR (HLTAID 009)

Date: Saturday 14th October

Time: 9:00am—10:30am

Cost: \$60

Provide First Aid (HLTAID011)

Date: Saturday 14th October

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 14th October

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

Support

Energy Bill Relief with Pete

The Australian Government is partnering with state and territory governments to provide energy bill relief for eligible households and small businesses through the Energy Bill Relief Fund. The states and territories will administer the rebates.

How much you can get, when you get it and how you'll get it will depend on where you live or where your business is located.

If you have received a letter stating your eligibility and would like help in accessing the funds, contact the House to book in an appointment with Peter. We will take you through the steps.

BOOKINGS REQUIRED

Dates	Weekly from Wednesday 4th October
Time	1:30pm—2:30pm 
Cost	FREE
Bookings	5674 2444

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

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 the 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 them. 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 11th December
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

Gardening

Garden Club

with Deb

Let's get together and chat about gardens. This group is open to anyone interested in sharing information, tips and tricks and basically exchanging knowledge with fellow garden enthusiasts. With a focus on native coastal gardens, this group is all about what you as a club are seeking... who knows where this garden path will lead you..... hopefully somewhere inspiring and fun. **Everyone welcome just turn up on the day.**

Date	Weekly from Monday 9th October through to 13th November (6 weeks)
Time	7:00pm—8:00pm
Cost	Gold Coin Donation 
Bookings	5674 2444

AGM

Inverloch Community House

Tuesday 21st November

10:30am to 11:30am

Inverloch Hub Internal Street

Morning Tea Provided RSVP 5674 2444

www.inverlochcommunityhouse.org.au

Back To Nature

Introduction to Bird Life with Bird Life Bass Coast

This course is run over two sessions.

The first one is for one hour inside. It covers such topics as: What is birdwatching. The basics of identifying birds. Equipment used. eg Binoculars cameras etc. Where and which types of birds may be found in which habitats.

The second session will be held one week later outdoors at the mouth of Ayr Creek and its surrounds where you will be able to put into practice your new found skills. Leaders on this walk are very experienced members of Bird Life Bass Coast.

Any person in this session who is under 15 years of age must be accompanied by an adult. The meeting place for this late afternoon session will be announced at the end of the first session.

BOOKINGS REQUIRED

Date	Session 1 Wednesday 22nd November
Time	5:30pm—6:30pm
Venue	Inverloch Community House
Cost	\$4 (M) \$6 (NM)
Date	Session 2 Wednesday 29th November
Time	5:30pm—7:00pm
Venue	TBC Field Trip
Cost	FREE
Bookings	5674 2444. This session requires a minimum of 5 to commence

**ALL ENROLMENTS AND BOOKINGS
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MONDAY 25TH SEPTEMBER**



Neighbourhood Houses
The Heart of Our Community™

SHARE THE Dignity

Its in the Bag is Share the Dignity's annual event where people can donate a bag to someone in need for Christmas.

Bags can be dropped off at the House.

There are 3 types of bags you can donate.

Bag 1—Adult Bag

Essential Items to include

Shampoo & Conditioner/Toothbrush & Toothpaste/Soap/Roll on Deodorant/ Sealed Period Products

Bag 2—Mum & Bub Bag

Essential Items to Include

Maternity Pads, Breasts Pads, Newborn Nappies, Shampoo & Conditioner, Toothbrush & Toothpaste, Roll on deodorant, Baby shampoo, Disposable nappy bags, Baby wipes, Dummies, Baby wash, Nappy rash cream

Bag 3—Teen Bag

Essential Items to Include

Period Products suitable for younger bodies/Shampoo & Conditioner/ Toothbrush & Toothpaste/Soap/Roll on Deodorant

All donations must be brand new, sealed, in the original packaging, and must comply with Australian quality standards.

Items can be dropped off in the Collection Box located in the Hub, Reilly St Entrance or the House.



SPRING TERM AT A GLANCE



The House In The Hub

SPRING TERM AT A GLANCE

MONDAY

9.00am	Inverloch Walkie Talkies	Ongoing
10:00am—2:00pm	Safe Seats Safe Kids	11th December
11:00am—12noon	Italian Beginners	Weekly from 2nd October
12.15pm—1:15pm	Community Singing	Fortnightly from 2nd October
12:30pm—1:30pm	Gluten Free Lunch	The second Monday of the month from 9th October
12:30pm—1:30pm	Gluten Free Pastry Making Demo	9th October
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 2nd October
2:00pm—4:00pm	Flower Arranging	27th November
4:30pm—5:30pm	Intro to Canva	Weekly from 2nd to 30th October
7:00pm—8:00pm	Garden Club	Weekly from 9th October

TUESDAY

9:00am—9:50am	Pilates	Weekly from 3rd October
10:00am—10:50am		
11:00am—11:50am		
9:30am—11:00am	Pickleball Beginners/Intermediate	Weekly from 3rd October
11:00am—12:30pm	Pickleball Intermediate/Advanced	
10:30am—11:30am	AGM	9th October
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 3rd October
1:30pm—3:00pm	Circle Dancing	Weekly from 3rd October

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 4th October
11:00am—1:00pm	Men's Kitchen - Meet and Eat	The 1st Wednesday of the month from 4th October
12:00noon—1:00pm	Seated Yoga	Weekly from 4th October
1:30pm—2:30pm	Energy Bill Relief	Weekly from 4th October
5.30pm—6:30pm	Book Club	Monthly (the 2nd Wednesday of the month) from 11th October
5.30pm—6:30pm	Introduction to Birdlife	22nd November
5:30pm—7:00pm	Field Trip	29th November

SPRING TERM AT A GLANCE

THURSDAY

9:15am-10:15am	French Intermediate 2	Weekly from 5th October
10:30am-11:30am	French Intermediate 1	Weekly from 5th October
10:00am—12:00noon	Apple Iphone, Ipad Support	Weekly from 5th October
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 5th October
11:45am—12:45pm	Seated Yoga	Weekly from 5th October
1:15pm—3:15pm	Bass Coast Writers	Thursdays—ongoing
1:15pm—3:15pm	The Memoirs Experience	19th October
7:00pm—8:30pm	Pickleball—Casual	Weekly from 5th October

FRIDAY

10:00am—1:00pm	In-House Painters	Fridays—ongoing
1:30pm—3:00pm	Armchair Travel	13th October

SATURDAY

9:00am—2:00pm	First Aid Accredited	14th October
10:00am – 12:00pm	Garment Repair Café	30th September, 28th October , 25th November
10:00am—12.00pm	French Cooking	9th December
10:00am—12 noon	Nifty Thrifty Upcycle Workshop	11th & 18th November

SUNDAY

3:00pm—5:00pm	Pickleball—Casual	Weekly from 8th October
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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.