

The House In The Hub

INVERLOCH COMMUNITY HOUSE Inc

WINTER PROGRAM 2023



COMMUNITY

Soup Café

We are coming into our last 3 soup cafes of the year. Our cafes happen on the second Tuesday of the month from July through to September and are open to anyone who would like to join us for a heart warming bowl of soup. It's a great way to meet new people in the community or catch up with friends. The cafes are hosted by community groups who volunteer their time and delicious soups. There's no better time to enjoy a soup than in our cold months of winter. If we were here, we might as well take pleasure in the simple things in life. A café by the community for the community. No Bookings Required.

All welcome. Just turn up on the day

Date	Tuesday, 11th July, 8th August & 12th September
Time	12:00pm—1:30pm
Cost	A pay as you feel event
Venue	Hub Internal Street

SUPPORT

Walking Through the Landscapes of Grief

With Mary and Monica

Walking through the landscape of grief is a program which explores each person's journey using a creative process. Through writing, poetry, art and storytelling everyone will find the way forward less daunting and more achievable.

Under the guidance of qualified professionals the program provides the opportunity to:

- Consider the stages of grief. **NEW**
- Explore significant changes in life.
- Develop a workable plan for the future.
- Recognise the value of their own story.

A journal will be provided for each participant.

BOOKINGS REQUIRED

Date	Monday 17th July to 14th August (5 weeks)
Time	10:30am—12noon
Cost	\$25 Full 5 week program
Bookings	5674 2444 This program requires a minimum a 5 people to commence.



Neighbourhood Houses
The Heart of Our Community™

*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 3RD JULY

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.

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, breathing techniques and physical postures.

Date	Weekly from Wednesday 12th July
Time	12:00pm—1:00pm
Date	Weekly from Thursday 13th July
Time	4:00pm—5:00pm
Cost	\$10.00(M) \$12.00 (NM) per session
Bookings	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

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 11th July
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 13th July
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 11th July
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)

LUNCH

Gluten Free Lunch

Each month we invite you to come along and share a plate of your favourite gluten free food. Be sure to bring your recipe with you to share with others. 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 warming.



Date	Monthly from Monday 10th July
Time	12:30pm—1:30pm
Cost	Gold coin donation

LANGUAGE

*French Intermediate 1

with Bernadette
(Native Speaker Teacher)

This class is a continuation of term 1. For students with basic knowledge of French Grammar. For new students, contact the House for more information prior to booking. **BOOKINGS REQUIRED**

Date	Weekly from Thursday 13th 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 2

with Bernadette
(Native Speaker Teacher)

This class is a continuation of term 1. For new students, contact the House for more information prior to booking. **BOOKINGS REQUIRED**

Date	Weekly from Thursday 27th April
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

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

COMMUNITY

School Knitting

We are very excited to share the news that our school knitting group is back on board after a long break. Volunteers from the House will meet with students over the lunchtime break, one day a week to support and nurture the student knitting enthusiasts. We will keep you up to date on their progress throughout the term. A very big thank you to our generous knitting volunteers. If anyone is interested in the program or would like to volunteer contact the House. Phone 5674 2444

**I'm back by
POPULAR
DEMAND**

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 August
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

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

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

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	\$7.00 (first three meetings attended free)
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. **No need to book, just turn up!**

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

COOKING

*French Cooking with Bernadette

Bernadette will take you on delicious journey of French Sauce making. Its French, it's delicious and its wonderful authentic. Suitable for all skill levels.

Date	Saturday 2nd 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.

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

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	Tuesday 11th July
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

SPECIAL INTEREST

Flower Arranging with Jill

Flower arranging with Jill is always full of interesting tips, an abundance of knowledge and an all round fun filled session that will leave you feeling proud and excited in your individual floral creations. This terms flower arranging will be looking at placing flowers in a bowl arrangement, both modern and an interpretation of Ikebana style. Our winter season demonstration will be drying and using dried flowers in craft projects.

Come along and learn some techniques to take home with you to decorate your spaces with beautiful floral arrangements. Participants are asked to bring flowers from the garden to share if you have them, and basic floristry equipment.

We will give you a material list on booking.

BOOKINGS REQUIRED

Date	Monday 24th July
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, 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 Bookings Required.**

Date	Weekly from Wednesday 12th July
Time	9:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444

Back Pack For Kids

Each year our Chatty Crafters support Back Pack 4 Kids, B4VK by making a variety of items including back packs and Santa's stockings. Through the cooler months the Chatty Crafters get busy making tracksuits and Pjs. Items which are included and essential in the B4VK. If you would like to add a touch of personal to a child's Back Pack by sewing a pair of PJs or tracksuit pants. Cathy (Chatty Crafter) has loads of fabric that she can supply you with perfect for the job and a very simple pattern to share for those of you who are a little unsure. So why not give it a go and help bring that personal touch to children in need.

For more information contact Cathy 0407 352 910

CARERS SUPPORT

Carers Support Workshops

Expressions of interest

La Trobe Community Health Service Carers Programs has previously ran a monthly carers support workshops at Inverloch Community House. Facilitated by the very experienced Linda Rowley. The workshops aim to promote well being and are targeted to carers of someone with mental health challenges. As Latrobe Community Health has recently had a change over of staff, session dates and times are yet to be confirmed but we are seeking expressions of interest of those who might like to join other carers for afternoon tea and support in an understanding and caring atmosphere.

Date	Monthly TBC
Time	TBC
Cost	Gold Coin Donation
Expressions of Interest	5674 2444

COMMUNITY

Community Singing Come and Try

Did you know that singing increases oxytocin levels (aiding bonding) and decreases cortisol (lowering stress)? Just a few more reasons to give singing a go. We are slowly working out a way to host an ongoing singing group but in the meantime we will be hosting a Come and Try for those of you who are unsure what community singing might be like.

Our singing group is for anyone. You don't have to know how to sing, you don't have to have had any experience, you just have to be ready to have a go, have some fun and hopefully find a new found passion for singing. FREE

Everyone welcome just turn up on the day.

Date	Monday 10th July
Time	11:00am—12:noon 
Venue	Inverloch Hub Hall
Date	Wednesday 12th July
Time	7:00pm—8:00pm
Venue	Inverloch Hub Internal Street
Cost	FREE

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 including accessing the MyHelathRecord .

These individual sessions are one on one and run on a Monday or Tuesday.

Date	Weekly from Monday 10th & Tuesday 11th July
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

ACCREDITED

* First Aid – Accredited

Provide CPR (HLTAID 009)

Date: Saturday 15th July

Time: 9:00am—10:30am

Cost: \$60

Provide First Aid (HLTAID011)

Date: Saturday 15th July

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 15th July

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

NDIS Support

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

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.

BOOKING REQUIRED FOR TUESDAY SESSION ONLY.

Date	Weekly from Tuesday 11th July
Time	10:00am—12:00pm Beginners & Intermediate
Cost	\$35 (M) \$50 (NM) full term
Bookings	5674 2444
Date	Weekly from Thursday 13th July
Time	7:00pm—8:00pm
Cost	\$5.00 per session casual fee only
Date	Weekly from Sunday 16th July
Time	3:00pm—4:30pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium

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

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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 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 . 29th July, 26th August, 30th September
Time	10.00am – 12:00pm
Cost	Gold coin donation


Winter Clothes Swap

Swap your Best Winter Garments

- ◇ BYO, your pressed and hung up to 6 of your best winter garments. Shoes and bags can be included.
- ◇ Check in your items between 1 & 2pm or 7pm & 8pm to receive your tokens . Hang your items on the racks according to their sizes.
- ◇ Enjoy some nibbles and your complimentary wine 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.

All Welcome. Just turn up on the day

Date	Wednesday 26th July
Time	1:00pm—3:00pm & 7:00—9:00pm
Cost	FREE 
Venue	Inverloch Hub Internal Street

UPCYCLING


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 three day workshop you will learn some basic techniques to revitalise and reuse your garments. You will have a new wardrobe in no time. Its Nifty Thrifty Upcycling. The workshop includes a trip to the local op shop for some inspiration.

BYO scissors, fabric, sewing machine and you favourite clothing for upcycling. Beginners to intermediate welcome.

BOOKINGS REQUIRED

Date	Saturdays 5th to 19th August (3 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



ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 3RD JULY



WINTER TERM AT A GLANCE



The House In The Hub

WINTER TERM AT A GLANCE

MONDAY

9.00am	Walkie Talkies	Ongoing
10:00am—2:00pm	Safe Seats Safe Kids	21st August
10.30am—12noon	Walking Through The Landscape of Grief	Weekly from 17th July to 14th August (5 weeks)
11.00am—12 noon	Come and Try Community Singing	10th July
12:30PM—1:30PM	Gluten Free Lunch	Monthly form 10th July
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 10th July
2:00pm—4:00pm	Flower Arranging	24th July
7:00pm—8:00pm	Come and Try Community Singing	10th July

TUESDAY

9:00am—9:50am	Pilates	Weekly from Tuesday 11th July
10:00am—10:50am		
11:00am—11:50am		
10:00am—12:00pm	Pickleball Beginners & Intermediate	Weekly from Tuesday 11th July
12:30pm—3:30pm	Chatty Crafters	Ongoing
12:00pm—1:30pm	Soup Café	11th July, 8th August & 12th September
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from Tuesday 11th July
1:30pm—3:00pm	Circle Dancing	Weekly from Tuesday 11th July

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 12th July
12:00pm—1:00pm	Seated Yoga	Weekly from 12th July
1:00pm—3:00pm	Winter Clothes Swap	26th July
1:30pm—3:30pm	Carers Support Workshops	Monthly from 12th July
5.30pm—6:30pm	Book Club	Monthly (the 2nd Wednesday of the month) from 12th July
7:00pm—9:00pm	Winter Clothes Swap	26th July



WINTER TERM AT A GLANCE

THURSDAY		
9:15am-10:15am	French Intermediate 2	Weekly from Thursday 13th July
10:30am-11:30am	French Intermediate 1	Weekly from Thursday 13th July
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 13th July
1:00pm—3:00pm	Bass Coast Writers	Thursdays—ongoing
4:00pm—5:00pm	Seated Yoga	Weekly from 13th July
7:00pm—8:00pm	Pickleball—Casual	Weekly from 13th July
FRIDAY		
10:00am—1:00pm	In-House Painters	Fridays—ongoing
SATURDAY		
9:00am—2:00pm	First Aid Accredited	15th July
10.00am – 12:00pm	Garment Repair Café	29th July, 26th August, 30th September
10.00am—12.00pm	French Cooking	2nd September
10:00am—12 noon	Nifty Thrifty Workshop	5th, 12th & 19th August (full 3 weeks)
SUNDAY		
3:00pm—4:30pm	Pickleball—Casual	Weekly from 16th July



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.