

The House In The Hub

Autumn Program 2024

Inverloch Community House Inc.



Community

Connecting Carers in the Community

Do you care for a child with a disability? Do you find it hard to make time to move your body or to be active due to your care role?

GippSport and Inverloch Community House are offering a Free yoga program for you the carer, while a separate active program is hosted for your young person to enjoy.

Sessions run on a weekly basis. Registration via QR code required. If you need assistance registering please contact Cassie at GippSport on 0456303885



To Register scan QR Code

Dates	Weekly from Tuesday 9th April
Time	4:00pm—5:00pm
Cost	FREE 
Registration	QR Code Above
Information	Cassie 0456 303 885

Community

Soup Café & Neighbourhood House Week

As some of you may know, our first Soup Café of the year corresponds with the launch of Neighbourhood House Week. It's our way of coming together and celebrating the importance of Neighbourhood Houses and you as the community who support and contribute to Houses across the region. This year's theme **Stronger Together** fits perfectly with the spirit of Inverloch and our Soup Café ethos.

So, join us in May for the launch of Neighbourhood House week and come along on the second Tuesday of the month to our pay as you feel community soup café. Proudly hosted by our lovely volunteers and community groups.

It's a café by the community for the community.

Date	14h May, 11th June, 9th July, 13th August, 10th September
Time	12—1:30pm
Cost	A pay as you feel event

All Enrolments and Bookings Commence Monday 8th April

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

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 8th May
Time	12:00pm—1:00pm
Date	Weekly from Thursday 18th April
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

Phone: 5674 2444

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 16th April
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 18th April
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 16th April
Time	1.30pm—3.00pm
Cost	\$4 (M) \$6 (NM)
Venue	Anderson Inlet Angling Club

Language

*French Intermediate 2

with Bernadette
(Native Speaker Teacher)

This class is a continuation of Term 1 for students with some knowledge of French Grammar.

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

BOOKINGS REQUIRED

Date	Weekly from Thursday 18th April
Time	10:30am—11:30am
Cost	\$200.00 Full Term (10 weeks)
Bookings	Call Bernadette 0404 059 344 This course requires a minimum of 5 people to commence

*French Intermediate 3

with Bernadette
(Native Speaker Teacher)

This class will focus on reading, pronunciation, comprehension and discussion around French Culture. For new students, contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Thursday 18th April
Time	9:15am—10:15am
Cost	\$200.00 Full Term (10 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 are free)
Bookings	5674 2444

Language

Italian Beginners

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 a continuation aimed specifically at those at a beginners level 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, it's music, food, history, fashion and politics.

BOOKINGS REQUIRED

Date	Weekly from Monday 15th April
Time	11:00am—12:00noon
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 8th May & 12th June
Time	5:30pm—6:30pm (approximately)
Cost	Donation
Venue	Pearl Restaurant Broadbeach
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

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

Literature

Play Readings

Jessikah and Sue (Sue boasts extensive knowledge in all facets of theatre and recently received multiple awards at this year's GAP Awards) extend an invitation for you to join them in the enjoyment of exploring and crafting characters through Play Readings.

If you're interested but hesitant about reading aloud, feel free to join us to listen or, if you prefer, read stage directions or simply come along to satisfy your curiosity. No Shakespeare. Everyone is welcome!

For inquiries, please contact Jessikah at 0400 241 353 or Sue Lindsay at 0409 191 148.

Dates	Fortnightly from Wednesday 17th April
Time	7:00pm—9:00pm
Cost	Gold Coin Donation
Venue	This course requires 5 people to commence
Bookings	5674 2444

Arts and Crafts

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

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	Tuesdays from 16th April
Time	12:30pm—3:30pm
Cost	\$4.00 (M) \$6.00(NM)

Arts and Crafts

Flower Arranging

with Jill

The upcoming flower arranging session will center on creating arrangements specifically tailored for table centers. We'll explore various styles of arrangement, delve into leaf manipulation techniques, and learn new approaches together.

As usual, participants are encouraged to bring their own materials and equipment, though there will also be plenty to share. A materials list will be provided to all class participants prior to the session for preparation purposes.

BOOKINGS REQUIRED

Date	Monday 17th June
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

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 17th April
Time	9:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444



Arts and Crafts

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 thankyou to our generous knitting volunteers. If anyone is interested in the program or would like to volunteer contact the House. Phone 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	3rd May & 7th June
Time	12:30pm—1:30pm
Cost	Gold coin donation
Venue	Inverloch Hub Meeting Room

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.

BOOKINGS REQUIRED

Date	Fortnightly from Monday 15th April
Time	12:15pm to 1:15pm
Venue	Inverloch Hub Meeting Room
Cost	Gold Coin Donation
Bookings	5674 2444. This class requires a minimum of 4 to commence

Let's Cook

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!

BOOKINGS REQUIRED

Date	Friday 19th, 26th April & 3rd May
Time	11:00am—1:00pm
Cost	\$5 (M) \$7 (NM) 
Where	Inverloch RSL Bolding Place
Bookings	5674 2444

Community

NDIS Information Session

Local Disability support providers Project Enabled are hosting an information session aimed at providing clarity on NDIS plans.

Topics include NDIS basics,

Obtaining a plan and understanding its contents. The session will discuss insight for individuals interested in employment within the sector.

BOOKINGS REQUIRED

Date	Monday 13th May
Time	12noon—1:30pm
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. 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 15th April & Tuesday 16th April
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 18th April
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

Accreditation

* First Aid

Cardiopulmonary Resuscitation (Blended) (HLTAID 009)

Date: Saturday 20th July

Time: 9:00am—10:30am

Cost: \$60

Provide First Aid Blended (HLTAID011)

Date: Saturday 20th July

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 20th 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

Support

What if with Bendigo Bank

This ebanking session will give you advice on how to safely navigate your way around different ebanking scenarios. In partnership with Bendigo bank feel confident in navigating your banking online.

This session will cover topics such as:

You have received a unusual phone call and want to check your accounts or balance

Your partner does all your banking and suddenly can't one day

You need to make and electronic transaction (pay a bill) and don't have access to a card or e-banking.

BOOKINGS REQUIRED Tea, Coffee & biscuits provided

Date	Wednesday 29th May
Time	1:00pm- 2:00pm
Cost	FREE
Bookings	RSVP 5674 2444



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](#)

No Bookings Required

Dates	The last Saturday of the Month 27th April , 25th May, 29th June
Time	10.00am – 12:00pm
Cost	Gold coin donation

*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

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

Recreation

Pickleball

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. 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 16th April
Time	9:30am—11:00am 11:00am—12:30pm
Cost	\$35 (M) \$50 (NM) full term
Bookings	5674 2444 These sessions require 8 people to commence
Date	Weekly from Thursday 18th April
Time	7:00pm—8:30pm
Cost	\$5.00 per session casual fee only
Date	Weekly from Sunday 21st April
Time	3:00pm—5:00pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium



NDIS Support

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



Autumn Term At A Glance



The House In The Hub

Autumn Term At A Glance

MONDAY

9.00am	Inverloch Walkie Talkies	Ongoing
11:00am—12noon	Italian Beginners	Weekly from 15th April
12noon—1:30pm	NDIS Information Session	Monday 13th May
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 15th April
2:00pm—4:00pm	Flower Arranging	Monday 17th June

TUESDAY

9:00am—9:50am	Pilates	Weekly from 16th April
10:00am—10:50am		
11:00am—11:50am		
9:30am—11:00am	Pickleball	Weekly from 16th April
11:00am—12:30pm	Pickleball	
12:00noon—1:30pm	Soup Cafe	Monthly 14h May, 11th June, 9th July
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 16th April
1:30pm—3:00pm	Circle Dancing	Weekly from 16th April
4:00pm—5:00pm	Connecting Carers	Weekly from Tuesday 9th April

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 17th April
12:00noon—1:00pm	Seated Yoga	Weekly from 8th May
1:00pm—2:00pm	What If	Wednesday 29th May
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month 8th May & 12th June
7:00pm—9:00pm	Play Readings	Fortnightly from 17th April

Autumn Term At a Glance

THURSDAY		
9:15am-10:15am	French Intermediate 3	Weekly from 18th April
10:30am-11:30am	French Intermediate 2	Weekly from 18th April
10:00am—12:00noon	Apple iphone, ipad Support	Weekly from 18th April
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 18th April
11:45am—12:45pm	Seated Yoga	Weekly from 18th April
1:15pm—3:15pm	Bass Coast Writers	Thursdays—ongoing
7:00pm—8:30pm	Pickleball—Casual	Weekly from 18th April
FRIDAY		
10:00am—1:00pm	In-House Painters	Fridays—ongoing
11:00am—12:30pm	Mens Meet and Eat	Friday 19th, 26th April & 3rd May
1:30pm—3:00pm	Gluten Free Lunch	3rd May & 7th June
SATURDAY		
9:00am—2:00pm	First Aid	20th July
10:00am – 12:00pm	Garment Repair Café	The last Saturday of the Month 27th April , 25th May, 29th June
SUNDAY		
3:00pm—5:00pm	Pickleball—Casual	Weekly from 21st April



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.