

The House In The Hub

Spring Program 2024

Inverloch Community House Inc.



Community

Summer Sizzle BBQ

Keep an eye out for our Summer Sizzle BBQ's . Held on the Hub Lawn on a Friday afternoon, our BBQ's are a way to catch up with friends and community around an easy relaxed street food setting.

A great way to wind up the end of the week.

Our BBQs will take place once a month during the warmer weather so check in on our social pages for more information .

AGM

Annual General Meeting

We invite members of Inverloch Community House inc. to attend our Annual General Meeting including proposed constitutional changes.

The meeting will be held on
Tuesday 12th November
12:30 to 1:30pm
In the Hub

Light refreshments provided

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.

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 Enrolments and Bookings
Commence
Monday 30th September



Neighbourhood Houses
The Heart of Our Community™

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, 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 9th October
Time	12:00pm—1:00pm
Date	Weekly from Thursday 10th October
Time	12:00pm—1:00pm
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 8th 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 10th 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 Stadium

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 8th October
Time	1.30pm—3.00pm
Cost	\$4 (M) \$6 (NM)
Venue	Anderson Inlet Angling Club

Arts and Crafts

Flower Arranging

With Jill

This term Jill will focus on creating simple and creative Christmas floral designs for you to share with family and friends.

In a casual and friendly environment, play and explore with flowers from your own garden (neighbours or friends will do just fine as well) and be amazed at your fabulous creations all while learning tips and tricks on floral care and styling along the way.

Material list provided once your participation is confirmed. **BOOKINGS REQUIRED**

Date	Sunday 1st December
Time	10:30am—12:30pm
Cost	\$6 (M) \$8 (NM)
Date	Monday 9th December
Time	2:00pm—4:00pm
Bookings	5674 2444 this course requires a minimum of 5 to commence

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 :

<https://upparel.com.au/>

No Bookings Required

Dates	The last Saturday of the Month 26th October & 30th November
Time	10.00am – 12:00pm
Cost	Gold coin donation

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

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 Ongoing
Time	12:30pm—3:30pm
Cost	\$4.00 (M) \$6.00(NM)

Language

*French Intermediate 2

with Bernadette
(Native Speaker Teacher)

This class is a continuation of Term 3 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 10th October
Time	10:30am—11:30am
Cost	\$220.00 Full Term (11 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 10th October
Time	9:15am—10:15am
Cost	\$220.00 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	\$5:00 per week. First three meetings attended are free. Annual Membership fee of \$20 (\$10 if join after June)
Info	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, its music, food, history, fashion and politics.

BOOKINGS REQUIRED

Date	Weekly from Monday 7th October
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. 9th October, 13th November, 11th December
Time	5:30pm—6:30pm (approximately)
Cost	Donation
Venue	Bayside Lady
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

Culinary Delights

The Pickle Club

Fermented foods and drinks boost digestion and health. Not only does fermentation enhance food preservation, but eating fermented foods can also boost the number of beneficial bacteria, or probiotics in your gut.

Our group meets on the first Friday evening of the month at the House from 5.30-7.00pm with a common goal of learning, sharing and experimenting with living fermented foods. Examples of these are Sourdough baking and uses for its discard, Kombucha, Fermenting, Kefir, Sauerkraut, Kimchi, Yoghurt, Miso, Tempeh. Previous experience is not necessary as the group is about learning together. We look forward to meeting you and sharing this fermented journey.

All welcome. Just turn up on the day

Dates	Wednesdays 2nd October, 6th November, 4th December (the first Wednesday the month)
Time	5:30pm—7pm
Cost	Gold Coin Donation

Men's Group Meet and Eat

With Pete

Due to popular demand! If you missed out last term, act fast to join the next instalment of Men's Kitchen.

Attention fellas! We're back with more easy and delicious cooking skills in another series of 5 sessions where we will prepare, cook, eat, and yes, clean up together!

Quick and easy is our motto – making cooking a treat, not a chore, for healthy meals any time. Expect simple recipes, fresh ingredients, and plenty of taste, with perhaps a few surprises.

All recipes will include vegetarian options and/or be gluten-free, packed with flavour, and guaranteed to tempt your taste buds as delightful kitchen aromas fill the air.

BOOKINGS REQUIRED

Date	Fridays from 8th November
Time	11:00am—1:00pm
Cost	\$7 per class or \$35 Full 5 weeks
Where	Inverloch Hub Kitchen
Bookings	5674 2444 This course requires a minimum of 6 people to commence

Culinary Delights

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 plus their family and friends. Its aall about sharing information on where to eat, what brands to buy, handy tips and recopies Microwave available if needed for reheating.

No need to book, just turn up!

Date	The first Friday of the month from 4th October, 1st November, 6th December
Time	12:30pm—1:30pm
Cost	Gold coin donation
Venue	Inverloch Hub Meeting Room

Support

Carers Support Group with Latrobe Community Health

We are proud to partner with La Trobe Community Health Service (LCHS) in providing a monthly support group for carers.

If you are supporting a friend or family member who is frail, aged, has a chronic illness, disability or mental illness this group may be for you.

Take some time out to meet with other carers in a supportive and relaxed environment.

If you require assistance with respite to attend LCHS can assist. Afternoon tea provided.

For registration and assistance with respite choose from the following options:

- 1800 242 696 press 5 and ask to speak with Iris in Wonthaggi
- Email: iris.gaillard@lchs.com.au
- Text: 0400 107 541

Date	Mondays 28th October & 25th November (the 4th Monday of the month)
Time	1:00pm—3:00pm
Cost	FREE
Bookings	1800 242 696 iris.gaillard@lchs.com.au

Support

Bereavement Support for Christmas and New Years Eve

With Helen

Christmas and New Years can be a very difficult and painful time for those who are grieving loved ones. The demands of family and friends as well as unrealistic self expectations can be overwhelming at this time.

This session aims to explore strategies for coping with Christmas and New Year within a safe and supportive group setting. This session is facilitated by a locally qualified Social Worker and is open to all people who have experienced bereavement both recently and in the past. Light refreshments on offer after the session.



BOOKINGS REQUIRED

Date	Tuesday 12th November
Time	5:30pm—7:00pm
Cost	FREE

COVID Pop Up Vaccinations

La Trobe Community Health Service will be hosting a COVID Pop Up Clinic here in Inverloch. The booster vaccination will be Pfizer COMIRNATY Omicron XBB.1.5, a MRNA (messenger ribonucleic acid) vaccine. The vaccine is FREE thanks to Latrobe Community Health Services supported by the Primary Health Network (PHN).

Link to bookings coming soon.

For more information contact the House.



BOOKINGS REQUIRED

Date	Tuesday 15th October
Time	10:00am—2:00pm
Cost	FREE
Where	Inverloch Hub
Bookings	Booking Link to be provided



Support

Standby Support after Suicide

What do I say? What do I do?

This FREE community workshop is focused around understanding suicide bereavement and to learn the basics skills in how to support your family and friends. This collaborative workshop is for anyone who has lived experience with suicide.

Brought to you by MyLi Inverloch, Stand By Support, Suicide Prevention Network, Wellways and Inverloch Community House.

All welcome. No bookings required



Date	Wednesday 27th November
Time	1:30pm— 4:00pm
Cost	FREE
For more information	Emma Free Wellways—0466025874 Vanessa Dhondee—0498485808

My Care Finder Service

This information session will help you to understand what aged care services are available for you and your loved ones. La Trobe Community Health will discuss the aged care system, how you can access services, what services are available locally and the Care Finder Service and answer any other questions you may have around care support.

This informative session is for those navigating the care system now or looking into the future.

All welcome. No bookings required



Date	Monday 21st October
Time	1:00pm— 2:00pm
Cost	FREE
Bookings	5674 2444

All Classes are held in the House unless otherwise specified in the program

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

Accreditation

* First Aid

Cardiopulmonary Resuscitation (Blended) (HLTAID 009)

Date: Saturday 12th October

Time: 9:00am—10:30am

Cost: \$60

Provide First Aid Blended (HLTAID011))

Date: Saturday 12th October

Time: 9:00am—1:30pm

Cost: \$155.00

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

Date: Saturday 12th 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

Technology

Artificial Intelligence AI

With Pete

Unlock the fascinating world of Artificial Intelligence (AI) and discover how it's shaping your life today and in the future!

Join Pete for an engaging talk where he will share his journey with AI from it's early days to the incredible impact on his life.

Dive into how AI compares to tools like Google search and explore practical examples of how AI can benefit you in everyday situations. Whether you're new to AI or already using it, this talk will offer valuable insights and plenty of opportunities to ask questions.

Don't miss this chance to understand and embrace the power of AI!

BOOKINGS REQUIRED

I'm back by
**POPULAR
DEMAND**

Date	Friday 22nd November
Time	2:00pm– 3:00pm
Cost	FREE
Bookings	5674 2444

Technology

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 4 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

and how to use AI in Canva

*Canva workshops proudly brought to you by Inverloch Library and Inverloch Community House

I'm back by
**POPULAR
DEMAND**

BOOKINGS REQUIRED

Dates	Weekly from Monday 7th October to 28th October
Time	4:30pm—5:30pm
Cost	Gold Coin Donation
Bookings	5674 2444 This course requires a minimum of 5 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



Technology

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 17th October
Time	10:00am – 11:45am
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	Bookings 5674 2444

Android Phone, Tablet, and MyGov Support

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 14th October & Tuesday 15th October
Time	1:00pm – 3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

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

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 four sessions weekly.

Tuesday sessions

Morning sessions is **Early Birds**—a social pickleball session for all skill levels in a fun, friendly and supportive environment

Mid morning is **Paddle Battle** - For those who want to play a more fast paced and serious pickleball game .

Afternoon Social - for new players to the game and those who are still looking for a little bit of coaching.

Tuesday participants are required to pay for the full term. There is a maximum of 24 players only so get in early to secure your spot.

Thursday and Sunday sessions are on a casual basis. These sessions have a maximum of 30 players per session.

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

***Children under 16 years of age must be accompanied by an adult to participate**

Date	Weekly from Tuesday 8th October
Time	9:00am—10:30am Early Birds 11:00am—12:30pm Paddle Battle 1:00pm to 2:30pm Afternoon Social
Cost	\$35 (M) \$50 (NM) full term
Bookings	5674 2444
Date	Weekly from Thursday 10th October
Time	7:00pm—8:30pm
Cost	\$5 per session casual fee only
Date	Weekly from Sunday 13th October
Time	3:00pm—5:00pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium



Spring Term At A Glance



Our Values

Welcome Inclusive Respect Proactive Collaborative

Our Objectives

Our Community: To improve opportunities for enjoyment, contribution and learning

Our House: To operate a well governed viable and accountable Community House

Our Partners: To actively develop and promote partnerships, relationships and networks.



The House In The Hub

Spring Term At A Glance

MONDAY

9.00am	Inverloch Walkie Talkies	Ongoing
11:00am—12noon	Italian Beginners	Weekly from 7th October
1:00pm—2:00pm	My Care Finder Service Information Session	Monday 21st October
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 14th October
1:00pm—3:00pm	Carers Support Group	Monthly 28th October & 25th November
2:00pm—4:00pm	Flower Arranging	Monday 9th December
4:30pm—5:30pm	Intro to Canva	Weekly from Monday 7th October to 25th October

TUESDAY

9:00am—9:50am	Pilates	Weekly from 8th October
10:00am—10:50am		
11:00am—11:50am		
9:00am—10:30am	Early Birds	Weekly from 8th October
11:00am—12:30pm	Paddle Battle Pickleball	
1:00pm—2:30pm	Afternoon Social	
10:00am—2:00pm	COVID Pop Up	Tuesday 15th October
12:30pm—1:30pm	AGM & Special General Meeting	Tuesday 12th November
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 15th October
1:30pm—3:00pm	Circle Dancing	Weekly from 8th October
5:30pm—7:00pm	Bereavement Support	Tuesday 12th November

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 9th October
12:00noon—1:00pm	Seated Yoga	Weekly From 9th October
1:30pm—4:00pm	Stand by Support after Suicide	Wednesday 27th November
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month 9th October, 13th November, 11th December
5:30pm—7:00pm	The Pickle Club	Fridays 4th October, 1st November, 6th December

Spring Term At a Glance

THURSDAY

9:15am-10:15am	French Intermediate 3	Weekly from 10th October
10:30am-11:30am	French Intermediate 2	Weekly from 10th October
10:00am—11:45am	Apple iphone, ipad Support	Weekly from Thursday 17th October
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 10th October
12:00pm—1:00pm	Seated Yoga	Weekly from 10th October
1:15pm—3:15pm	Bass Coast Writers	Thursdays—ongoing
7:00pm—8:30pm	Pickleball—Casual	Weekly from 10th October

FRIDAY

10:00am—1:00pm	In-House Painters	Fridays—ongoing
11:00am—1:00pm	Mens Group Meet and Eat	Fridays 8th November to 6th December
12:30pm—1:30pm	Gluten Free Lunch	Fridays 4th October, 1st November, 6th December
2:00pm—3:00pm	AI Intelligence	Friday 22nd November

SATURDAY

9:00am—2:00pm	First Aid	Saturday 12th October
10:00am – 12:00pm	Garment Repair Café	The last Saturday of the Month 26th October & 30th November

SUNDAY

10:30—12:30pm	Flower Arranging	Saturday 1st December
3:00pm—5:00pm	Pickleball—Casual	Weekly from 13th October

Spring Term Classes

Commence Monday 7th October to Friday 20th December.

All enrolments and bookings for this term commence

Monday 30th September.