

The House In The Hub Summer Program 2024

Inverloch Community House Inc.

Community

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



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

**All Enrolments and Bookings
Commence
Monday 22nd January**

Support

Living at Home for Longer

Living at Home for Longer is a free seminar that provides advice, tips and insights on how to continue living in your own home well into your senior years.

The seminar is tailored for those aged over 65 years who want to know how to access government-funded subsidies to help them live happily at home for longer. The seminar also provides advice on navigating the 'My Aged Care' system. A Latrobe Community Health and Inverloch Community House Partnership program. Afternoon Tea provided.

Please RSVP 5674 2444

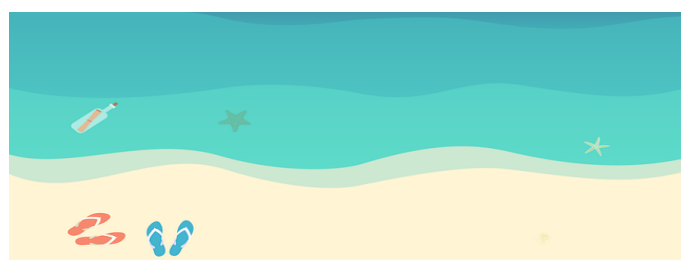


Date	Wednesday 21st February
Time	1:30pm—2:30pm
Cost	FREE
Bookings	RSVP 5674 2444

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



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 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 31st January
Time	12:00pm—1:00pm
Date	Weekly from Thursday 1st February
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 30th January
Times	9:00am—9:50am 10:00am—10:50am 11:00am—11:50am
Cost	\$126.00 (9 sessions)
Bookings	Call Leah 0458 642 373

Dance

Line Dancing

with Bev

Have you ever wanted to try Line Dancing classes? Then come along and learn the basic steps and some dances. Wear comfortable clothing and footwear and have fun. **No need to book, just turn up!**

Date	Weekly from Thursday 1st February
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 30th January
Time	1.30pm—3.00pm
Cost	\$3 (M) \$5 (NM)
Venue	Inverloch Community Hub Hall

Language

*French Intermediate 2

with Bernadette
(Native Speaker Teacher)

This class is a continuation of 2023 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 1st February
Time	10:30am—11:30am
Cost	\$180.00 Full Term (9 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 1st February
Time	9:15am—10:15am
Cost	\$180 .00 Full Term ((9 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, its music, food, history, fashion and politics.

BOOKINGS REQUIRED

Date	Weekly from Monday 29th January
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 from 14th February
Time	5:30pm—6:30pm (approximately)
Cost	Donation
Venue	Pearl Restaurant Broadbeach
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

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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	Tuesdays from 30th January
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

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 31st January
Time	9:00am—11:30am
Cost	\$4.00 (M) \$6.00 (NM) per session
Bookings	5674 2444

Arts and Crafts

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 flower creations. Material list supplied closer to commencement date.

BOOKINGS REQUIRED

Date	Monday 18th March
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

Introduction to SnapFish Photo Book

Together, create a SnapFish topic of choice photo book. You might choose to create a book about a holiday, your grandchild's favourite game, family history or a special event. This session is for those who are new to SnapFish. Bring along your creative ideas and enjoy the shared experience.

BYO photos on device, laptop or tablet. Email address required. Suitable for all abilities.

BOOKINGS REQUIRED

Date	Wednesday 13th March
Time	1:30pm—3:30pm
Cost	\$4.00 (M) \$6.00 (NM)
Bookings	5674 2444. This class requires a minimum of 4 to commence

Travel

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	Monday 4th March
Time	2:00pm—3:30pm
Cost	FREE
Bookings	5647 2444 This class requires a minimum of 4 to commence

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 24th February & 30th March
Time	10.00am – 12:00pm
Cost	Gold coin donation

Autumn Clothes Swap Swap your Best Garments

- Bring along up to six of your best garments (pressed and hung). Shoes and bags can be included.
- Check in your items between 7pm & 8pm to receive your tokens.
- Enjoy some nibbles while you wait.
- From 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 contact, Lisa at the House.*

Date	Wednesday 20th March
Time	7:00pm—9:00pm
Cost	\$5 entry fee
Where	Hub Internal Street
Bookings	online

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	2nd February and 1st March
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 5th February
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

Save the Date

Inverloch Tourism Association
is hosting a
Community Expo
Friday 22nd March.
For more information contact
Glen 0413 159 666

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 29th & Tuesday 30th January
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 1st February
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

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 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 5th February to 4th March
Time	4:30pm—5:30pm
Cost	Gold Coin Donation
Bookings	5674 2444

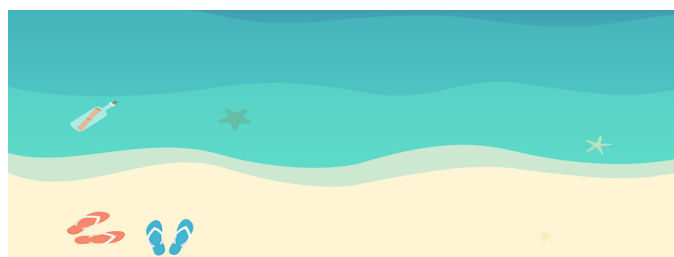
Did you know that we offer a range of Admin Services such as Photocopying, Printing Laminating and much more...

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



Recreation

Women's Fishing Clinic

Ever wanted to learn how to fish but not sure where to start? The Anderson Inlet Angling Club and the Inverloch Fishing Club are on the job. The Women's Fishing Clinics have been running In Inverloch for quite some time now so the expertise and advice is in abundance .

Taking place over two sessions, you will learn all the basics in a fun and welcoming environment. Topics covered. Knot tying & rig setting; fish & bait regulations & fish I.D , Rod & reel basics; casting practise. Also included pumping your own bait; what bait to use and fishing excursion (weather permitting).

All fishing equipment supplied

Bookings Required

Date	Monday 19th & 26th February
Time	9:30am—1:30pm:
Cost	\$5 (M) \$7(NM)
Venue	Inverloch Fishing Club—Warrawee Club
Bookings	5674 2444 This group requires 6 people to commence
Date	Monday 18th March BYO Lunch
Time	9:30am—2:30pm
Cost	\$5 (M) \$7(NM)
Venue	Anderson Inlet Angling Club
Bookings	5674 2444 This group requires 6 people to commence

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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. Beginners and Intermediate sessions 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 30th January
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 1st February
Time	7:00pm—8:30pm
Cost	\$5.00 per session casual fee only
Date	Weekly from Sunday 4th February
Time	3:00pm—5:00pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium

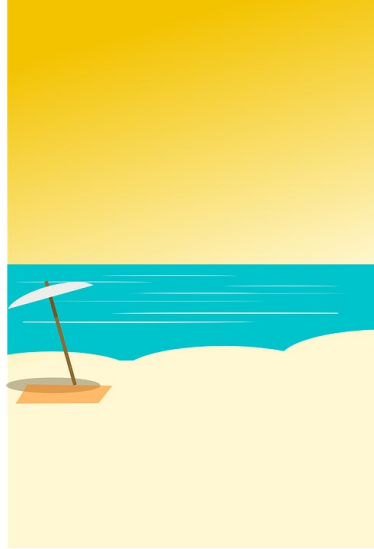
Pickleball Come and Try

Sunday 4th February

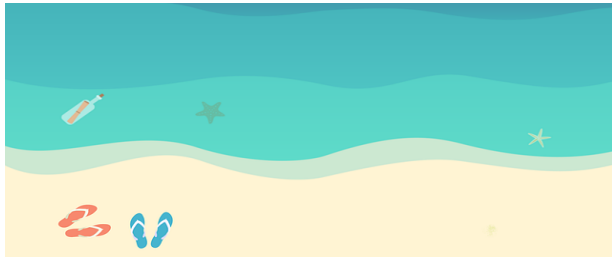
2:00pm to 3:00pm

Inverloch Hub Stadium

www.inverlochcommunityhouse.org.au



Summer Term At A Glance



The House In The Hub

Summer Term At A Glance

MONDAY

9.00am	Inverloch Walkie Talkies	Ongoing
9:30am—1:30pm	Women's Fishing Clinic	19th & 26th February
9:30am—2:30pm	Women's Fishing Clinic	18th March
11:00am—12noon	Italian Beginners	Weekly from 29th January
12.15pm—1:15pm	Community Singing	Fortnightly from 5th February
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 29th January
2:00pm—4:00pm	Flower Arranging	18th March
2:00pm—3:30pm	Arm Chair Travel	4th March
4:30pm—5:30pm	Intro to Canva	Weekly from 5th February to 4th March

TUESDAY

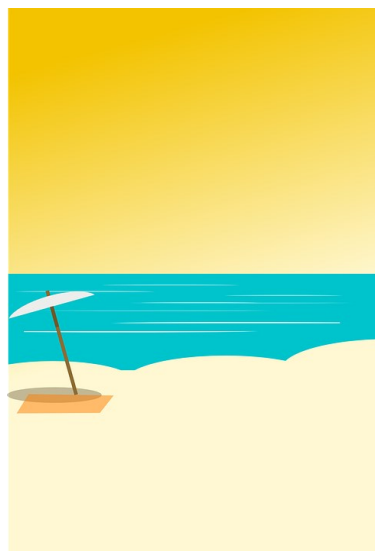
9:00am—9:50am	Pilates	Weekly from 30th January
10:00am—10:50am		
11:00am—11:50am		
9:30am—11:00am	Pickleball Beginners/Intermediate	Weekly from 30th January
11:00am—12:30pm	Pickleball Intermediate/Advanced	
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly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

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 31st January
12:00noon—1:00pm	Seated Yoga	Weekly from 31st January
1:30—2:30pm	Living at Home Longer Information Session	21st February
1:30—2:30pm	Introduction to SnapFish	13th March
5.30pm—6:30pm	Book Club	Monthly (the 2nd Wednesday of the month) from 14th February
7:00pm—9:00pm	Play Readings	Fortnightly from 7th February
7:00pm—9:00pm	Autumn Clothes Swap	20th March

SPRING TERM AT A GLANCE

THURSDAY		
9:15am-10:15am	French Intermediate 3	Weekly from 1st February
10:30am-11:30am	French Intermediate 1	Weekly from 1st February
10:00am—12:00noon	Apple Iphone, Ipad Support	Weekly from 1st February
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 1st February
11:45am—12:45pm	Seated Yoga	Weekly from 1st February
1:15pm—3:15pm	Bass Coast Writers	Thursdays—ongoing
7:00pm—8:30pm	Pickleball—Casual	Weekly from 1st February
FRIDAY		
10:00am—1:00pm	In-House Painters	Fridays—ongoing
1:30pm—3:00pm	Gluten Free Lunch	2nd February & 1st March
SATURDAY		
10:00am – 12:00pm	Garment Repair Café	24th February & 30th March
SUNDAY		
3:00pm—5:00pm	Pickleball—Casual	Weekly from 4th February



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.