

The House In The Hub

Autumn Program 2025

Inverloch Community House Inc.



Community

Soup Café & Neighbourhood House Week

Join us this May for the launch of Neighbourhood House Week and celebrate our tenth year of our Pay-As-You-Feel Community Soup Café!

Held on the **second Tuesday of each month**, our Soup Café is a warm and welcoming space where everyone is invited to share a meal, connect with others, and celebrate the spirit of community.

Every year, we launch our Soup Cafés as part of Neighbourhood House Week, recognising the vital role Neighbourhood Houses play in bringing people together. This year's theme, **Ripples of Change**, perfectly captures how small actions—whether a smile, a shared story, or learning a new skill—can create a lasting impact, spreading kindness and strengthening our communities. Proudly hosted by our dedicated volunteers and local community groups, this initiative is **by the community, for the community**. Whether you come for a bowl of delicious soup, a friendly chat, or just to be part of the community you are always welcome.

No bookings required—just turn up! Bring a friend, meet new people, and be part of the ripples of change.

All welcome!

Date	13th May (Neighbourhood House Week), 10th June, 8th July, 12th August, 9th
Time	12noon to 1:30pm
Cost	Pay as you feel
Venue	Hub Internal Street

Arts and Crafts

NEW Basket Weaving with Meg

Join us for an inspiring series of workshops with local fibre artist Meg Viney! Meg is offering three hands-on sessions exploring different forms of basketry, inviting you to discover your creativity while building your skills along the way.

You'll start by crafting your own twig basket vessel, progress to the art of melon basketry, and finally refine your technique with delicate pine needle weaving. Throughout the journey, Meg will gently guide you in working with natural materials, unveiling the incredible versatility of earth basketry.

For Meg, the natural world is abundant with fibrous plants, feathers, straw, and sticks—each waiting to be transformed into stunning vessels. Blending an explorer's curiosity with an artist's keen eye, she approaches both art-making and community-building with a spirit of generosity and deep respect for nature. Material list provided once sessions are confirmed.

BOOKINGS REQUIRED

Dates	Twig Basket Friday 2nd May
Dates	Melon Basket Friday 9th , 16th & 23rd May
Dates	Pine Needle Basket Friday 30th May, 6th & 13th June
Time	2:00pm—4:00pm (all sessions)
Cost	\$15 per person, per session
Bookings	5674 2444 All sessions require a minimum of 5 people to commence

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 from 28th April
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, alternative poses optional.

Yoga connects the body and mind through breathing techniques 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 30th April
Time	12:00pm—1:00pm
Date	Weekly from Thursday 1st May
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 22nd April
Times	9:00am—9:50am 10:00am—10:50am 11:00am—11:50am
Cost	\$165.00 (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 24th 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 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 22nd April
Time	1.30pm—3.00pm
Cost	\$4 (M) \$6 (NM)
Venue	Anderson Inlet Angling Club

Arts and Crafts

Flower Arranging

With Jill

We are going on an adventure this term! Paul and Jenny have an amazing local garden and we have been invited to visit and pick some flowers.

We will meet at the House, travel by car to the garden. Once there we will find out how to choose the best blooms for our arrangement and how to cut and condition the flowers we need.

Back at the House we will make a posy to take home. All tools and equipment will be supplied.

BOOKINGS REQUIRED

Date	Monday 2nd June
Time	2:00pm—4:00pm
Cost	\$6 (M) \$8 (NM)
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.

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 April. 31st May & June 28th
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 have questions about a 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 23rd April
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	Weekly from Friday 2nd May
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	Weekly from Tuesday 22nd April
Time	12:30pm—3:30pm
Cost	\$4.00 (M) \$6.00(NM)

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	Weekly Thursday from 24th April
Time	1:15pm—3:15pm
Cost	\$4.00 (M) \$6.00 (NM)
Info	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.

BOOKINGS REQUIRED

Date	2nd Wednesday of the Month. 14th May & 11th June
Time	5:30pm—6:30pm (approximately)
Cost	\$25 Annual membership
Venue	The House
Bookings	5674 2444
Details	www.inverlochcommunityhouse.org.au

Food For Thought Reading Group

Welcome to our reading group! We focus on exploring books that highlight Indigenous cultures and address the challenges of colonization. If you'd enjoy engaging in meaningful discussions within a safe and welcoming environment, we'd love for you to join us.

All welcome. No bookings required

Date	The last Friday of the Month. 30th May & 27th June
Time	10:30am to 12noon
Cost	Gold Coin Donation
Info	5674 2444

Recreation

Pickleball

Pickleball is a fast-paced indoor or outdoor sport played with solid-faced paddles and a perforated polymer ball. While similar to tennis, pickleball is played on a smaller court, the size of a doubles badminton court. Suitable for all ages and skill level

Tuesday sessions

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

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

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

Afternoon Social -a social pickleball session for all skill levels in a fun, friendly and supportive environment

League Ladder Comp an organised Pickleball session in which players with relatively similar skills play against each other in a competitive format. Your cumulative points decide your ranking on the ladder. This session is available to regular casual players only. Maximum 24 participants per session.

Thursday and Sunday sessions are on a casual basis. These sessions have a maximum of 26 players per session.

***Sport shoes suitable for indoor court activities must be worn in order to participate.**

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

BOOKINGS REQUIRED FOR All TUESDAY SESSIONS

Date	Weekly from Tuesday 22nd April
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 Tuesday 29th April
Time	7:00pm—9:00pm League Ladder Comp
Cost	\$5.00 per session casual fee only
Date	Weekly from Thursday 24th April
Time	7:00pm—8:30pm
Cost	\$5 per session casual fee only
Date	Weekly from Sunday 27th April
Time	3:00pm—5:00pm
Cost	\$5.00 per session casual fee only
Venue	Inverloch Hub Stadium

Language

*French Beginners with Bernadette

Learn to speak, write, and understand basic French used in everyday situations. This class is a continuation from term 1. Contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Monday 28th April
Time	10:00am—11:00am
Cost	\$180.00 Full Term (9 weeks)
Bookings	Call Bernadette 0404 059 344 This course requires a minimum of 5 people to commence

*French through Culture with Bernadette

(Native Speaker Teacher)

This class will focus on reading, pronunciation, comprehension and discussion around French Culture. For new students, this class is a continuation from term 1 contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Thursday 1st May
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

*French Intermediate with Bernadette

(Native Speaker Teacher)

This class is for those that have some knowledge of French Grammar. For new students, this class is a continuation from term 1. Contact Bernadette for more information prior to booking.

BOOKINGS REQUIRED

Date	Weekly from Thursday 1st May
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

Language

Italian 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.

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. This class is a continuation from term 1, for new students contact the House for more information prior to booking

Italian Beginners

This course is aimed at those at a beginners level with minimal or no experience of the Italian language.

BOOKINGS REQUIRED

Date	Weekly from Monday 28th 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

Italian Advanced

This course is aimed at those with some previous experience of studying Italian.

BOOKINGS REQUIRED

Date	Weekly from Monday 28th April
Time	10:00am—11:00am
Cost	\$4(M) \$6.00 (NM)
Bookings	5674 2444—This Course requires a minimum of 5 people to commence

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

Support

Living At Home Longer

With Latrobe Community Health Service

Living at Home Longer is a FREE information session delivered by Latrobe Community Health Service. Advice and insights are provided to help you continue living in your home—well into your senior years. The information session is tailored for those aged 65 years and older, who want to know how to access government—funded subsidies and programs that will help you live happily at home longer. The session also provides advice on navigating the “My Aged Care” system. The information session covers eligibility, available programs, and costs. Laura will endeavour to answer your questions and assist if required, to help you access these programs. If you would like to attend this session, please let us know by contacting Laura Corbett – 0483 289 683 or laura.corbett@lchs.com.au

BOOKINGS REQUIRED.



Date	Monday 16th June
Time	1:00pm—2:00pm
Cost	FREE
Bookings	Laura Corbett (LCHS) – 0483 289 683

**All Enrolments and Bookings
Commence Monday 14th April**

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

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



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	The 4th Mondays of the month. 28th April, 26th May & 23rd June
Time	1.00pm—3:00pm
Cost	FREE
Bookings	1800 242 696 iris.gaillard@lchs.com.au

Support

My Aged Care

Lauren from Latrobe Community Health Service is available once a month to provide one-on-one support, helping you navigate and understand the aged care services available for you and your loved ones.

During your session, Lauren can guide you through the aged care system, explain how to access services, discuss the range of support options available in your local area, and provide information on the Care Finder Service. She is also available to answer any other questions you may have about care and support to ensure you or your loved ones receive the assistance needed.

BOOKINGS REQUIRED

Date	The last Tuesday of the Month, 29th April, 27th May & 24th June
Time	10:00am– 1:00pm
Cost	FREE one - on—one sessions
Bookings	5674 2444

Support

Snack and Chat With Emma

Join Emma in a safe and welcoming space for informal conversations over snacks about suicide prevention. Learn how to support someone experiencing suicidality through meaningful conversations, brief interventions, and de-escalation techniques to assist in times of crisis until further help is available. This is a non-clinical, non-crisis support session brought to you by Wellways.

For more Information contact Emma on 0466 025 874 All Welcome.

Date	Wednesday 28th May & 25th June
Time	1:30pm—3:00pm
Cost	FREE
RSVP	Emma 0466 025 874

Culinary Delights

Pasta Making Class With Liane & Matt

Hands on Pasta Making Class for beginners (run by a couple of amateurs who love all things Italian). Learn the difference between egg pasta and water pasta. Learn how to knead and shape dough and use a pasta machine.

BYO Apron, large mixing bowl, a couple of take away containers and a sense of fun.

This class requires a minimum of 5 people to commence with a maximum of 10.

BOOKINGS REQUIRED



Date	Friday 2nd May
Time	5:30pm—7:00pm
Cost	\$5 per person
Venue	Inverloch Hub Kitchen

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

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 Wednesday 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, and Tempeh. Previous experience is not necessary as the group is about learning together. We look forward to meeting you and sharing this fermenting journey.

All welcome. Just turn up on the day

Dates	The first Wednesday the month. 7th May, 4th June & 2nd July
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	Weekly from Monday 26th May to 30th June (9th June public holiday) 5 weeks
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 Pastry Making Demo

With Pete 

Everyone should know how to care for friends and family with Coeliac disease. Surprise them—and yourself—by baking a delicious gluten-free treat! This demo will show you just how simple it can be, using classic pastry ingredients with easy gluten-free substitutes.

No fuss, no frills—just a quick, confidence-boosting session to help you master sweet, savoury, and flaky pastries.

Please note: Recipes include dairy (butter, milk, and yogurt).

Bon appétit!

BOOKINGS REQUIRED

Date	Thursday 19th June
Time	11:30am—12:30pm
Cost	Gold coin donation
Venue	Inverloch Hub Meeting Room

Technology

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 28th April & Tuesday 29th April
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	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 24th April
Time	10:00am – 11:45am
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	Bookings 5674 2444

Greenery

Lets Talk About Plants

and How to Care for Them at Home

With Monique from Greener Life

Is your home filled with lush greenery, or are you looking to learn more about indoor plants, their care, and the health and wellness benefits they offer? Whether you're a seasoned plant lover or just starting out, this session is for you!

Join Monique as she brings along a variety of plants and pots, sharing her knowledge and experience with the group. You'll have the chance to ask questions, gain practical insights, and get hands-on with plant care in a fun and interactive setting.


BOOKINGS REQUIRED

Date	Wednesday 14th May
Time	2:00pm—4:00pm
Cost	Gold Coin Donation
Bookings	5674 2444

Autumn 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.

Autumn Term At A Glance

MONDAY

9.00am	Inverloch Walkie Talkies	Weekly from 28th April
10:00am—11:00am	Italian Advanced	Weekly from 28th April
10:00am—11:00am	French Beginners	Weekly from 28th April
11:00am—12noon	Italian Beginners	Weekly from 28th April
11:00am—1:00pm	Mens Group Meet and Eat	Weekly from 26th May to 30th June (except 9th June)
1:00pm—2:00pm	Living at home longer Information session	Monday 16th June
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 28th April
1:00pm—3:00pm	Carers Support Group	The 4th Monday of the month , 28th April, 26th May, & 23rd June
2:00pm—4:00pm	Flower Arranging	Monday 2nd June

TUESDAY

9:00am—9:50am 10:00am—10:50am 11:00am—11:50am	Pilates	Weekly from 22nd April
9:00am—10:30am 11:00am—12:30pm 1:00pm—2:30pm	Early Birds Paddle Battle Afternoon Social	Pickleball Weekly from 22nd April
10:00am—1:00pm	My Aged Care	The last Tuesday of the month from 29th April, 27th May & 24th June
12:00noon—1:30pm	Soup Café	Monthly from 13th May, 10th June, 8th July, 12th August & 9th September
12:30pm—3:30pm	Chatty Crafters	Weekly from 22nd April
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 22nd April
1:30pm—3:00pm	Circle Dancing	Weekly from 22nd April
7:00pm—9:00pm	League Ladder Comp	Pickleball Weekly From 29th April

WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 23rd April
12 noon—1:00pm	Seated Yoga	Weekly From 30th April
1:30pm—3:30pm	Snack & Chat	Monthly from 28th May & 25th June
2:00—4:00pm	Lets talk about plants	14th May
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month. 14th May & 11th June
5:30pm—7:00pm	The Pickle Club	1st Wednesday of the month from 7th May , 4th June & 2nd July

Autumn Term At a Glance

THURSDAY

9:15am-10:15am	French Through Culture	Weekly from 1st May
10:30am-11:30am	French Intermediate	Weekly from 1st May
10:00am—11:45am	Apple iPhone, iPad Support	Weekly from 24th April
11:30am—12:30pm	Gluten Free Pastry Making Demo	19th June
12:00pm-1:00pm	Easy to intermediate	Weekly from 24th April
1:00pm-2:00pm	Upper Beginners	
2:00pm-3:00pm	Beginners	
12:00pm—1:00pm	Seated Yoga	Weekly from 1st May
1:15pm—3:15pm	Bass Coast Writers	Weekly from 24th April
7:00pm—8:30pm	Pickleball—Casual	Weekly from 24th April

FRIDAY

10:00am—1:00pm	In-House Painters	Weekly from Friday 2nd May
10:30pm—12noon	Food For Thought Reading Group	The last Friday of the month 30th May & 27th June
2:00pm—4:00pm	Basket Weaving	2nd May to 13th June
5:30pm—7:00pm	Pasta Making	2nd May

SATURDAY

10:00am – 12:00pm	Garment Repair Café	The last Saturday of the Month 26th April, 31st May & 28th June
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SUNDAY

3:00pm—5:00pm	Pickleball—Casual	Weekly from 27th April
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Autumn Term Classes

Commence Tuesday 22nd April to Friday 4th July

All enrolments and bookings for Autumn term