

Autumn Program 2026

Inverloch Community House Inc.

Autumn



Sustainability

Destash Day

Calling all makers, creatives, collectors, and crafty treasure hunters!

After the success of our previous Destash Days, we're excited to host another—your perfect chance to clear out those fabric scraps, unopened paints, tools still in their wrappers, and any crafty supplies ready to inspire someone new.

Book a table on your own or with a friend to sell, swap, or give away your arts and crafts materials—or simply come along and browse!

Destash Day

For bookings and more information, visit: www.inverlochcommunityhouse.org.au

Bookings Required

Date	Saturday 11 April
Time	10am to 12
Cost	\$5 per table (approx 1800mm x 760mm)
Bookings Information	Online (see website link above) 5674 2444



Community

Soup Cafe

Join us this May as we launch Neighbourhood House Week, celebrating this year's theme, "a place where you connect."

What better way to bring this to life than at our much-loved, pay-as-you-feel Community Soup Café?

Held on the second Tuesday of each month, the Soup Café is a warm and welcoming space to share a meal, connect with others, and enjoy a sense of community.

Proudly hosted by our volunteers and local community groups, this initiative is truly by the community, for the community.

Whether you come for a bowl of soup, a friendly chat, or simply to be part of something special—you are always welcome.

No bookings required—just come along to the Inverloch Community House Hub.

Bring a friend, meet new people, and be part of the community.

No Bookings Required

Date	Tuesday 12 May & 9 June
Time	12 to 1:30pm
Cost	Pay As You Feel
Information	5674 2444



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 20 April
Time	9am
Cost	Free
Venue	Meet at the front of the Hub on the lawn

*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 22 April
Time	12noon to 1pm
Cost	\$10 (M) \$12 (NM) per session
Bookings	Contact Maree 0402 092 510

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

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 21 April
Time	9am to 9:50am 10am to 10:50am 11am to 11:50am
Cost	\$150 (10 weeks)
Bookings	Call Leah 0458 642 373

Dance

Circle Dancing

Circle dancing is a timeless tradition found in many cultures. Modern circle dance draws on traditional styles from around the world, along with new dances set to classical and contemporary music. Some are lively and energetic, others calm and meditative—offering relaxation, connection, and joy through movement.

No need to book—just come along and join in!

Date	Weekly from Tuesday 21 April
Time	1:30pm to 3pm
Cost	\$4 (M) \$6 (NM)
Venue	Anderson Inlet Angling Club



*All Enrollments and Bookings commence on Monday 13 April
All Activities are held at the House unless otherwise specified*

Arts and Crafts

Flower Arranging with Jill

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. With qualifications in floristry, learning with Jill is always inspiring and fun.

Material list provided once your participation is confirmed.

Bookings Required

Date	Monday 11 May
Time	2pm to 4pm
Cost	\$6 (M) \$8 (NM)
Bookings	5674 2444 this course requires a minimum of 5 people to commence

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 24 April
Time	10am to 1pm
Cost	\$4 (M) \$6 (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 21 April
Time	12:30pm to 3:30pm
Cost	\$4 (M) \$6 (NM)
Information	5674 2444

Kids Sleepwear Wanted

Backpack 4 Vic Kids supports vulnerable babies, children and young people by providing crisis gift packs.

Our Chatty Crafters proudly contribute by creating backpacks filled with essential items. If you would like to help, we warmly welcome donations of NEW sleepwear to include in these backpacks.

Arts and Crafts

Sewing Studio with Brian

The lovely and talented Brian Ahern is back and ready to sew!

With a long career in the clothing industry here and overseas, Brian brings a wealth of experience in pattern making and sewing – and loves sharing his knowledge in a fun, friendly environment.

Join Brian at his weekly sessions at the House if you:

- need a pattern altered
- want help starting a garment
- have a partly finished project
- or have sewing questions

All skill levels welcome – including beginners.

BYO sewing machine and basic supplies (fabric, pattern, scissors, tape measure, pins, marking pencil).

No bookings required – just come along!

Date	Weekly from Wednesday 29 April
Time	9am to 11:30am
Cost	\$4 (M) \$6 (NM)
Info	5674 2444

Garment Repair Cafe

Got clothes or textiles in need of a little love?

From loose buttons and hems to well-worn favourites, our talented repairers will help extend the life of what you already own at the Garment Repair Café.

We're proud to support Upparel, who upcycle clean textiles into quality new products. Learn more at www.upparel.com.au.

Drop off CLEAN garments on the dates listed below.

No bookings required – just turn up!

Date	The last Saturday of the month. 25 April, 30 May & 27 June
Time	10am to 12noon
Cost	Gold Coin Donation
Information	5674 2444

Arts and Crafts

Inverloch Basket Weavers

We meet each Friday
Bring your own work, or be guided by Meg, who has been making baskets for many years. The emphasis is on having fun, whilst being inspired by working with others. No experience necessary - just a desire to learn and play with materials from our environment
We are also working collaboratively on works for the 'Basket Tree' at Ayr Creek Bridge.

All welcome. No bookings required

Date Weekly from Friday 24 April
Time 1pm to 3pm
Cost Gold Coin Donation
Information 5674 2444

Indigo Shibori Dyeing Workshop

with Meg



Shibori is a traditional Japanese technique that uses folding, twisting, stitching, or binding to create beautiful resist-dyed patterns in deep indigo. Each piece is completely unique.

Join Meg in learning this creative textile art and make your own indigo-dyed fabric

Bookings Required - this class requires a minimum of 6 participants to commence

Date Wednesday 29 April to 3 June (6 weeks)
Time 1:30pm to 3:30pm
Cost \$5 (M) \$7 (NM)
Bookings 5674 2444. This class requires a minimum of 5 people to commence



Arts and Crafts

Sashiko Stitching

with Glenda

Join us for a relaxed 2-hour introduction to Sashiko stitching, inspired by the simple, repetitive patterns of this traditional Japanese embroidery style.

Facilitated by Glenda, a passionate self-taught maker, this workshop invites you on a creative journey into this beautiful form of stitching. While inspired by tradition, this is not a formal or traditional teaching of the art form, but a chance to explore, learn, and experiment in a supportive, hands-on environment.

Perfect for beginners or anyone looking to slow down, connect, and enjoy a mindful making experience.

Bookings Required - this class requires a minimum of 5 participants to commence

Date Sunday 31 May
Time 10am to 12:30
Cost \$5 (M) \$7 (NM)
Bookings 5674 2444. This class requires a minimum of 5 people to commence



All Enrollments and Bookings commence on Monday 13 April

All Activities are held at the House unless otherwise specified



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 13 May & 10 June
Time	5:30pm to 6:30pm
Cost	\$25 Annually
Information	Contact Heather 0488 006 270

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 24 April, 29 May & 26 June 10:30am to 12noon
Time	Gold Coin Donation
Cost	5674 2444
Information	

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 from Thursday 23 April
Time	1:15pm to 3:15pm
Cost	\$4 (M) \$6 (NM)
Information	5674 2444

*French 2nd Year Beginners *with Bernadette*

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

Bookings Required

Date	Weekly from Monday 20 April
Time	10am to 11am
Cost	\$160 Full Term (8 weeks)
Information	Contact Bernadette 0404 059 344

*French Through Culture *with Bernadette*

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

Bookings Required

Date	Weekly from Thursday 23 April
Time	9:15am to 10:15am
Cost	\$180 Full Term (9 weeks)
Information	Contact Bernadette 0404 059 344

*French Intermediate

with Bernadette

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

Bookings Required

Date	Weekly from Thursday 23 April
Time	10:30am to 11:30am
Cost	\$180 Full Term (9 weeks)
Information	Contact Bernadette 0404 059 344

Language

Italian with David

Join David to explore Bella Italia. Build everyday reading and speaking skills—ordering in cafés, navigating hotels and stations—while sampling Italy’s music, food, history, fashion and politics. This class continues from last year; new students should contact the House before 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 20 April
Time	11am to 12noon
Cost	\$4 (M) \$6 (NM)
Bookings	5674 2444

Italian Advanced

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

Bookings Required

Date	Weekly from Monday 20 April
Time	10am to 11am
Cost	\$4 (M) \$6 (NM)
Bookings	5674 2444

Support

How to live at Home Longer

Living at Home for Longer is a free information session by Latrobe Community Health Service, designed for people aged 65+.

Learn how to access government-funded supports, navigate the My Aged Care system, and explore services, eligibility, and costs to help you stay living independently at home. A Customer Service Officer will be available to answer questions and provide guidance.

Bookings Required 5674 2444

Date	Monday 13 April
Time	1 to 2:30pm
Cost	FREE
Bookings	5674 2444

Support

Carers Support Group with Latrobe Community Health Service

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 Bookings 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 Monday of the month. 27 April, 25 May & 22 June
Time	1pm to 3pm
Cost	FREE
Bookings	1800 242 696

My Aged Care

with Latrobe Community Health Service

One-on-One Aged Care Sessions

With Laura Corbett, Latrobe Community Health Service

Book a free personalised Aged Care appointment to learn how to stay independent at home and access government-funded support.

Ideal for people 65+, these sessions provide simple, practical guidance on My Aged Care, including eligibility, services and costs. A Customer Service Officer will answer your questions and help connect you with the right support.

Bookings Required 5674 2444

Date	Tuesday 5 May & 2 June
Time	10am to 2pm
Cost	FREE one on one session
Bookings	5674 2444

Apple, Iphone, Ipad and Mac Support 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 My Health Record. These individual sessions are one-on-one and run on Thursday mornings throughout the term.

Bookings Required

Date Weekly from Thursday 30 April
Time 10am to 12noon
Cost \$8 (M) \$10 (NM)
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 My Health Record. These individual sessions are one on one and run on a Monday or Tuesday.

Bookings Required

Date Weekly from Monday 20 & Tuesday
Time 21 April
Cost 1pm to 3pm
Bookings \$8 (M) \$10 (NM)
5674 2444

Ambulance Victoria

Join us to learn the basics of Defibrillator use and CPR, along with essential life-saving knowledge including when to call an ambulance, heart health awareness, recognising a stroke, and what to do in the event of a snake bite. Come together as a community to build confidence, skills, and awareness—because together, we can save lives. Cardiac arrest can happen to anyone, anywhere, at any time—regardless of age, health, or fitness level, and often without warning. Knowing what to do in those critical moments can make all the difference.

Bookings Required

Date Monday 18 May
Time 1:30 to 2:30
Cost Free
Bookings 5674 2444



Keeping Well Through Mindfulness with Lynne

Mindfulness is the practice of bringing your attention to the present moment with openness and without judgement. In this session, you'll be guided through simple, practical techniques—such as breath awareness, gentle movement, and memory activities—to help calm the mind, reduce stress, and build a greater sense of well being in everyday life.

Bookings Required

Date Monday 4 & 11 May
Time 1:00 to 2:00pm
Cost Gold Coin Donation
Bookings 5674 2444 this course requires a minimum of 4 people to commence



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.

Monday & Tuesday sessions

Monday & 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

Monday Bookings 5674 2444

Tuesday Bookings ONLINE REQUIRED

Friday sessions participants are required to pay in full for the whole term. there is a maximum of 24 players only.

ONLINE BOOKINGS REQUIRED

Thursday and Sunday sessions are on a casual basis and require basic pickleball skills.

Entry Level Pickleball

Date Weekly Mondays 20 April

Time 12:15pm to 1:45pm

Cost \$40 (full Term)

Bookings 5674 2444



Date Weekly from Tuesday 21 April

Time 9am to 10:30am

11am to 12:30pm

1pm to 2:30pm

Cost \$35 (M)

Bookings Online Bookings (go to website for more Information)

Date Weekly Thursdays 23 April

Time 7pm to 8:30pm

Cost \$5 per session casual fee

Date Weekly from Friday 24 April

Time 12noon to 1:30pm

Cost \$35 (M)

Bookings Online Bookings

Date Weekly from Sunday 19 April

Time 2:30pm to 4pm & 4:30pm to 6pm

Cost \$5 per session casual fee

Gardening

Expressions of Interest

We're looking for community members interested in being part of a community garden initiative.

There's an opportunity to revitalise a small, established garden space here in Inverloch that's ready for a bit of care, energy and community connection.

We're seeking people to form a working group around the project. Whether you're an experienced grower, have a background in community gardens, enjoy organising, or are simply keen to learn and get your hands in the dirt.

This project is in its early stages, so it's a great chance to be involved from the ground up and help shape its direction. It will be supported by the Community House and driven by the community.

If you're interested in being part of it, we'd love to hear from you.



Expressions of Interest to the House on 5674 2444

Did you know we offer a range of Admin Services.

*Photocopying
Laminating*

Printing in Black: 25c per page

Printing in Color: 40c per page

Photocopying: 20c per page

Scanning: 20c per page

Laminating: \$2 per page



Autumn Term At A Glance

Monday

9am	Inverloch Walkie Talkies	Weekly from 20 April
10am–11am	Italian Advanced	Weekly from 20 April
10am–11am	French Beginners	Weekly from 20 April
11am–12noon	Italian Beginners	Weekly from 20 April
12:15 - 1:45pm	Entry Level Pickleball	Weekly from 20 April
1pm - 2pm	Mindfulness	Monday 4 & 11 May
1pm - 2:30pm	How To Live at Home Longer	Monday 13 April
1pm–3pm	Android Phone, Tablet, Computer, MyGov	Weekly from 20 April
1pm–3pm	Carers Support Group	Monthly 7 April, 25 May & 22 June
1:30 - 2:30pm	Ambulance Victoria	Monday 18 May
2pm–4pm	Flower Arranging	Monday 11 May

Tuesday

9am–9:50am 10am–10:50am 11am–11:50am	Pilates	Weekly from 21 April
10am - 2pm	My Aged Care	Monthly 5 May & 2 June
9am–10:30am 11am–12:30pm 1pm–2:30pm	Pickleball	Weekly from 21 April
12 - 1:30pm	Soup Cafe	Monthly 12 May & 9 June
12:30pm–3:30pm	Chatty Crafters	Weekly from 21 April
1pm–3pm	Android Phone, Tablet, Computer, MyGov	Weekly from 21 April
1:30pm–3pm	Circle Dancing	Weekly from 21 April

Autumn Term At A Glance

Wednesday		
9am–11:30am	Sewing Studio	Weekly From 29 April
12noon–1pm	Seated Yoga	Weekly From 22 April
1:30 - 3:30pm	Shibori Workshop	Weekly From 29 April to 3 June
5.30pm–6:30pm	Book Club	2nd Wednesday of the Month. 13 May & 10 June
Thursday		
9:15am-10:15am 10:30am-11:30am	French Through Culture French Intermediate	Weekly from 23 April Weekly from 23 April
10am–12noon	Apple iPhone, iPad Support	Weekly from 29 April
1:15pm–3:15pm	Bass Coast Writers	Weekly from 23 April
7pm - 8:30pm	Pickleball	Weekly from 23 April
Friday		
10am–1pm	In-House Painters	Weekly from 24 April
10:30am–12noon	Food For Thought Reading Group	The last Friday of the month 24 April, 29 May & 26 June
12noon - 1:30pm	Pickleball	Weekly from 24 April
2pm–4pm	Inverloch Basket Weavers	Weekly from 24 April
Saturday		
10am - 12noon	Garment Repair Café	The last Saturday of the Month 25 April, 30 May & 27 June
10am -12noon	Arts & Crafts Destash Day	Saturday 11 April
Sunday		
2:30pm - 4pm & 4:30pm - 6pm	Pickleball–Casual	Weekly from 19 April
10 - 12:30pm	Sashiko Stitching	Sunday 31st May