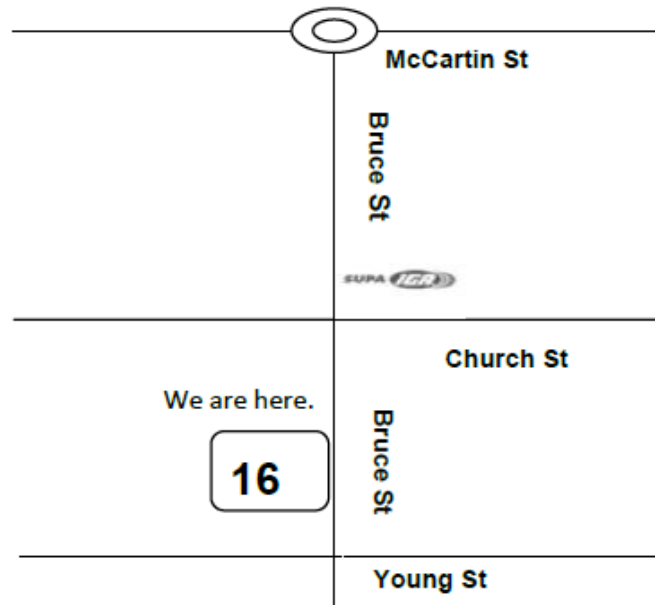


Where to find us



16 Bruce Street, Leongatha 3953

Office Hours: Tues - Sat, 9:00 am - 3:30 pm

Email: office@leongathacommunityhouse.org.au


Website: www.leongathacommunityhouse.org.au

Facebook: www.facebook.com/leongathach/



Registered No A1136 L

ABN: 48 180 414 316

 **5662 3962**

Leongatha Community House receives support from South Gippsland Shire Council and the Victorian Department of Health & Human Services.



LEONGATHA COMMUNITY HOUSE Inc.



Term 1, 2021
18th January – 1st April

excluding public holidays



From the Coordinator, Maddison Redpath:

If 2020 has taught the Leongatha Community House anything, it was to be adaptable and creative on how best to respond to community need throughout numerous lock downs and the restrictions we all faced in 2020 due to COVID-19.

We thank our volunteers who assisted the Community House with our community shopping for vulnerable people & we thank the community for their patience when we were moving some of our programs to Zoom.

We are so excited to finally be able to release a new program to the community. The Leongatha Community House is the peoples House so if you have any suggestions for new programs please get in touch.

While we look forward to this new year and resuming all of our programs, the Community House still has restrictions in place due to COVID-19. The Community House will continue to adhere to DHHS guidelines and recommendations. If you are sick please stay home and if you're showing COVID-19 symptoms get tested and stay home until you have your result.

For the most up to date news and information regarding the House follow us on Facebook & Instagram: Leongatha Community House. If you're not on social media and would like to stay up to date pop into the House to say hello and grab a Newsletter which will have all of our up-to date information.

Program update

All programs are resuming the week of January the 18th unless specified in the “dates” column.
 This term unfortunately none of our programs are walk-in due to density restrictions. **Bookings are essential for all programs**, please call or email the Community House to make a booking.
 Thank you for your understanding.

LCH KIDS ART AND CRAFT SESSION

\$ per session
\$5

Expression of Interest

4.00pm - 5.00pm, doors will open at 3.45pm
 at the Leongatha Community House
 16 Bruce Street, Leongatha

Bookings are essential there are limited spaces available.
 To book please call 5662 3962

Hobbies & Interests

Details	Dates	Cost
<p><u>LCH Solo Card Group</u></p> <p>Come along and learn how to play this interesting and fun card game.</p>	<p>Start date TBC</p> <p>Monday AND Friday every week</p> <p>1:00pm – 4.30pm</p>	Gold coin
<p><u>Ukulele Jam</u> (Janet Head)</p> <p>Do you play the ukulele? Or you'd like to learn? Whether you're an experienced player or just starting out, come along for practice and fun.</p>	<p>Monday weekly</p> <p>Beginners: 1.00pm - 2.00pm Jam: 2.00pm - 4.00pm</p>	Gold coin
<p><u>Conversazioni in Italiano</u> (Conversations in Italian with Connie di Blasi)</p> <p>For those who already have some familiarity with the Italian language, this group is an opportunity to practice and improve your fluency in an informal and fun atmosphere.</p>	<p>Tuesday weekly</p> <p>1.00pm - 2.00pm</p>	\$10
<p><u>LCH 500 Card Group</u></p> <p>Whether you're new to the game, or you've played before, come along and enjoy the intricacies of 500.</p>	<p>Start date TBC</p> <p>9.30am - 12:00pm</p>	Gold coin
<p><u>Leongatha Dungeons & Dragons Group</u></p> <p>This table-top role-playing game is loads of fun; join the group for amazing adventures, explore new worlds, and let your imagination take flight. 18 and over.</p>	<p>Saturday every fortnight Beginning 18th January</p> <p>5.30pm til late</p>	Gold coin
<p><u>Traveller's Spanish</u> (Hector Velez)</p> <p>Spanish is spoken in 20 different countries and by more than 550 million people world wide. Expand your vocabulary and improve your fluency in these fun and relaxed sessions.</p>	<p>Saturday weekly</p> <p>10.00am - 11.30am</p>	\$5

Health & Wellbeing

Details	Dates	Cost
<p>Hatha Yoga (Pat Warburton)</p> <p>Gentle “body and soul” stretching and relaxation for all ages.</p> <p>BYO: mat, rug, and cushion or pillow</p>	<p>Wednesday weekly</p> <p>1st class: 10.00am—11.00am</p> <p>2nd class: 11.30am-12.30pm</p>	Gold coin
<p>LCH Wednesday Walkers (Heart Foundation Walking Group)</p> <p>Enjoy walks around the town (and beyond) in good company. Enjoy some fresh air and see new views of your town.</p>	<p>Wednesday weekly</p> <p>9:30am</p>	FREE
<p>Tai Chi (Tania Bird)</p> <p>Experience for yourself the life-changing benefits of Tai Chi! This program is safe, effective, easy to learn, and suitable for men and women of all ages.</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>Thursday every week (from 21st of Jan)</p> <p>Session 1: 9.45am - 10.30am</p> <p>Session 2: 10.45am - 11.30am</p>	\$5 per session
<p>Circle Dancing (Tania Bird)</p> <p>Learn a variety of international folk dances, all danced in a circle, and join with others to enjoy a refreshing lunchtime energy boost, and a lot of fun! No previous dance experience needed.</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>Thursday every week</p> <p>From 28th of Jan</p> <p>11.45am - 12.45pm</p>	\$5.00 per session
<p>WonderWomen Support Group</p> <p>Peer support for women survivors of family violence. Recognise the strength within, and embrace your inner “wonder woman”. The group is supported by an experienced family violence counsellor.</p>	<p>Start date: TBC</p> <p>Thursday every week (except 4th Thursday of the month)</p> <p>10.00am - 12.00pm</p>	Gold coin

Arts & Crafts

Details	Dates	Cost
<p>Knitting & Crochet Group</p> <p>Experienced or beginner, this friendly group is a great way to share your enjoyment of these fun crafts. BYO lunch and your knitting or crochet project and enjoy a great Sunday.</p>	<p>1st Sunday of every month</p> <p>10:30am – 3:00pm</p>	Gold coin
<p>Art Together</p> <p>Do you try to draw or paint at home, but never find the time? Join a friendly group of like-minded people who create paintings or drawings and benefit from the exchange of techniques and ideas.</p> <p>BYO paints and equipment</p>	<p>Tuesday every week</p> <p>10:00am – 12:00pm</p>	Gold coin
<p>Sewing & Patchworking Group</p> <p>Gather with others to design, sew, and finish off your projects. Share ideas and motivation with others and make new friends too. Beginners welcome!</p> <p>Machines and supplies available for beginners.</p>	<p>Tuesday every week</p> <p>1.00pm - 4.00pm</p>	Gold coin
<p>Craft in Company</p> <p>Bring along your WIP's (Works in Progress) or UFO's (Un-Finished Objects) and progress them in good company over a cuppa. Share your successes, and/or learn some new skills.</p>	<p>Thursday every week</p> <p>10:00am – 12:00pm</p>	Gold coin
<p>Acrylic Painting for Beginners and Beyond</p> <p>Want to try your hand at painting with acrylics? Perhaps you just want some extra tips? Discover the fun of painting with acrylics in our friendly group.</p>	<p>Friday every week</p> <p>10:00am – 12:00pm</p>	\$5.00

“Meet n’ Eat”

Details	Dates	Cost
<p>Leongatha Community House is so excited to be partnering with the Leongatha Yooralla Community Hub to be delivering the new Meet n’ Eat program to the community.</p> <p>Weekly the group will be preparing meals for the community to come and purchase at a pay what you think philosophy.</p> <p>You can stay at the Community House to eat your meal with others or you can grab it on your lunch break to take away!</p>	<p>Start date: TBC</p> <p>Keep an eye out on our social media pages, local papers or call us for an update on the commencement date</p>	<p>Pay what you think</p>

All Abilities

Details	Dates	Cost
<p><u>Womans Group</u></p> <p>Do you have a disability and would like to come and meet other people? Come and join our woman’s group where we will be running all different activities and programs to suit your goals and interests.</p>	<p>Tuesday weekly from the 9th of Feb</p> <p>9.30am—12.00pm</p>	<p>Cost will depend on activity</p>
<p><u>Music</u></p> <p>Our all abilities music program focuses on learning new instruments, writing songs & having fun.</p> <p>*Bookings essential*</p> <p>Note: These sessions are held at the Community Gardens</p>	<p>Tuesday weekly from 9th of Feb</p> <p>9.30am—12.00pm</p>	<p>\$5.00 per session</p>

User Groups

We are proud to be the chosen “home” for the following groups that meet at the Community House. Additional or new groups are always welcome.

Please note: the Community House does not run these groups; if you want to participate in any of them, we do have contact details.

Basketry & Fibre Group meets on the 4th Sunday at 10:30am

Leongatha AI-Anon meets weekly on Mondays at 4.00pm

Leongatha Group of Alcoholics Anonymous meets weekly on Thursdays at 7.30pm

Leongatha Arts & Crafts Society meets on the 4th Thursday at 10:00am.

Leongatha Horticultural Society Committee meets on the 2nd Thursday at 4:00pm.

South Gippsland Walking and Adventure Club meets on the 4th Thursday of every 2nd month at 8:00pm.

T.O.P.I.C (Take Off Pounds In Company) meets weekly on Thursdays at 12:30pm

Woorayl Probus Knit & Natter meets on the 3rd Monday at 10:00am

Woorayl CERC meets on the 3rd Monday of every second month at 7.00pm

General information

ROOM HIRE

Rooms are available for hire day or evening. Community (not-for-profits) or business rates apply. Seven (7) days cancellation notice for a room booking is required for a refund.

OTHER SERVICES

Photocopying, laminating services, and public access to computers, internet and Wi-Fi are all available for small fees.

Leongatha Community House Inc is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association. You can be assured that your Community House meets all required standards of operation.

Leongatha Community House is proud to be a drop-off point for donations to **Warriors4Wildlife**. All donations of non-perishable pet-foods, towels and blankets for bedding, non-specific medical supplies such as bandages, and/or cleaning products are gratefully accepted.

Term 1, 2021 at a glance

Monday

TBC	Meet n' Eat	TBC start date
9.00—10.00	Tech Time	Weekly from Feb 1st
1.00 —4.00	Ukulele	Weekly from Jan 18th
1.00 - 4.30	LCH Solo Card group	Start date TBC

Tuesday

9.30—12.00	All abilities Woman's Group	Weekly from 9th of Feb
10.00 -12.00	Art Together	Weekly from Jan 18th
10.00 –11.00	Over 60's medium / high intensity Exercise Group	Weekly from 2nd of Feb
11.00 - 12.00	Over 60's low intensity Exercise Group	Weekly from 2nd of Feb
1.00 - 2.00	Conversations in Italian	Weekly from Jan 19th
1.00 - 4.00	Sewing & Patchworking	Weekly from Jan 18th

Wednesday

9.30 - 10.30	Wednesday Walkers	Weekly from Jan 18th
9.30-12.00	All abilities Music program	Weekly from Feb 10th
10.00 –11.00	Hatha Yoga	Weekly from Jan 18th
11.30-12.30	Hatha Yoga	Weekly from Jan 18th

Thursday

9.45 - 10.30	Tai Chi (Beginners)	Weekly from Feb 6
10.00 - 12.00	Craft in Company	Weekly From Jan 18th
10.00 - 12.00	WonderWomen Support Group	Weekly (except 4th Thur)
10.45 - 11.30	Tai Chi (Experienced)	Weekly from Feb 6
11.45 - 12.45	Circle Dancing	Weekly from Feb 6

Friday

9.30 - 12.00	LCH 500 Card Group	Start date TBC
10.00 - 12.00	Painting with Acrylics	Weekly from Jan 18t
1.00 - 4.30	LCH Solo Card Group	Start date TBC

Saturday

10.00 - 11.30	Traveller's Spanish	Weekly from Jan 18th
5.30 - late	Leongatha Dungeons & Dragons	Weekly from 23rd Jan

Sunday

10.30 - 3.00	Knitting and Crochet	1st Sunday of the month
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Computers & Technology

Details	Dates	Cost
<p>Tech Time</p> <p>Want to learn more about your device? Trying to keep up with all the updates and new apps that pop up? Feeling a bit lost with technology?</p> <p>Drop in to this weekly session for group workshops to help with smartphones, tablets, and other portable devices.</p>	<p>Monday weekly from Feb 1st</p> <p>9.00am—10.00am</p>	<p>FREE</p>

Health & Wellbeing

Details	Dates	Cost
<p>Over 60's Exercise Class (Terry Guilford)</p> <p>Are you over 60 and would like to move more? Come and join our over 60's exercise class. This class is medium to high intensity to expect to sweat!</p> <p>BYO: Mat , sweat towel & water bottle</p> <p>Please wear suitable clothing</p>	<p>Tuesday weekly from the 2nd of February</p> <p>10.00am-11.00am</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>\$3.00</p> <p>Per session</p>
<p>Over 60's Exercise Class (Terry Guilford)</p> <p>Low intensity</p> <p>Are you over 60 and would like to move more? Come and join our over 60's exercise class. This class is low intensity, it suitable for people with limited mobility or like the slower pace of an exercise class. This class can accommodate people who require to be seated.</p> <p>BYO: Water bottle & sweat towel</p> <p>Please wear suitable clothing</p>	<p>Tuesday weekly from the 2nd of February</p> <p>11.00am-12.00pm</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>\$3.00</p> <p>Per session</p>