

**Term 1 2024**

**29th January - 28th March**



# Leongatha Community House Inc

• learn • connect • share

## From the Manager,

Greetings everyone,

I'm thrilled to draw your attention to our Community Bus services, prominently featured on page one. We are excited to offer this service to Leongatha and the surrounding towns. However, to make this initiative truly impactful, we need your help in spreading the word. If you know a neighbor or friend who could benefit from this service, please take a moment to inform them.

We're eager to hear your thoughts on how you envision the Community Bus being used. Your input is invaluable to us, so please share your ideas.

Our Community House is open from 9:00 am to 3:30 pm, Monday to Friday. We invite the community to drop in for a chat, explore our book library, seek assistance with technology, utilise our internet facilities, and most importantly, share your ideas on what more we can offer to the community. This is your Community House, and we want it to reflect the needs and aspirations of the community.

Stay connected with us through our website, and be sure to follow us on Facebook and Instagram for regular updates.

Yours sincerely,  
Maddison Redpath  
Manager



**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.

\*excluding public holidays

# LCH Community Bus

Details	Dates	Cost
<p><b>Thursday Essential Community Transport</b></p> <p>Have an essential appointment in <b>Wonthaggi</b> between the hours of 10.30am - 1.45pm on a Thursday? Then please get in contact to book a spot on our Community Bus.</p> <p>Pick up locations: Dumbalk, Dollar, Meeniyah, Koonwarra, Leongatha Korumburra, Leongatha</p>	<p>Recommencing Thursday the 18th of Jan</p> <p>Bookings must be made by Wednesday 12pm</p>	<p><b>Free</b></p> <p>This service is running in partnership with Gippsland Southern Health</p>
<p><b>Personal Day</b></p> <p><i>Running errands—Leongatha</i></p> <p>10am - 2pm</p> <p>Whether you're looking to save on fuel costs or you don't have access to a car, we've got you covered! Introducing our community bus service, available every Wednesday, designed to make running errands a breeze</p> <p>We will be picking up in: Dumbalk, Dollar, Meeniyah, Koonwarra, Leongatha &amp; Korumburra.</p> <p>Note: Leongatha where we will be stopping for people to run their errands but a few times a term we can stop in other local towns if there is a demand.</p>	<p>Starting the first Wednesday in February</p> <p>If you're unable to afford this service, contact us. We're committed to making our offerings accessible to everyone and are here to help.</p>	<p>Leongatha \$5.00</p> <p>Korumburra \$6.00</p> <p>Koonwarra \$6.00</p> <p>Meeniyah \$10.00</p> <p>Dumbalk \$10.00</p> <p>Dollar \$15.00</p>
<p><b>Out &amp; About</b></p> <p>Dandenong Market—join us for a day of fun! Get in contact for more information.</p>	<p>Tuesday the 19th of March</p>	<p>\$20.00</p>

Would you like to access these services but you don't live in one of the pick up towns? Then please contact us.

# Arts & Crafts

Details	Dates	Cost
<p><b><u>Knitting &amp; Crochet Group</u></b></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>	<p>\$5.00</p>
<p><b><u>Beginners Sewing</u></b></p> <p>Do you have a wardrobe of clothes that you like but they don't fit the way you want? Come along and learn how to sew, alter or make clothes that fit your body.</p> <p>Or, do you have a sewing machine or overlocker you need to learn to use? This is the perfect class for you! No previous experience needed.</p>	<p>Thursday 1pm--3pm</p>	<p>\$15 Per class</p>
<p><b><u>Sewing &amp; Patchworking Group</u></b></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! Machines and supplies available for beginners.</p>	<p>Tuesday weekly</p> <p>1.00pm - 4.00pm</p>	<p>\$3.00</p>
<p><b><u>Mixed Media Art</u></b></p> <p>In our joyful workshops, you will learn how to make cards, scrapbooking, Junk Magazines and a lot more using a wide range of materials and methods.</p>	<p>Tuesday weekly 5:00pm -7:00pm</p> <p>Payment plans available</p>	<p>\$135</p> <p>9 sessions</p> <p>Additional \$20.00 dollars a term for materials</p>
<p><b><u>Craft in Company</u></b></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 weekly</p> <p>10:00am – 12:00pm</p>	<p>\$3.00</p>

# Arts & Crafts

Details	Dates	Cost
<p><b><u>Acrylic Painting for Beginners and Beyond</u></b></p> <p>Facilitated group</p> <p>Want to try painting with acrylics? Or perhaps further your skills? Join our tutor Tracy and and learn with our friendly group.</p>	<p>Friday weekly</p> <p>10:00am – 12:00pm</p>	<p>Term fee \$80.00</p> <p>8 weeks</p> <p>Payment plan available</p>

# Health & Wellbeing

Details	Dates	Cost
<p><b><u>Over 60's Exercise Class</u></b></p> <p><i>Bookings for this class are essential</i></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 so expect to sweat!</p> <p><b>BYO: Mat, sweat towel &amp; water bottle</b></p> <p><b>Please wear suitable clothing</b></p>	<p>Tuesday weekly</p> <p>10.00am -10.45am</p> <p><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></p>	<p>\$8.00</p>
<p><b><u>Over 60's Exercise Class</u></b></p> <p><i>Bookings for this class are essential</i></p> <p><b><u>Low intensity</u></b></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.</p> <p>This class is predominately done seated however some exercises are preformed standing up &amp; behind your chair.</p> <p><b>BYO: Water bottle &amp; sweat towel</b></p>	<p>Tuesday weekly</p> <p>11.00am -11.45am</p> <p><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></p>	<p>\$8.00</p>

# Health & Wellbeing

Details	Dates	Cost
<p><b><u>ZUMBA GOLD</u></b></p> <p>A slower-paced, lower intensity version of a regular Zumba class.</p> <p>Bookings essential</p>	<p>Tuesday weekly</p> <p>9.00am-9.45am</p>	<p>\$10 per session</p>
<p><b><u>Women's Self Defense Class</u></b></p> <p>Brad, our qualified trainer, will teach a aerobic workout style, self defence program <b>for women aged 12 plus</b> , incorporating self confidence, fitness and self preservation.</p> <p>Bookings essential</p>	<p>Tuesday</p> <p>Weekly in School Term</p> <p>5pm –6pm</p>	<p>\$135.00 Term fee</p> <p>Payment plan available</p>
<p><b><u>LCH Wednesday Walkers</u></b> (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. This group usually grabs a coffee at a local café after their walk, all welcome to join.</p>	<p>Wednesday weekly</p> <p>9:30am</p>	<p>FREE</p>
<p><b><u>Hatha Yoga</u></b> (Pat Warburton)</p> <p>Gentle “body and soul” stretching and relaxation for all ages.</p> <p><b>BYO: mat, rug, and cushion or pillow</b></p> <p>Bookings essential</p>	<p>Wednesdays</p> <p>1st class: advanced 9am –10am</p> <p>2nd class: beginners 10.15 am - 11.00am</p>	<p>\$5.00</p> <p>\$5.00</p>
<p><b><u>Meditation</u></b> (Pat Warburton)</p> <p>Guided Meditation</p> <p><b>BYO: mat, rug, and cushion or pillow</b></p>	<p>11.00am—11.30am</p>	<p>\$5.00</p>
<p><b><u>T.O.P.I.C ( Take Off Pounds in Company)</u></b></p> <p>A friendly group supporting one another to be healthy</p>	<p>Thursday weekly</p> <p>12.30pm onwards</p>	<p>\$4.00</p>

## Term 4, 2023 at a glance

<b>Monday</b>		
9.15 - 10.15am	Tech Time	Weekly
9.30 - 2.30pm	Ready For Hospitality	Weekly
1.00 - 2.30pm	Ukulele	Weekly
1.00 - 4.00pm	LCH Solo Card group	Weekly
<b>Tuesday</b>		
9.00—9.45am	Zumba Gold	Weekly
9.30am - 12pm	All abilities Women's Group	Weekly
10.00am - 12pm	Creative Writers	Weekly
10.00 - 10.45am	Over 60's medium Exercise Group	Weekly
11.00 - 11.45am	Over 60's low intensity Exercise Group	Weekly
1.00 - 4.00pm	Sewing & Patchworking	Weekly
1.00—2.00pm	All Abilities Self Defence	Weekly
3.00 – 6.00pm	NDIS afterschool social group	Weekly
5.00 - 7.00pm	Mixed Media workshops	Weekly
5.00 - 6.00pm	Women's Self Defence	Weekly
<b>Wednesday</b>		
Ring for times	Leongatha Bus - Personal Day	Weekly
9.30 - 12.00pm	Breastfeeding Support	Weekly
9.30 - 10.30am	Wednesday Walkers	Weekly
9.00 –10.00am	Hatha Yoga Advanced	Weekly
10.15– 11.00am	Hatha Yoga Beginners	Weekly
11.00 -11.30am	Meditation	Weekly
1.00 - 2.30pm	Book club/ Book chat	Fortnightly
1.00pm- 3.00pm	Mahjong	Weekly
4.00pm-5.30pm	Kids Art	Weekly
7.00 - 9.00pm	LCH Photography Group	3rd Wed

Thursday		
Ring for times	Wonthaggi Bus Essentials	Weekly
8.30 - 11.00am	Gardening Group	Weekly
10.am - 12pm	Craft in Company	Weekly
12.30 onwards	T.O.P.I.C	Weekly
1.00 - 3.00pm	Beginners Sewing	Weekly
Friday		
9.00 - 12.30pm	LCH Solo Card Group	Weekly
10am - 12pm	Painting with Acrylics	Weekly
11.15am- 12.15pm	Conversations in Italian (beginners)	Weekly
7pm onwards	Parents and Friends of Queer Youth	1st Fri of month
Saturday		
5.30 - late	Leongatha Dungeons & Dragons	Weekly
Sunday		
10.30am - 3pm	Knitting and Crochet	1st Sunday



**Registration for all classes, workshops and groups is essential. Call us on 03) 56623962 to book.**

### 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 Group of Alcoholics Anonymous** meets weekly on Saturdays 10am

**Leongatha Horticultural Society Committee** meets 2nd Thursday at 4pm-6pm

### DID YOU KNOW?

**\*We have an extensive book, magazine and pattern library. All donated by our local community, if you are looking for something different or would like to add to it, please get in touch**

# All Abilities

Details	Dates	Cost
<p><b><u>Ready for Hospitality</u></b> Learn Local Course</p> <p>Would you like to ready yourself for a career in hospitality? Then this course is for you. Over the four terms we will be covering the following:</p> <ul style="list-style-type: none"> <li>• Navigating a kitchen</li> <li>• Correct food handling</li> <li>• Team work</li> <li>• Serving the community</li> </ul> <p>The group will also be prepping for and hosting a monthly community café.</p>	<p>Monday</p> <p>9.30am— 2.30pm</p> <p>Term 1, 2, 3, 4</p>	<p>\$50.00 Enrollment fee</p> <p>Please note any additional certificates such as food handlers will be an additional fee</p>
<p><b><u>Women's Group</u></b></p> <p>Come and join our women's group where we will be running all different activities and programs to suit your goals and interests.</p>	<p>Tuesday weekly</p> <p>School Terms</p> <p>9.30am -12pm</p>	<p>Cost will depend on activity</p>
<p><b><u>All Abilities Low Impact Self Defence Class</u></b></p> <p>Brad, our qualified trainer, will teach a aerobic workout style, self defense program, incorporating self confidence, fitness and self preservation.</p> <p><b>Limited spaces, BOOKINGS ESSENTIAL</b></p>	<p>Tuesday</p> <p>Weekly in School Term</p> <p>1pm –2pm</p>	<p>Term fee (9 week) \$90.00</p>

# NDIS Afterschool Social group

Details	Dates	Cost
<p><b><u>NDIS Afterschool social group</u></b></p> <p>Join the NDIS Afterschool social group for fun and friendship. Programs depend on participant interests &amp; goals. Activities often include cooking, swimming, fishing craft &amp; lots more. <b>School pick up and home drop off's are provided.</b></p>	<p>Tuesday Weekly</p> <p>School Terms</p> <p>3pm –6pm</p>	<p>Cost will depend on activity</p>



# Hobbies & Interests

Details	Dates	Cost
<p><b><u>Ukulele Jam</u></b> (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>1.00pm - 2.30pm</p>	<p>\$3.00</p>
<p><b><u>Beginners Conversazioni in Italiano</u></b> (Conversations in Italian with Connie Di Blasi)</p> <p>This group is an opportunity to learn, practice and improve your fluency in an informal and fun atmosphere.</p>	<p>Friday weekly</p> <p>Beginners 11.15am - 12.15pm</p>	<p>Term fee \$80.00 (8 sessions)</p> <p>Payment plans available</p>
<p><b><u>Leongatha Dungeons &amp; Dragons Group</u></b></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, weekly</p> <p>5.30pm until late</p>	<p>\$3.00</p>
<p><b><u>LCH Photography Group</u></b></p> <p>Do you own a DSLR camera and have an interest in photography? Come along to our monthly meeting to share all things photography, in a fun &amp; relaxing way.</p>	<p>3rd Wednesday of every month 7pm - 9.00pm</p>	<p>Gold coin</p>
<p><b><u>LCH Solo Card Group</u></b></p> <p>Come along and learn how to play this interesting and fun card game.</p>	<p>Monday 1:00pm – 4.00pm Friday 9.00am – 12.30pm every week</p>	<p>\$3.00</p>
<p><b><u>Book Club / Book Chat</u></b></p> <p>One fortnight we discuss our book club book and the other fortnight we share what else we have been reading.</p>	<p>Wednesday Every 2nd week 1pm - 2.30pm</p>	<p>\$3.00</p>

# Hobbies & Interests

Details	Dates	Cost
<p><b><u>Creative Writing Group</u></b></p> <p>Do you enjoy writing, have some ideas and want to get them down? Join a friendly group of like-minded people who create, encourage and share ideas.</p>	<p>Tuesday weekly</p> <p>10:00am – 12:00pm</p>	<p>\$3.00</p>
<p><b><u>LCH Gardening Group</u></b></p> <p>This program is run in conjunction with Leongatha Community Garden. Join us and give us a hand to help our vegie patch grow.</p>	<p>Thursday's weekly</p> <p>8.30am - 11.00am</p>	<p>Free</p>

# Support Groups

Details	Dates	Cost
<p><b><u>Parents and Friends of Queer Youth (PFQY)</u></b></p> <p>Is a monthly gathering of LGBTIQ+ young people and the parents and friends who support them.</p> <p>Come along to help make South Gippsland a better place for queer young people to thrive.</p>	<p>First Friday of every month</p> <p>7pm onwards</p>	<p>Gold coin</p>
<p><b><u>Breastfeeding Support Group</u></b></p> <p>Leongatha Community House is delighted to offer a supportive space for parents and caregivers on their breastfeeding journey.</p> <p>Join us at the 9:30AM group session for an antenatal breastfeeding education session.</p> <p>This session is suitable for mums-to-be.</p> <p>Our 1:1 sessions are perfect for postnatal mums seeking lactation support.</p> <p>These sessions are facilitated by Sarah Long from Empowered Lactation Consulting</p> <p><i>IBCLC &amp; Registered Midwife</i></p>	<p>Starting the first week in February</p> <p>Wednesday ongoing</p>	<p>9.30am group sessions \$20.00</p> <p>1:1 sessions \$30.00</p>

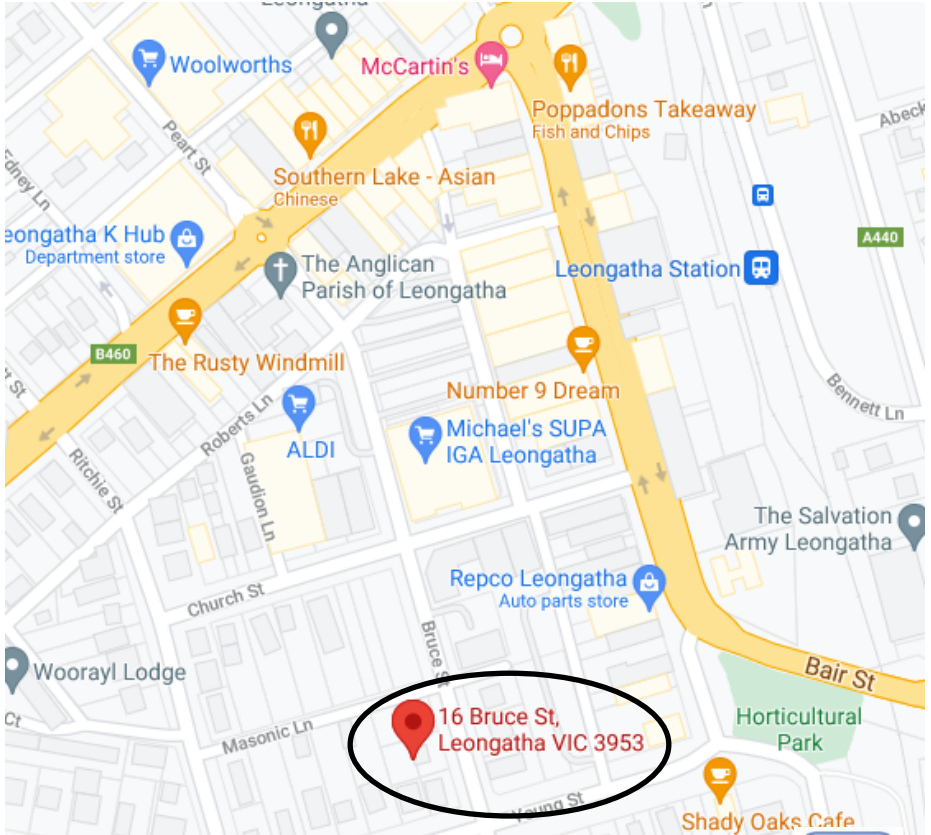
# Computers & Technology

Details	Dates	Cost
<p><b><u>Tech Time / Fix It</u></b></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? Drop in to this weekly session for group workshops to help with smartphones, tablets, and other portable devices.</p> <p>Do you have a broken item? Bring it in to the house and our handy man will repair it for you.</p>	<p>Monday weekly 9.15am—10.15am</p>	<p>FREE</p>

## Workshops

Details	Dates	Cost
<p><b><u>Calligraphy Class</u></b></p> <p>Learn the art of Calligraphy with Tutor Jen! This workshop will focus on foundation Calligraphy.</p> <p>Materials—Please Bring: Calligraphy pen, 2b pencil, rubber, ruler, coloured texters.</p> <p><b>Calligraphy pens for sale on class day if you haven't got one!</b></p>	<p>Saturday 16th March</p> <p>Bookings essential, numbers limited.</p>	<p>\$15</p>
<p><b><u>LCH Photography Class</u></b></p> <p>Learn the tricks and tips of your camera with the very knowledgeable Roy.</p> <p>This class runs in 5 week blocks.</p> <p>Call us to register your interest</p>	<p>Tuesdays</p> <p>7.00pm-9.00pm</p> <p>Program runs throughout term, register your interest for the next sessions</p>	<p>\$100 (5 classes)</p> <p>Payment plans available</p>

# Where to find us



**16 Bruce Street, Leongatha 3953**

Office Hours: Monday - Friday: 9:00 am - 3:30 pm

**Email:** [office@leongathacommunityhouse.org.au](mailto:office@leongathacommunityhouse.org.au)

**Website:** [www.leongathacommunityhouse.org.au](http://www.leongathacommunityhouse.org.au)

**Facebook:** [www.facebook.com/leongathach/](http://www.facebook.com/leongathach/)

**Instagram:** [www.instagram.com/leongatha\\_community\\_house/](http://www.instagram.com/leongatha_community_house/)

Registered No A1136 L

ABN: 48 180 414 316



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**Leongatha Community House Inc** is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association and receives support from South Gippsland Shire Council and the Victorian Department of Health & Human Services.

