

Term 1, 2023

16th of Jan - 6th of April



Leongatha Community House Inc

• learn • connect • share

From the Manager,

I hope everyone had a happy & safe Christmas and New Year.

We are so excited to announce due to a cancelled order we now have our brand new Community Bus! How would you like to see the bus used? Get in contact with us if you have any ideas you would like to share.

I would like to take this opportunity to introduce the new Community House interim manager Nina, as I head off on maternity leave for most of 2023. Nina brings with her a wealth of knowledge and skills that will be an asset to the Community House, be sure to come in and say hello.

I would also like to take this opportunity to thank our committee of governance, tutors, volunteers and lastly Community House users, without you the Community House could not operate.

The Community House will continue to bring you a program of activities to entertain, teach, and connect – if there is anything you would like to see run at your Community House please come in and let us know.

Leongatha Community House is on both Instagram and Facebook be sure to give us a “like” to stay up to date.

I have thoroughly enjoyed managing the Community House for the last 3 years and look forward to returning but until then I look forward to seeing what 2023 has in store for the Community House from.

Maddison Redpath
Manager



*excluding public holidays

Play Group

Details	Dates	Cost
<p>Play Group This is a great opportunity for you to get out of the house and spend some quality time with your child having fun together, singing, dancing, reading, doing messy play, or completing a craft activity at Leongatha Community House. If the weather is nice, we will hold these sessions in our backyard so make sure you have a sunhat. Bring some morning tea to enjoy afterwards.</p>	<p>Weekly Wednesday</p> <p>11.15am - 12.00pm</p>	<p>\$5.00</p>

Support Groups

Details	Dates	Cost
<p>Parents and Friends of Queer Youth (PFQY) Is a monthly gathering of LGBTIQ+ young people and the parent and friends who support them. 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>*Starting Feb</p>	<p>Gold coin</p>
<p>Chronic Pain Support Group with Nina Do you struggle with chronic pain? Join our weekly support group where we welcome people to share their experience in a safe, supportive environment. We will invite guest speakers to join the group on occasion to discuss all things chronic pain. You are welcome to bring pillows, heat packs or anything that will aid your comfort</p>	<p>Friday Weekly</p> <p>1pm - 2pm</p> <p>*Starting first week in Feb</p>	<p>Gold coin</p>

Arts & Crafts

Details	Dates	Cost
<p><u>Knitting & Crochet Group</u></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>\$2.00</p>
<p><u>Doodle Together</u></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 weekly</p> <p>10:00am – 12:00pm</p>	<p>\$2.00</p>
<p><u>Sewing & Patchworking Group</u></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 weekly</p> <p>1.00pm - 4.00pm</p>	<p>\$2.00</p>
<p><u>Craft in Company</u></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>\$2.00</p>
<p><u>Acrylic Painting for Beginners and Beyond</u></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 weekly</p> <p>10:00am – 12:00pm</p>	<p>\$10.00</p>

All Abilities

Details	Dates	Cost
<p><u>Ready for Hospitality</u> 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"> • Navigating a kitchen • Correct food handling • Team work • Serving the community <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>

Details	Dates	Cost
<p><u>Woman's Group</u></p> <p>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</p> <p>School Terms</p> <p>9.30am— 12.00pm</p>	<p>Cost will depend on activity</p>

NDIS Afterschool social group

Details	Dates	Cost
<p><u>NDIS Afterschool social group</u></p> <p>Join the NDIS Afterschool social group on a Wednesday. Programs depend on participant interests & goals. Last term the group did cooking, swimming, gym, craft & lots more.</p> <p>School pick up and home drop off's are provided.</p>	<p>Wednesday weekly</p> <p>School Terms</p> <p>3pm –6pm</p>	<p>Cost will depend on activity</p>

Computers & Technology

Details	Dates	Cost
<p><u>Tech Time</u></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 9.00am—10.00am</p>	<p>FREE</p>

Health & Wellbeing

Details	Dates	Cost
<p><u>Over 60's Exercise Class</u></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 to expect to sweat!</p> <p>BYO: Mat, sweat towel & water bottle</p> <p>Please wear suitable clothing</p>	<p>Tuesday weekly</p> <p>10.00am -10.45am</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>\$5.00</p> <p>Per session</p>
<p><u>Over 60's Exercise Class</u></p> <p><i>Bookings for this class are essential</i></p> <p><u>Low intensity</u></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 & behind your chair.</p> <p>BYO: Water bottle & sweat towel</p>	<p>Tuesday weekly</p> <p>Starting Tuesday the 25th</p> <p>11.00am -11.45am</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>\$5.00</p> <p>Per session</p>

Term 4, 2022 at a glance

Monday		
9.30 - 2.30	Meet n' Eat (Ready for Hospitality)	Last Monday
9.00 - 10.00	Tech Time	Weekly
1.00 - 3.00pm	Ukulele	Weekly
1.00- 4.30	LCH Solo Card group	Weekly
Tuesday		
9.30 - 12.00	All abilities Woman's Group	Weekly
10.00 -12.00	Doodle Together	Weekly
10.00 - 10.45	Over 60's medium Exercise Group	Weekly
11.00 - 11.45	Over 60's low intensity Exercise Group	Weekly
1.00 - 4.00	Sewing & Patchworking	Weekly
Wednesday		
9.30 - 10.30	Wednesday Walkers	Weekly
9.00 –10.00	Hatha Yoga	Weekly
10.15– 11.15	Hatha Yoga	Weekly
1.00 - 1.45	Meditation	Weekly
11.15– 12.00	Play Group	Weekly
3pm –6pm	NDIS afterschool social group	Weekly
7pm - 9.00	LCH Photography Group	3rd Wed
Thursday		
9.45 - 10.30	Tai Chi (Beginners)	Weekly
10.00 - 12.00	Craft in Company	Weekly
10.45 - 11.30	Tai Chi (Experienced)	Weekly

Thursday		
11.45 - 12.45	Exercise Dance	Weekly
12.30 onwards	T.O.P.I.C - see info under room hire	Weekly
2.00 - 4.00	Beginners Sewing	Feb 2 - Mar 30
Friday		
10.00 - 12.00	Painting with Acrylics	Weekly
10.00 - 11.00	Conversations in Italian	Weekly
1.00 - 4.30	LCH Solo Card Group	Weekly
1.00 - 2.00	Chronic Pain Support Group	Weekly
7pm onwards	Parents and Friends of Queer Youth	1st Fri of month
Saturday		
5.30 - late	Leongatha Dungeons & Dragons	Fortnightly
12 - 4.00	Calligraphy—Italics	11th of Mar
Sunday		
10.30 - 3.00	Knitting and Crochet	1st Sunday
10.30 - 3.30	Beginners Basketry	19th Feb 19th March 23rd April

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 Thursdays at 7.30pm

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

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 - contact Woorayl CERC for meeting dates

Health & Wellbeing

Details	Dates	Cost
<p><u>Hatha Yoga</u> (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: 9am –10am</p> <p>2nd class: 10.15 am - 11.15am</p>	<p>\$5.00</p>
<p><u>LCH Wednesday Walkers</u> (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>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><u>Tai Chi</u> (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</p> <p>Session 1: 9.45am - 10.30am</p> <p>Session 2: 10.45am - 11.30am</p>	<p>\$5 per session</p>
<p><u>Exercise Dancing</u> (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>11.45am - 12.45pm</p>	<p>\$5.00 per session</p>

Hobbies & Interests

Details	Dates	Cost
<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>1.00pm - 3.00pm</p>	<p>Gold coin</p>
<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>Friday weekly</p> <p>Starting Jan 16th</p> <p>10.00am - 11.00am</p>	<p>\$110</p> <p>Term fee</p> <p>Payment plan available</p>
<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</p> <p>5.30pm til late</p>	<p>Gold coin</p>
<p><u>LCH Photography Group</u></p> <p>Do you own a DSLR camera and have an interest in photography?</p> <p>Come along to our monthly meeting to share all things photography, in a fun & relaxing way</p>	<p>3rd Wednesday of every month</p> <p>7pm - 9.00pm</p>	<p>Gold coin</p>
<p><u>LCH Solo Card Group</u></p> <p>Come along and learn how to play this interesting and fun card game.</p>	<p>Monday AND Friday every week</p> <p>1:00pm – 4.30pm</p>	<p>Gold coin</p>

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.

Workshops

Details	Dates	Cost
<p><u>Beginners Sewing</u> (Sarah Hudson)</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. Or, do you have a sewing machine or overlocker you need to learn to use? This is the perfect class for you!</p> <p>No previous experience needed.</p>	<p>Thursday 2pm— 4pm</p> <p>Starting Feb 2nd - 30th of march</p>	<p>\$90.00</p> <p>No refunds for missed classes</p> <p>Option of a weekly payment plan</p>
<p><u>Meditation</u> (Pat)</p> <p>A calm, relaxing environment for you to come and unwind from your everyday stresses.</p>	<p>Wednesdays</p> <p>Running for the duration of term 4</p> <p>1.00pm - 1.45pm</p>	<p>\$5.00 per session</p>
<p><u>Calligraphy (Italic)</u> (Jenefer)</p> <p>Learn the foundational script of the beautiful art of calligraphy, Participants will need to bring Calligraphy pen, 2B pencil, rubber & a ruler.</p>	<p>Saturday 11th of March</p> <p>12pm - 4pm</p>	<p>\$15.00</p>

Expression of Interest

Details	Dates	Cost
<p><u>Spanish</u> (Cinthia)</p> <p>Would you like to learn the beautiful language Spanish?</p> <ul style="list-style-type: none"> • Are you looking to travel? or • Looking for a new hobby <p>Then this is the course for you!</p> <p>Learning a language has many health benefits such as assisting in brain functioning and memory as well as expanding a person's view of the world.</p>	<p>TBC</p> <p>12 week course</p>	<p>\$120.00</p> <p>Payment plan is available</p> <p>No refund for missed sessions</p>

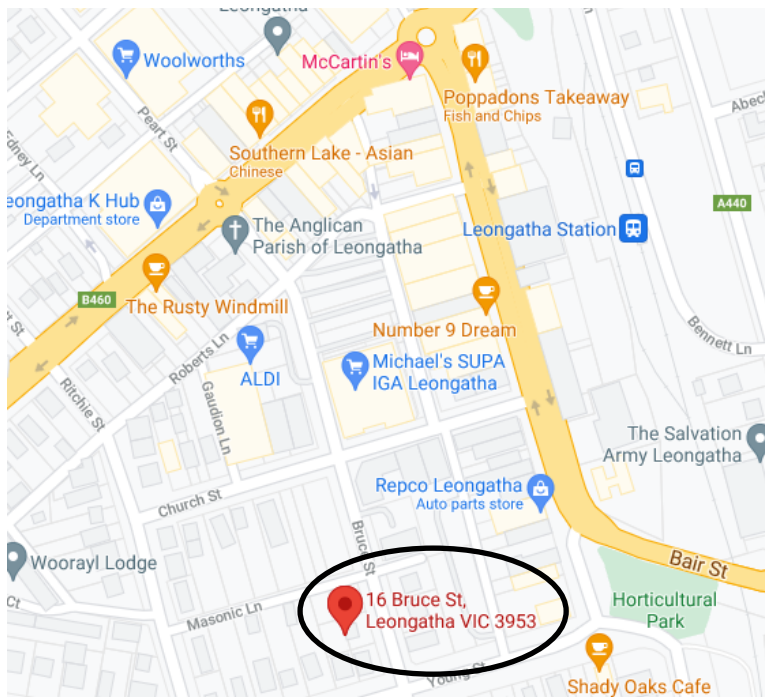
Workshops

<p><u>Basketry for Beginners</u></p> <p>Three part workshop</p> <p>Three classes only and three techniques taught.</p> <p>Pat Dale Author of Basketry and Weaving with natural materials, also Australian Plants & Fibres as used by First Nations People. Natural Materials supplied for each class.</p> <p>RANDOM WEAVE BASKET OVER A MOULD, Using Lomandra. This basket is woven in layers with fresh picked Lomandra. As you add to it each layer shrinks, so you will need to bring this basket back at each class to add more fibre to it.</p> <p>HANGING TWIG BASKET You will be asked to bring some fresh twigs i.e. small branches. Other materials such as vines will be supplied. You will learn to 'twine' in this class; this is weaving with two lengths of fibre.</p> <p>WEAVE A CIRCULAR WALL HANG That could also be a small bowl. We will use cane and also an assortment of mixed natural fibres to weave this attractive piece, you may also bring something of your choice to add if wanted.</p> <p>Please bring a pair of sharp snipper's or secateurs, both available at hardware stores/gardening supplies also about 4 clip clothes pegs, an old towel to work on.</p>	<p>Sunday Feb 19th 10.30am—3.30 pm.</p> <p>Sunday 19th March 10.30am - 3.30pm</p> <p>Sunday 23rd April. 10.30am - 3-30pm</p>	<p>\$100.00</p> <p>Inclusive of all 3 workshops</p> <p>payment on booking is required</p> <p>No refunds for missed classes.</p>
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Please call to book into classes and workshops, spaces can be limited.

Where to find us



16 Bruce Street, Leongatha 3953

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

Email: office@leongathacommunityhouse.org.au

Website: www.leongathacommunityhouse.org.au

Facebook: www.facebook.com/leongathach/

Instagram: www.instagram.com/leongatha_community_house/

Registered No A1136 L

ABN: 48 180 414 316



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

