

**Term 3, 2022**

11th of July - 16th of September \*



# Leongatha Community House Inc

• learn • connect • share

## From the Coordinator,

Welcome to term 3 of 2022, again I cannot believe how fast this year is flying by.

We have had a great start to the year, we are so thankful the community who continue to come and utilise this wonderful space.

We would like to highlight the programs we are running this term for children; Kids Cooking, Sensory Play/Music, Art & Craft & the NDIS after school social group, you will find more information regarding these groups inside.

I would like to thank our amazing Committee, Tutors & Volunteers without you all we would not be able to run LCH to the high standard we currently do.

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.

**Maddison Redpath,**  
Coordinator



\*excluding public holidays

# Live, learn and laugh

with accessible courses built for you.

Leongatha Community House offers courses to help you chart your own course through formal training, work and life. Our partnership with Manna Gum Community House allows us to offer subsidised courses under the Victorian Education Department's Learn Local program.

Details	Dates	Cost
<p><b><u>Literacies for Work</u></b></p> <p><b>Step Up</b> provides a comprehensive foundation in literacy numeracy and information technology to support the work and training goals of people of <b>all abilities</b>. It is centred on building three skillsets:</p> <ul style="list-style-type: none"> <li>• Language skills for everyday life, volunteering and work</li> <li>• Numeracy skills for everyday life, volunteering and work</li> <li>• Digital skills for everyday life, volunteering and work</li> </ul>	<p>Wednesday</p> <p>1.00pm - 2.30pm</p> <p>Term 1, 2, 3, 4</p>	<p>\$50.00 Enrollment fee</p>
<p><b><u>Step Up</u></b></p> <p><b>Step up</b> focuses on building confidence and providing essential work and learning skills for participation in work and training. It covers a range of skills for formal learning and job seeking and for succeeding in the workplace and advancing a career.</p>	<p>Tuesday</p> <p>Term 3</p> <p>These will be evening classes to accommodate people who work</p>	<p>\$50.00 Enrollment fee</p>

## Expression of interest

<p><b><u>Rail Trail Bike Riding group</u></b></p> <p>Have you been loving the rail trails? Are you riding them alone but would prefer to ride with others? Then we have the group for you!</p> <p>Contact us at the Community House for more information.</p>	<p>ASAP</p>	<p>FREE</p>
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**\*Please note unless specified in the dates, the programs start back the first week of term 3**

## For the Kids

Details	Dates	Cost
<p><b><u>Kids Art &amp; Craft</u></b></p> <p>Our Thursday Kids Art &amp; Craft program has been so successful that we will also be offering it on a Monday.</p> <p>Join a fun crafty group to create, learn &amp; most importantly have FUN.</p> <p>Afterschool snack is provided.</p>	<p>Monday Starting with the school term</p> <p>3.30pm - 5.00pm</p> <p>Weekly</p> <p>Bookings essential</p>	\$10.00
<p><b><u>Read, Set, Cook</u></b></p> <p>Come and have fun in our all new kids cooking class. Each week we will cook something new &amp; delicious for the kids to bring home and share.</p> <p>Afterschool snack provided.</p> <p>Kids must be primary school age to attend</p>	<p>Tuesday</p> <p>Starting with the school term</p> <p>3.30pm - 5.00pm</p> <p>Weekly</p> <p>Bookings essential</p>	\$10.00

## Sensory Play for Bubs

Details	Dates	Cost
<p><b><u>Sensory Play</u></b></p> <p>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.</p> <p>Please note we have been alternating between Sensory Play &amp; Music.</p>	<p>Weekly Wednesday</p> <p>11.15am - 12.00pm</p>	\$5.00

# 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>\$2.00</p>
<p><b><u>Doodle Together</u></b></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><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!</p> <p>Machines and supplies available for beginners.</p>	<p>Tuesday weekly</p> <p>1.00pm - 4.00pm</p>	<p>\$2.00</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>\$2.00</p>
<p><b><u>Acrylic Painting for Beginners and Beyond</u></b></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>\$5.00</p>

# Dads Group

Details	Dates	Cost
<p>Come and Join the Leongatha Dads' group. This is a safe space for Dads to socialise &amp; learn.</p> <p>This group is lead by the interest of the participants.</p>	<p>6.30pm—8.30pm</p> <p>Last Monday of every second month</p>	<p>FREE</p>

# All Abilities

Details	Dates	Cost
<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—12.00pm</p>	<p>Cost will depend on activity</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 on a Wednesday.</p> <p>Programs depend on participant interests &amp; goals.</p> <p>Last term the group did cooking, swimming, gym, craft &amp; 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>Please note if Wednesdays do not suit we have other days available we can offer this program</p>	<p>Cost will depend on activity</p>

## Term 3, 2022 at a glance

<b>Monday</b>		
9.30 - 12.00	Meet n' Eat	Last Monday
9.00 - 10.00	Tech Time	Weekly
1.00 - 3.00pm	Ukulele	Weekly
1.00- 4.30	LCH Solo Card group	Weekly
6.30 - 8.30pm	Dads Group	See program
<b>Tuesday</b>		
9.30 - 12.00	All abilities Women'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
3.30 - 5.00	Ready, set cook for primary kids	Weekly
7pm - 9pm	Photography for beginners	5 weeks
<b>Wednesday</b>		
9.30 - 10.30	Wednesday Walkers	Weekly
9.00 –10.00	Hatha Yoga	Weekly
10.15– 11.15	Hatha Yoga	Weekly
11.15– 12.00	Sensory Play for Bubs	Weekly
1.00-2.30	Literacies for Work	Weekly
7pm - 9.00	LCH Photography Group	3rd Wed
<b>Thursday</b>		
9.45 - 10.30	Tai Chi (Beginners)	Weekly
10.00 - 12.00	Craft in Company	Weekly
10.45 - 11.30	Tai Chi (Experienced)	Weekly

<b>Thursday</b>		
11.45 -12.45	Exercise Dancing	Weekly
<b>Friday</b>		
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
<b>Saturday</b>		
5.30 - late	Leongatha Dungeons & Dragons	Fortnightly
12 - 4.00	Calligraphy	13th of August
1pm - 4pm	Fengshui workshop	20th of August
1pm—3pm		27th of August
<b>Sunday</b>		
10.30 - 3.00	Knitting and Crochet	1st Sunday

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

**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

# Computers & Technology

Details	Dates	Cost
<p><b><u>Tech Time</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?</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><b><u>Over 60's Exercise Class (Terry Guilford)</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 medium to high intensity to 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>\$5.00</p> <p>Per session</p>
<p><b><u>Over 60's Exercise Class (Terry Guilford)</u></b></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 performed 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>\$5.00</p> <p>Per session</p>



# Health & Wellbeing

Details	Dates	Cost
<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>Wednesday weekly</p> <p>1st class: 9am –10am</p> <p>2nd class: 10.15 am - 11.15am</p>	<p>\$3.00</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.</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><b><u>Tai Chi</u></b> (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><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></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><b><u>Exercise Dancing</u></b> (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><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></p>	<p>Thursday every week</p> <p>11.45am - 12.45pm</p>	<p>\$5.00 per session</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 - 3.00pm</p>	<p>Gold coin</p>
<p><b><u>Conversazioni in Italiano</u></b> (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>10.00am - 11.00am</p>	<p>\$10</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 every fortnight</p> <p>5.30pm til late</p>	<p>Gold coin</p>
<p><b><u>LCH Photography Group</u></b></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 &amp; relaxing way</p>	<p>3rd Wednesday of every month</p> <p>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 AND Friday every week</p> <p>1:00pm – 4.30pm</p>	<p>Gold coin</p>

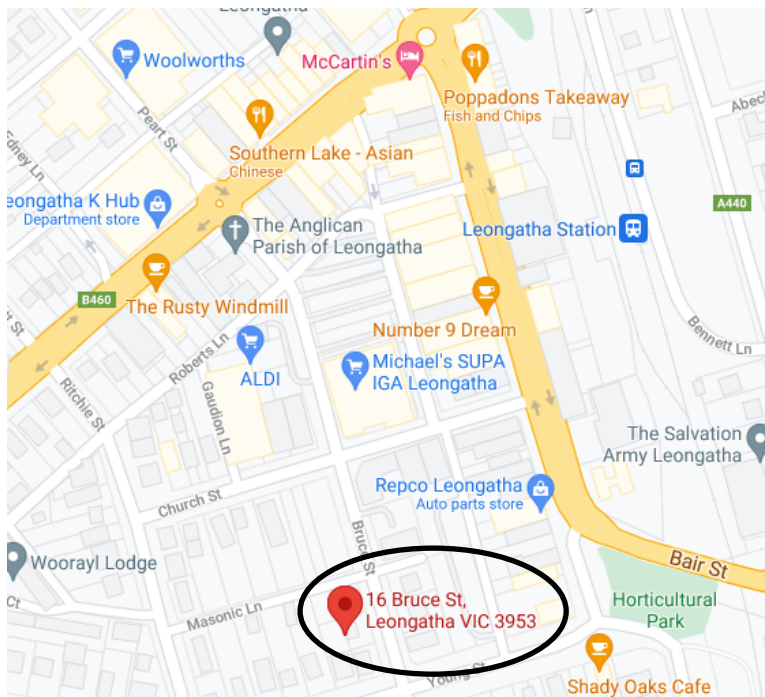
**Leongatha Community House Inc** is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association. You can be assured that your Community House meets all required standards of operation.

# Workshops

Bookings are required for all workshops

Details	Dates	Cost
<p><b><u>Calligraphy Workshop, French Rode Script</u></b> (Jenefer)</p> <p>Learn the foundational script of the beautiful art of calligraphy. Participants will need to bring Calligraphy pen, 2B pencil, rubber &amp; a ruler.</p> <p>The Community House can supply these items at an additional fee.</p>	<p>13th of August</p> <p>12.00pm - 4.00pm</p>	<p>\$15.00</p>
<p><b><u>Photography for beginners</u></b> (Roy)</p> <p>Learn to shoot landscape, seascape, portraits, still life, sunset, sports, slow water, macro, silhouettes and much more.</p> <p>Learn the trick of the trade from a former professional photographer in a fun and relaxing class.</p> <p>Ever wonder what all of dials and buttons are for on your SLR camera? Well come along and find out and turn your snap shots into photos you would be proud to hang on the wall.</p>	<p>Tuesdays for 5 weeks</p> <p>Start date TBC</p> <p>7pm - 9.00pm</p>	<p>\$100</p>
<p><b>Fengshui workshop</b> (Christina)</p> <p>Join Christina while she runs 2 x 3 hour Fengshui workshops to help you set your house up for Spring.</p> <p>Christina is a qualified Fengshui consultant.</p> <p>Includes fengshui kit valued at \$60.00</p> <p>You must attend both sessions.</p>	<p>Session 1: 20th of August 1pm - 4pm</p> <p>Session 2: 27th of August 1pm - 3pm</p> <p>There will be cures for sale in the second class if you wish.</p>	<p>\$45.00</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/)

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