

LEONGATHA COMMUNITY HOUSE Inc.



Term 2, 2021
14th April – 26th June
excluding public holidays



From the Coordinator, Maddison Redpath:

Leongatha Community House has had a great term 1, with all of the old programs recommencing and all of our new programs starting we can proudly say the House has been buzzing.

We have lots of new workshops starting this term, be sure to check them out.

Leongatha Community House is so excited to be partnering with the Leongatha Yooralla Community Hub to be delivering a community lunch once a week, this program is called "Meet n' Eat".

Weekly the group will be preparing meals for the community to come and purchase at a pay what you think philosophy. 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.

The community lunch will commence in May.

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

Program update

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.

New term 2 programs

Details	Dates	Cost
<p><u>Friday Coffee Club</u></p> <p>Back by demand, the popular Monthly Coffee Club is resuming on a new day FRIDAY!</p> <p>This group is perfect if you are new to the area. Come and share a cuppa with us, and let us tell you more about this beautiful area you now call "home".</p>	<p>Friday weekly Resuming in May</p>	<p>FREE</p>
<p>Meditation (Pat Warburton)</p> <p>Meditation is a tool that can help you manage everyday life.</p> <p>Our mediation group will focus on boosting self confidence, acceptance & peace within.</p>	<p>Wednesday weekly</p> <p>12.00pm - 12.45pm</p>	<p>\$3.00</p>
<p><u>Over 60's Exercise Class</u> (Terry Guilford)</p> <p><u>Chair based</u></p> <p>Purely chair based exercise/movement class.</p> <p>This class is ideal for people who would like to move but may have mobility/balance issues or prefer doing movements in a chair.</p> <p>BYO: Water bottle & sweat towel Please wear suitable clothing</p>	<p>Wednesday weekly</p> <p>2.00pm - 2.45pm</p> <p>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</p>	<p>\$3.00</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>Gold coin</p>
<p><u>Art 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>Gold coin</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>Gold coin</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>Gold coin</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>\$5.00</p>

“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>Starting Monday the 3rd of May, running weekly.</p> <p>12.00pm - 1.00pm</p>	<p>Pay what you think</p>

All Abilities

Details	Dates	Cost
<p><u>Womans 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>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>Please call the Community House for the venue</p>	<p>Tuesday weekly</p> <p>9.30am—12.00pm</p>	<p>\$5.00 per session</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> (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</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><u>Over 60's Exercise Class</u> (Terry Guilford)</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. 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>Please wear suitable clothing</p>	<p>Tuesday weekly</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>

Term 2, 2021 at a glance

Monday

12.00 – 1.00	Meet n' Eat	Weekly from 3rd May
9.00 - 10.00	Tech Time	Weekly
1.00 - 4.00	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	Art Together	Weekly
10.00 –11.00	Over 60's medium Exercise Group	Weekly
11.00 - 12.00	Over 60's low intensity Exercise Group	Weekly
1.00 - 2.00	Conversations in Italian	Weekly
1.00 - 4.00	Sewing & Patchworking	Weekly

Wednesday

9.30 - 10.30	Wednesday Walkers	Weekly
9.30-12.00	All abilities Music program	Weekly
9.30 -10.30	Hatha Yoga	Weekly
10.45 - 11.45	Hatha Yoga	Weekly
12.00 - 12.45	Meditation	Weekly
1.00 - 3.00	Creative Writing	Start date TBC
2.00 - 2.45	Over 60's chair based Exercise Group	Weekly
TBC	Beginners embroidery	Start date TBC

Thursday

9.45 - 10.30	Tai Chi (Beginners)	Weekly from 22nd April
10.00 - 12.00	Craft in Company	Weekly
10.00 - 12.00	WonderWomen Support Group	TBC
10.45 - 11.30	Tai Chi (Experienced)	Weekly from 22nd April
11.45 - 12.45	Circle Dancing	Weekly from 22nd April
4.00 - 5.00	Kids Art & Craft session	Weekly from 20th April

Friday

9.30 - 12.00	Painting with Acrylics	Weekly
10.00 - 12.00	Coffee Club—starting May	Friday weekly
10.00 - 12.00	Recipe Folders - Create your own!	June the 11th
1.00 - 4.30	LCH Solo Card Group	Start date TBC

Saturday

10.00 - 11.30	Traveller's Spanish	Weekly
5.30 - late	Leongatha Dungeons & Dragons	Weekly
12.30 - 4.30	Calligraphy	Saturday the 20th April Saturday the 29th of May
10.00 - 12.30	Macrame	Saturday the 5th of June
10.00 - 12.30	Pizza/Focaccia work shop	Saturday 19th of June

Sunday

10.30 - 3.00	Knitting and Crochet	1st Sunday of the month
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Group users

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 meets on the 3rd Monday of every second month at 7.00pm or 10.15am-contact Woorayl CERC for times.

Workshops

Details	Dates	Cost
<p>PIZZA/FOCCACIA WORKSHOP (Christine)</p> <p>Learn how to make delicious , fresh pizza at home! In this fun, hands-on workshop Christine will teach you how easy it is to make your own pizzas and focaccias at home! You will learn to prepare the dough, and have it ready for when you feel like pizza! We will cover pizza sauces, including homemade, and types of toppings. On the day, you will have a pizza or focaccia (your choice) to take home for lunch, and some prepared dough to make more pizzas/ focaccia at home.</p> <p>Please bring a container to take home your cooked pizza.</p> <p>Christine also offers cooking workshops privately, check out her website: www.christinescookingclasses.com.au</p>	<p>Saturday the 19th of June</p> <p>10am - 12.30pm</p>	<p>\$50</p>
<p>Calligraphy (Jenefer Chitty)</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>The Community House can supply these items at an additional fee.</p>	<p>Saturday the 24th of April</p> <p>Saturday the 29th of May</p> <p>12.30pm– 4.30pm</p>	<p>\$15.00</p>
<p>Beginners embroidery (Shahni)</p> <p>Join our 6 week beginners embroidery course and learn the very popular skill with the very talented Shahni.</p> <p>All design patterns will be provided.</p> <p>Included in the class fee you will receive an embroidery hoop and all materials.</p>	<p>Wednesday</p> <p>Time dependent on participants preference.</p>	<p>\$85.00 for the whole course.</p>

Workshops

Details	Dates	Cost
<p>Macrame (Lily Gray)</p> <p>Macrame is a textile art that uses knots rather than weaving or knitting. Come and join our Macrame workshop where you will learn how to create a pot plant hanger to take home.</p> <p>Class fee covers all material costs.</p>	<p>Saturday the 5th of June</p> <p>10.00am—12.30pm</p>	<p>\$25.00</p>
<p>Creative writing (Paul Hendry)</p> <p>Join a friendly group of people to learn the basic principles of developing a story from an imagined concept. The group will be facilitated by Paul Hendry, a published writer who continues to write lots of novels, poems & children's stories.</p>	<p>Commencement date TBC</p> <p>Wednesday weekly for 8 weeks with the potential to extend</p> <p>1pm - 3.00pm</p>	<p>Gold coin donation</p>
<p>Recipe Folders - Create your own! (Shahni)</p> <p>Learn how to compile recipes from supermarket free magazines and create your own personalised collection. Select your favorite recipes and you will learn how to collate them in an order which suits you!</p>		

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.

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.

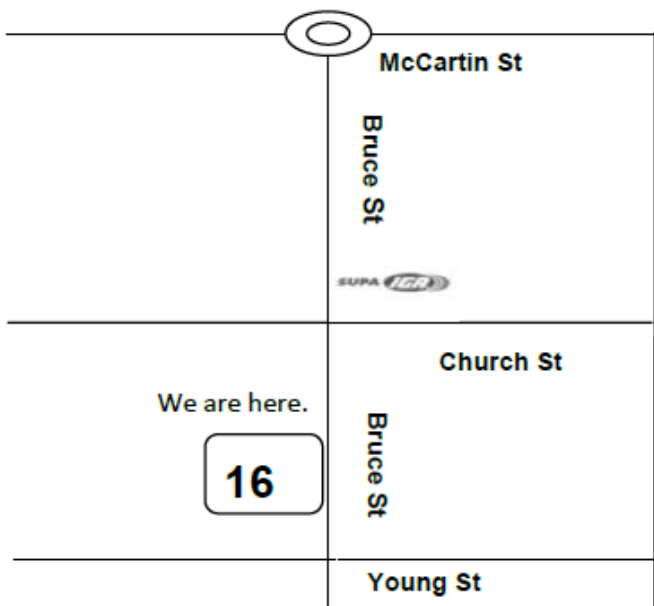
Health & Wellbeing

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: 9.30am – 10.30am</p> <p>2nd class: 10.45 - 11.45am</p>	<p>Gold coin</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>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 (from 21st of Jan)</p> <p>Session 1: 9.45am - 10.30am</p> <p>Session 2: 10.45am - 11.30am</p>	<p>\$5 per session</p>
<p><u>Circle 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!</p> <p>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>	<p>\$5.00 per session</p>
<p><u>WonderWomen Support Group</u></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>	<p>Gold coin</p>

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>	<p>Gold coin</p>
<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>	<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>Tuesday weekly</p> <p>1.00pm - 2.00pm</p>	<p>\$10</p>
<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>	<p>Gold coin</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 Beginning 18th January</p> <p>5.30pm til late</p>	<p>Gold coin</p>
<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>	<p>\$5</p>

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

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

