

LeongathaCommunity House Inc

learn • connect • share

Welcome to Term 3 at Leongatha Community House!

We are very proud to present our Term 3 Program. Many new offerings are available this term along with our tried and true favourites as well!

Please check out our back page for special events happening in Term 3: International Friendship Day Lunch and activities, Leongatha Daffodil Festival 'Lunch in a Paper Bag', and a special week of RUOK Day activities with a 'Cupcakes and Conversations' afternoon tea.

We have some new workshops and sessions in Pastels, Basketry, Yoga, Chair Yoga and Qigong and Stretch.

Our 'Out and About' Bus trips are plentiful in Term 3 with something for everyone and day trips almost every week. Volunteering is a great way to connect and learn new skills and we are keen to welcome new volunteers in any capacity.

It is always toastie warm at LCH so come along and meet some new people or catch up with old friends. We look forward to seeing you.

Maddison Redpath, Manager.

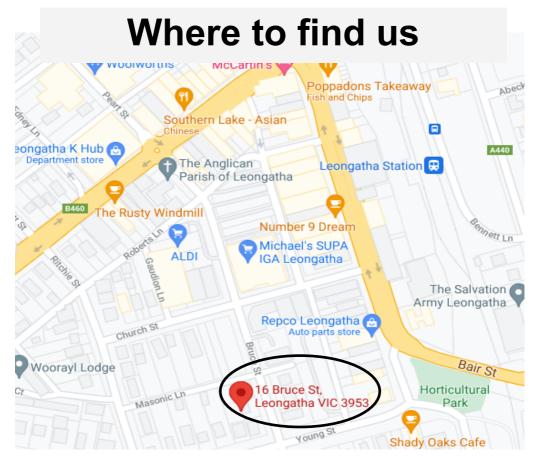
Annie Pearce, Coordinator.

Supported by:





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.



16 Bruce Street, Leongatha 3953

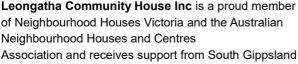
Office Hours: Monday - Friday: 9:00 am - 3:30 pm

Phone: 5662 3962 Mobile: 0497 899 481 Email: info@leongathacommunityhouse.org.au

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Facebook: www.facebook.com/leongathach/

Instagram: www.instagram.com/leongatha_community_house/



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

ABN: 48 180 414 316 Registered No A1136 L











All Abilities

Details	Dates	Cost
Ready for Hospitality Learn Local Course	Monday	
Would you like to ready yourself for a career in hospitality? Then this course is for you. The group will also be prepping for and hosting a monthly community café.	9.30am - 2.30pm Term 3, 4	\$50 Enrolment fee
All Abilities Women's Group		
Come and join our women's group where we will be running all different activities and programs to suit your goals and interests. The group decides on their activities for the term which can include varied and interesting crafts, cooking including sweet and savoury dishes, excursions and shopping, and many different art projects.	Tuesday weekly 9.30am -12pm During School Term	Cost will depend on activities
All Abilities Self Defence Class Brad, our qualified trainer, will teach an aerobic workout style, self defence program, incorporating self confidence, fitness and self preservation. The sessions are low impact, fun, interactive, and interesting. Participants will learn valuable and useful skills for everyday fitness at any level.	Tuesday weekly 1.45 - 2.30pm During School Term	\$108 per term (12 a session) 9 weeks
Limited spaces, BOOKINGS ESSENTIAL		

NDIS Afterschool Social group

Details	Dates	Cost
NDIS Afterschool social group		
Join the NDIS Afterschool social group for fun and friendship. Programs depend on participant interests & goals. Activities often include cooking, swimming, fishing craft & lots more. School pick up and home drop off's are provided. Waiting list only.	Tuesday Weekly 3pm –6pm During School Term	Cost will depend on activity

LCH Community Bus

Join us on our community outings. If you would like to see a destination added for term 3 please let us know.

Details	Dates	Cost
Running errands—Leongatha		Leongatha \$5 Korumburra \$6
Wednesdays WEEKLY Personal Day	Wednesday	Koonwarra \$6
We will be picking up in: Dumbalk, Dollar, Meeniyan, Koonwarra, Leongatha, Korumburra & surrounds.	10am - 2pm	Meeniyan \$10 Dumbalk \$10 Dollar \$12
Local Tour - Meeniyan, Fish Creek, Foster Explore the charming towns of Meeniyan,	Tuesday	445.00
Fish Creek, and Foster! This scenic bus tour offers a wonderful opportunity to discover the local towns, enjoy delicious food, and meet new friends.	16th July 10am	\$15.00
Bassine Specialty Cheese - Join us for a delightful bus trip to Bassine Specialty Cheese. Discover the art of	Friday	Cheese tasting \$5.50
cheesemaking and indulge in a variety of exquisite cheeses crafted right here in our region. This tour offers a talk from the owners and a cheese tasting.	26th July 10am	Bus Trip \$20 Total \$25.50
Phillip Island Whale watching, lunch at Cowes RSL optional Join us for an adventure to two popular whale-watching spots on the Island! Witness majestic whales in their natural habitat, bring a pair of binoculars for the best viewing experience. Seeing whales is not guaranteed.	Tuesday 30th July 9am	\$20.00 This does not include lunch.
Join us for a bus trip to the charming village of <u>Loch</u> with Leongatha Community House! Explore this picturesque destination, known for its beautiful gardens, historic buildings, and boutique shops. Enjoy a relaxing few hours filled with sightseeing, shopping,	Friday 9th of August 11am	\$15.00 This does not include lunch.

LCH Community Bus cont.

Details	Date	Cost
Join us for an exciting Op Shop Tour as we visit San Remo, Cowes, and Wonthaggi! Discover hidden treasures and unique bargains at a variety of op shops in these charming towns. This is a perfect opportunity to enjoy a fun day out, find great deals, and support local communities.	Tuesday 13th of August 9am	\$20
Join us for a day out as we visit the bustling Dandenong Market! Explore a diverse range of fresh produce, unique crafts, delicious street food, and more at one of the oldest and largest markets in Victoria.	Tuesday 20th of August 9am	\$20
Caldermeade Farm Visit Caldermeade Farm and experience the beautiful, working Jersey farm. Café onsite. Tasting includes full milk, goats milk, goats feta, goat or Jersey yoghurt, vanilla, chocolate and mango Ice-cream.	Tuesday 27th of August 9am	Bus Trip \$20 Tasting \$10.00 Tasting optional
Noojee Hotel lunch with a stop @ Yarragon vintage market We'll enjoy a delicious lunch at the historic Noojee Hotel, followed by a stop at the charming Yarragon Vintage Market.	Tuesday 10th of September 9am	\$20
Heronswood Gardens Heronswood is a breathtaking historic property situated on two hectares of formal gardens in Dromana. It is the home of the Digger's Club and Foundation dedicated to preserving heirloom seeds and the best gardening traditions. Join us as we explore the gardens and garden shop.	Tuesday 3rd of September 9am	Bus Trip \$20 Plus entry fee \$15.00 = \$35
Churchill Island - Explore the historical grounds and farming activities, walk the bay trails soaking in the tranquil scenery and enjoying the bird watching huts, or relax on the deck of the café with a coffee or tea in hand.	Tuesday 17th of September 9am	\$20.00 Free entry to Churchill Island

Health & Wellbeing

Details	Dates	Cost
SLOW FLOW YOGA For the beginner as well as the seasoned yogi who would like to slow down their pace. We take time moving in and out of poses and also to look inward and feel the benefits of each pose. Verbal instructions are offered to encourage the student to work at their level. This is an all level class. Leave energised and stress free.	Monday 9.30 - 10.30am Leongatha Community House 16 Bruce Street	\$90 per term
QIGONG AND STRETCH Improves: heart rate, respiration, blood pressure, hormone levels, any chronic inflammation, calms the nervous system, clears lungs, stimulates the skin just to name a few. Breathing coordinated with slow stretching and gentle standing movements. Sense a holistic connectiveness to oneself and aliveness circulating through your body.	Monday 11am - 12pm Leongatha Community House 16 Bruce Street	\$90 per term
ZUMBA GOLD A popular, slower-paced, lower intensity version of a regular Zumba class. It is perfect for beginners, older adults. The class uses simple steps and rhythms to create a workout that is fun and easy to follow, and also helps improve balance and coordination,	Tuesday 9am - 9.45am Dakers Centre in Smith Street Call for details	\$8 per session
Over 60's Medium Intensity Exercise Class Bookings for this class are essential This class is medium to high intensity so expect to sweat! BYO: Mat, sweat towel & water bottle	Tuesday 10am -10.45am Dakers Centre in Smith Street Call for details	\$8 per session
Over 60's Low Intensity Exercise Class Bookings for this class are essential This class is low intensity, it suitable for people with limited mobility or like the slower pace of an exercise class. Mainly chair based. BYO: Water bottle & sweat towel	Tuesday 11am -11.45am Dakers Centre in Smith Street Call for details	\$8 per session

Health & Wellbeing

Details	Dates	Cost
Women's Self Defense Class Brad, our qualified trainer, will teach a aerobic workout style, self defence program for women aged 12 plus, incorporating self confidence, fitness and self preservation, self confidence, fitness and self preservation. The sessions are fun, interactive, and interesting. Participants will learn valuable and useful skills for everyday fitness at any level.	Tuesday 5pm - 6pm During School Term Bookings essential	\$135 9 weeks Term fee Payment plan available
Chair Yoga Move through gentle yoga poses. The movements involve sitting in a chair while stretching and holding poses or standing and using the chair for balance. Useful for older adults, beginners or anyone who has difficulty with balance and wants to improve their strength while minimising the risk of falls. BYO blanket for Savasana (resting at end of lesson) and yoga mat if you have one.	Tuesday 5.15 - 6.15pm Bookings essential	\$90 9 weeks Term fee
LCH Wednesday Walkers (Heart Foundation Walking Group) 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.	Wednesday 9:30 - 10.30am	FREE
T.O.P.I.C (Take Off Pounds in Company) A friendly group supporting one another to be healthy	Thursday 12 - 2pm	\$4
Parents and Friends of Queer Youth (PFQY) Is a monthly gathering of LGBTIQA+ young people and the parents and friends who support them. Come along to help make South Gippsland a better place for queer young people to thrive.	First Friday of the month 7pm onwards	Gold coin

Breastfeeding Support

Leongatha Community House is delighted to offer a supportive space for parents and caregivers on their breastfeeding journey. Join us at the 9:15AM group session for an antenatal breastfeeding education session. This session is suitable for mums-to-be.	Tuesday by appointment Group session	Group sessions \$20
Our 1:1 sessions are perfect for mums seeking extra support.	9.15-9.45am 1:1 sessions	1:1 sessions \$30
These sessions are facilitated by Sarah Long from Empowered Lactation IBCLC & Registered Midwife	10 –10.45am 11-11.45am 12-12.45pm	Bookings essential

Crafts

Details	Dates	Cost
Knitting & Crochet Group 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.	1st Sunday of every month 10:30am - 3pm	\$5
Sewing & Patchworking Group 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.	Tuesday weekly 1pm - 4pm	\$3
Craft in Company 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.	Thursday weekly 10am-12pm	\$3
Beginners Sewing Come along and learn how to sew, alter or make clothes that fit your body guided by experienced dressmaker. No previous experience needed.	Thursday 1pm3pm Bookings essential	\$15 Per class

Special Interest

Details	Dates	Cost
Monthly Friendship Group Join us monthly for fun, laughter, and support. All are welcome as we build connections and create lasting friendships in our community. *8th July *12th August *9th September	Second Monday of the month 10 - 11.30am	Gold coin donation
LCH Solo Card Group Come along and learn how to play this interesting and fun card game.	Monday 1 - 4pm Friday 9am - 1pm	\$3
Creative Writing & Story Telling Each week someone brings something that might inspire the writers eg: photos, objects. Writers right their own story that's inspired by the object or theme. Group members then share their stories followed by group discussions.	Tuesday weekly 10am – 12pm	\$3
Book Club / Book Chat We meet on the second Wednesday of the month to discuss our chosen book. Come along for some insightful literary discussion. *10th July *14th August *11th September	2nd Wednesday of the month. 1pm - 2.30pm	\$3
LCH Photography Group Do you own a DSLR camera and have an interest in photography? Join our monthly meeting to share all things photography, in a fun, relaxing way. *17th July *21st August *18th September	3rd Wednesday of every month 7 - 9pm	Gold coin donation
Mahjong Mahjong, is a game that is similar to Rummy, but it is played with tiles instead of cards.	Wednesday 1 - 3pm	\$3

Special Interest continued

Details	Dates	Cost
LCH Gardening Group This program is run in conjunction with Leongatha Community Garden. Join us and give us a hand to help our vegie patch grow.	Thursday weekly 8.30am -11am	Free
Beginners Conversazioni in Italiano (Conversations in Italian with Connie Di Blasi) Learn, practice and improve your fluency in an informal and fun atmosphere.	Friday 10 -11am	\$90 Term Payment plans available
Leongatha Dungeons and Dragons This group is for teenagers and young adults new to the world of D'n'D wanting to join and experience adventures, create characters, try out a thrilling adventure and learn how to play.	2nd & 4th Friday of the month 6pm	\$3
Leongatha Minifigure Dungeons and Dragons Come, chill and discuss all things D'n'D while crafting and painting your minifigures and accessories	Friday 6pm	\$3
Leongatha Dungeons & Dragons Group 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.	Saturday 5.30pm	\$3

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.

Woorayl Cerc

Third Monday bi-monthly

Kinship Support Group
Meets monthly on a Thursday

Leongatha Group of AA

Meets weekly on Saturdays 10am

Treble F's Singing Group

Meets every Thursday from 3pm-5pm

Leongatha Horticultural Society CommitteeMeets 2nd Thursday at 4pm-6pm

Basketry & Fibre Group

Meets on the 4th Sunday at 10:30am

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

Creative Practice (Bookings essential)

Details	Dates	Cost
LCH Photography Class	Tuesday	\$100
Learn the tricks and tips of your camera	7 - 9pm	5 weeks
with the very knowledgeable Roy. This class runs in 5 week blocks.	Starting date to be advised	Payment plan available
Introduction to Soft Pastels (Constance Barker) Come and play with pastels and learn different techniques and blending colours to create a fun bird or animal.	Thursday 18th July - 8th August 5.15 - 7.15pm	\$100 4 weeks Payment plan available
Exploring Soft Pastels (Constance Barker) Continuing on from the Intro sessions, work on class exercises and bring your own project to work on.	Thursday 22nd August - 12th September 5.15pm - 7.15pm	\$100 4 weeks Payment plan available
Acrylic Painting Beginners and beyond. Want to try painting with acrylics? Or perhaps further your skills? Join our tutorTracy and learn with our friendly group.	Friday 10am - 12pm	\$90 Term Payment plan available
Basketry Workshop (Pat Dale) Beginners workshop. Make a nest basket. This workshop is a fun way to start using natural plant fibre to create an unusual little nest basket you will love.	Saturday 10th August 10am - 3.30pm	\$100
Calligraphy Class (Jen Chitty) Learn the art of Calligraphy. This popular workshop will focus on gothic Calligraphy.	Saturday 12pm - 4pm 17th August	\$15

Kids Art & Craft

Primary School Age children get creative! Kids are given practical, free and hands on experiences with a variety of different mediums. Can include clay, jewellery, origami, house design, papier mâché, tie dyeing, macrame, flower making, applique, fibre skills, mosaics, paper crafts, and scrapbook collage.

Wednesday 4pm-5.30pm During School Term

\$90 Term Payment Plan available

Computers & Technology

Details	Dates	Cost
Tech Time Drop in to this weekly session for help with smartphones, tablets, and other portable devices.	Monday weekly 9.15 - 10.15am	FREE

It's not funny! Don't lose your money!

HOW TO AVOID FINANCIAL SCAMS

Local resident, Sally has created a FREE fun & interactive e-Learning course to help you practice avoiding scams. Join us for a workshop at the **Leongatha Community House** and learn how to use it!

1pm, Tuesday, 16th July FRFF



Follow us on Instagram and Facebook for more events to be added or keep an eye on local newspapers





For Bookings:

Call 5662 3962, SMS 0497 899 481, or email info@leongathacommunityhouse.org.au

Support Groups

Details	Dates	Cost
Chronic Pain and Mental Health peer support group		
Join Our Chronic Pain and Mental Health Support Group.	Tuesday Fortnightly Starting the	
Living with chronic pain can be overwhelming, especially when it impacts your mental health.	23rd of July	
Our support group provides a safe, welcoming space to share experiences, gain support, and	1pm –2pm	Free
find strength in a community that understands.	During	
Whether you're seeking advice, friendship, or	School Term	
just a listening ear, we're here to help you navigate the challenges of chronic pain and		
mental health. Together, we can find hope and		
resilience.		

Expression of interest

Details	Dates
Carers Support Group	
Caring for a loved one can be both rewarding and challenging. Our Carers Support Group will offer a compassionate community where you can share your experiences, receive emotional support, and connect with others who understand the unique demands of being a caregiver. Whether you need advice, resources, or simply a listening ear, we're here to help you navigate the caregiving journey.	ТВС
We plan to have one room set up for carers and another with activities for the people being cared for, in case you need to bring them along.	
Please call to register your interest in this group.	

Volunteers needed.

Join our team, meet new people, learn new skills and make a difference today! Contact the office for more information.

Term 3, 2024 at a glance

Monday				
9.15 - 10.15am	Tech Time	Weekly		
9.30 - 2.30pm	Ready For Hospitality	Weekly		
9.30 - 10.30am	Yoga	Weekly		
10 - 11.30am	Friendship group	2nd Mon		
11am -12pm	Qigong and Stretch	Weekly		
1 - 4pm	LCH Solo Card group	Weekly		
Tuesday				
9 - 9.45am	Zumba Gold	Weekly		
9.30am - 12pm	All abilities Women's Group	Weekly		
9.15am-12.45pm	Breastfeeding Support	By appointment		
10am - 12pm	Creative Writing & Story Telling	Weekly		
10 - 10.45am	< 60's medium Exercise Group	Weekly		
11 - 11.45am	< 60's low intensity Exercise Group	Weekly		
1 - 4pm	Sewing & Patchworking	Weekly		
1.45 - 2.30pm	All Abilities Self Defence	Weekly		
1pm - 2om	Chronic Pain support group	Fortnightly		
3 - 6pm	NDIS afterschool social group	Weekly		
5.15 - 6.15pm	Chair Yoga	Weekly		
5 - 6pm	Women's Self Defence	Weekly		
7 - 9pm	Photography Class	Weekly TBC		

Follow us on Instagram and Facebook for more events to be added or





For Bookings:

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email info@leongathacommunityhouse.org.au

Term 3, 2024 at a glance continued

Wednesday				
Ring for times	Leongatha Bus - Personal Day	Weekly		
9.30 - 10.30am	Wednesday Walkers	Weekly		
1 - 2.30pm	Book club/ Book chat	2nd Wed		
1 - 3pm	Mahjong	Weekly		
4 - 5.30pm	Kids Art and Craft	Weekly		
7 - 9pm	LCH Photography Group	3rd Wed		
	Thursday			
8.30 - 11am	Gardening Group	Weekly		
10am - 12pm	Craft in Company	Weekly		
12 - 2pm	T.O.P.I.C	Weekly		
1 - 3pm	Beginners Sewing	Weekly		
5.15 - 7.15pm	Pastels with Constance x 2	Weekly		
Friday				
9am - 12.30pm	LCH Solo Card Group	Weekly		
10am - 12pm	Painting with Acrylics	Weekly		
10am - 11am	Conversations in Italian	Weekly		
6pm	Dungeons & Dragons 12-25yo	2nd & 4th Friday		
6pm	Mini Figure Dungeons & Dragons	Weekly		
7pm onwards	Parents & Friends of Queer Youth	1st Friday		
Saturday				
5.30pm - late	Leongatha Dungeons & Dragons	Weekly		
Sunday				
10.30am - 3pm	Knitting and Crochet	1st Sunday		

Leongatha Community House Special Events

International Friendship Day Morning Tea and activities

Friendship is regarded as the important gateway that builds bonds and develops camaraderie and trust between people. The simple action of building friendships is seen as the shift that is urgently needed in society to achieve lasting peace.

Daffodil Festival Leongatha **Lunch in a Paper Bag**

Leongatha Community House

Head on down to our Community House from the Daffodil Festival, check out our displays and grab your lunch in bag.

RUOK Day (Guest speaker) Cupcakes and Conversations

It's our National Day of Action when we highlight the importance of meaningful R U OK? conversations and remind all Australians to start them any day of the year. Activities happening all week.

11am, Tuesday 30th July \$5



11am - 2pm, Friday 31st August \$5



1.30pm, Thursday 12th September



Coming up later in the year, Save the Dates!

Carers Week Gratitude Lunch	Friday 18th October	Free
16 Days of Activism event	Friday 29th November	Free
Christmas Celebrations	Friday 6th December	Free