

Term 1, 2025

3rd February - 4th April



● learn ● connect ● share

Welcome to Term 1, 2025 at Leongatha Community House!

It's hard to believe that we're already starting the first term of 2025! We have an exciting lineup of events and programs planned, and we'd love for you to join us.

We have some special events lined up this term, starting with the *Carers Support Group Monthly Catch-Ups* on **21st January**. Additionally, our *Positive Living Info Sessions* will take place on **6th March, 20th March, and 3rd April**.

Our *Out and About Bus Trips* are back, offering popular day trips, as well as our regular *Wednesday Personal Day Run*, where we pick up participants to visit friends, shop, or attend appointments.

We're also excited to offer the *Be Connected Technology Programs* this term, designed to help you improve your digital skills and connect with others online. Whether you're a beginner or looking to enhance your tech knowledge, these sessions are a great opportunity.

As we move into warmer weather, there are plenty of other programs available, including health & wellbeing, all abilities, crafts, special interests, programs for children and young people, and support groups. Our programs are fun, affordable, and inclusive, and we welcome everyone to join us at the Community House. If you have any ideas for activities or skills you'd like to share, we'd love to hear from you! We look forward to seeing you soon!

Kind regards,

Bec Arnason,
Acting Manager

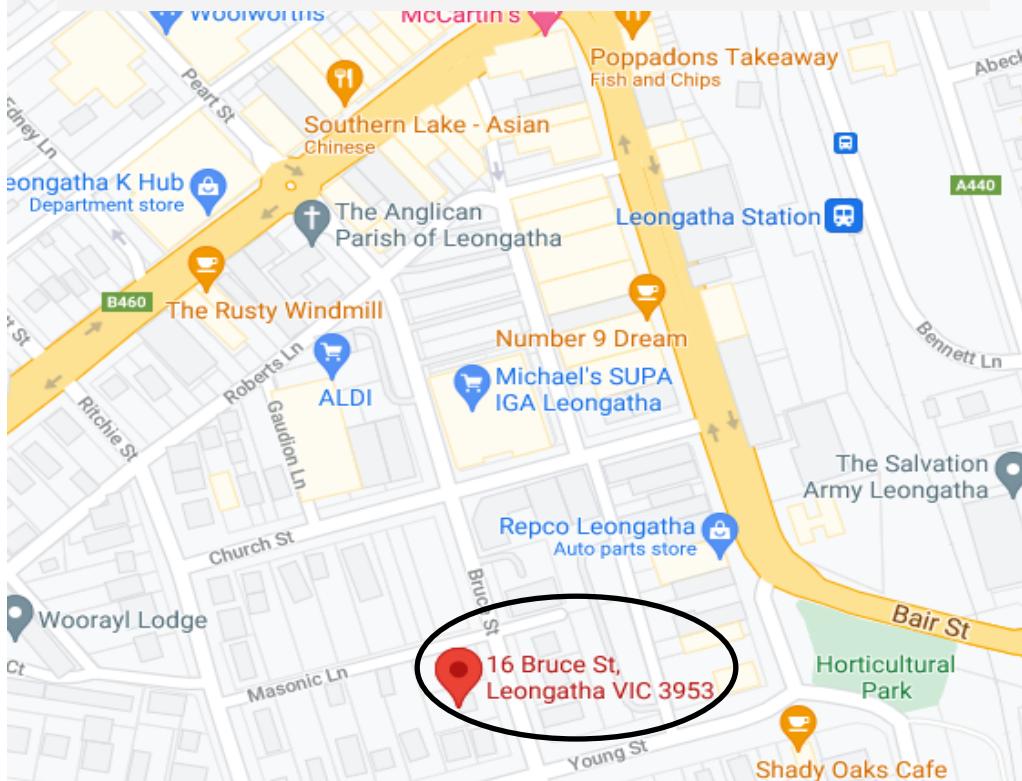
Supported by:



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.



Where to find us



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

Website: www.leongathacommunityhouse.org.au

Facebook: www.facebook.com/leongathach/

Instagram: www.instagram.com/leongatha_community_house/

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.

ABN: 48 180 414 316 Registered No A1136 L



South Gippsland
Shire Council



Terms and Conditions

Paid Programs for Term 1 will run from 3rd February – 4th April. Bookings are essential for paid programs and they cannot proceed without minimum numbers enrolled. Expressions of interest are tentative until booking is confirmed, and full payment is received. Payment is due 7 days prior to the start date for paid programs unless a payment arrangement has been approved. We accept payment in cash, or EFTPOS during office hours or online payments at the time of booking. LCH also accepts direct deposits made to Leongatha Community House BSB 633 000 Account 107 338 337 please include your surname and program name.

General Information Cancellation and Refund Policy

A full refund will be provided for services cancelled by Leongatha Community House. A full refund for participant cancellations given with seven business days' notice. No refund is provided for participant cancellations without 7 days' notice. Withdrawals after the commencement of the course are non-refundable except in special circumstances.

Scan the QR Code here for online bookings



All Abilities

Details	Dates	Cost
<u>Ready for Hospitality</u> Learn Local Course. 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.	Monday 9.30am - 2.30pm Term 1	\$50 Enrolment fee
<u>All Abilities Women's Group</u> 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 vary depending on activities
<u>All Abilities Self Defence Class</u> An aerobic workout style, self defence program, incorporating self confidence, fitness and self preservation. The sessions are low impact, fun, interactive, and interesting. Learn valuable and useful skills for everyday fitness at any level. BOOKINGS ESSENTIAL	Tuesday weekly 1 - 2pm During School Term	\$96 per term 8 weeks

LCH Community Bus

Details	Dates	Cost
<p>Personal Day Wednesday Do some shopping, catch up with friends, visit those in care, attend appointments. We pick up/drop off in Leongatha, Korumburra & surrounds.</p>	<p>Wednesdays 10am - 2pm</p>	<p>Leongatha \$5 Korumburra \$6 Call to book</p>
<p>A Day Out - Pick fresh strawberries at Macca's Farm, San Remo, then lunch at Fisherman's Co-Op San Remo then onto Churchill Island for afternoon activities, milking, sheep shearing, working dogs and whip cracking</p>	<p>Friday 17th January 9.30am- 4.30pm</p>	<p>\$20 Plus lunch</p>
<p>Ashcombe Maze and Lavender Gardens - Australia's oldest and most famous hedge maze and the year round flowering Lavender Labyrinth, all set amongst 25 acres of world acclaimed gardens.</p>	<p>Friday 24th January 9am - 3.30pm</p>	<p>\$30 bus Plus entry \$17 conc</p>
<p>Picnic at the Prom (Tidal River) Everyone bring a salad to share (I will have the cooler) and enjoy the day at the beach, remember to bring your hat and sunscreen</p>	<p>Tuesday 31st January 9am - 3.30pm</p>	<p>\$20</p>
<p>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.</p>	<p>Tuesday 4th February 9am - 3.30pm</p>	<p>\$20</p>
<p>Noojee Hotel & Spud Shed -Visit the Spud Shed on the way to Yarragon for a look around the town before lunch at the Noojee Hotel with a quick stop at the Trestle Bridge.</p>	<p>Tuesday 11th February 9am - 3.30pm</p>	<p>\$30 Plus lunch</p>
<p>Op Shop Tour - Cowes and Wonthaggi. Visit 3 shops at Cowes then onto Wonthaggi which has shops to visit</p>	<p>Tuesday 18th February 9am - 4.30pm</p>	<p>\$20</p>

**Join us on our community outings.
Want a destination added ? Please let us know.**

Details	Date	Cost
The Tool Shed Bar & Bistro - the property is set on 145 acres and was originally a dairy farm. The Toolshed offers affordable pub style meals in a laid back and friendly atmosphere.	Friday 21st February 9am - 3.30pm	\$30 Plus lunch
Royal Standard Hotel Toora lunch & Agnes Falls - Agnes Falls hidden within the green, rolling hills of the Strezlecki Ranges, the meandering Agnes River cascades from a 59 metre height over rocks into a deep picturesque gorge, forming Agnes Falls.	Friday 28th February 9am - 3.30pm	\$20 Plus lunch
McClelland Sculpture Park and Gallery - a truly unique art gallery and sculpture park set amongst 16 hectares of natural bushland. At McClelland they showcase the value of Australian culture through a focus on sculpture and its connection to the environment.	Friday 7th March 9am - 3.30pm	\$20 Plus entry \$6 (free entry if booked at Café for lunch)
Lunch at Walhalla Pub - Discover 19th-century architecture and scenic valley setting, then unwind at the iconic Walhalla Pub with rustic charm, local beers, hearty meals, and stunning mountain views	Friday 14th March 9am - 3.30pm	\$30 Plus lunch
Hills to Coast Drive - Take a lazy drive through the scenic hills of Loch enjoying the view down to Kilcunda for lunch, then onto the coastal drive back to Inverloch.	Tuesday 18th March 9am - 3.30pm	\$20 Plus lunch
Yarram Murals & Lunch at Port Albert Fish n Chips - Between 2020-2023, world renowned mural artist Heesco Khosnaran painted 25 prominent murals in the town of Yarram.	Tuesday 25th March 9am - 3.30pm	\$20 Plus lunch
Robert Gordon Pottery & Berwick Pottery - Their fantastic range of quality products include a vast range of pots, water features, urns, letterboxes, garden decor, interior	Tuesday 1st April 9am - 3.30pm	\$20 Plus lunch

Health & Wellbeing

Details	Dates	Cost
<p><u>ZUMBA GOLD</u> A popular, slower-paced, lower intensity version of a regular Zumba class. The class uses simple steps and rhythms to create a workout that is fun and easy to follow.</p>	<p>Tuesday 9 - 9.45am Dakers Centre in Smith Street</p>	<p>\$80 Term fee 8 Weeks \$10 session</p>
<p><u>Over 60's Medium Intensity Exercise Class</u> This class is medium to high intensity so expect to sweat! <i>Bookings essential</i> BYO: Mat, sweat towel & water bottle</p>	<p>Tuesday 10 -10.45am Dakers Centre in Smith Street Call for details</p>	<p>\$80 Term fee 8 Weeks \$10 session</p>
<p><u>Over 60's Low Intensity Exercise Class</u> This class is low intensity, is suitable for people who prefer a slower paced exercise class. Mainly chair based. <i>Bookings essential</i> BYO: Water bottle & sweat towel</p>	<p>Tuesday 11 -11.45am Dakers Centre in Smith Street Call for details</p>	<p>\$80 Term fee 8 Weeks \$10 session</p>
<p><u>Women's Self Defence</u> A self defence program for women teens aged 12+, incorporating self confidence, fitness and self preservation.. The sessions are fun, interactive, and interesting. Fitness at any level.</p>	<p>Tuesday 5 - 6pm Bookings essential</p>	<p>\$120 8 Weeks Term fee</p>
<p><u>LCH Wednesday Walkers</u> (Heart Foundation Walking Group) Enjoy walks around the town (and beyond) in good company. Join up for a coffee afterwards.</p>	<p>Wednesday 9:30 - 10.30am</p>	<p>FREE</p>
<p><u>Hatha Yoga</u> (Pat Warburton) Gentle "body and soul" stretching and relaxation for all ages. BYO: mat, rug, and cushion</p>	<p>Wednesday 9.30 - 10.30am</p>	<p>\$40 Term fee 8 Weeks \$5 session</p>
<p><u>Meditation</u> (Pat Warburton) Guided Meditation BYO: mat, rug, and cushion or pillow</p>	<p>Wednesday 10.45 - 11.15am</p>	<p>\$40 Term fee 8 Weeks \$5 session</p>

Health & Wellbeing continued

Details	Dates	Cost
<p><u>T.O.P.I.C (Take Off Pounds in Company)</u> A friendly group supporting one another to be healthy</p>	<p>Thursday 12 - 2pm</p>	<p>This is an external program</p>
<p><u>Parents and Friends of Queer Youth (PFQY)</u> Is a monthly gathering of LGBTIQ+ young people and the parents and friends who support them.</p>	<p>1st Friday of the month 7pm onwards</p>	<p>\$3 per session</p>

Crafts

Details	Dates	Cost
<p><u>Knitting & Crochet Group</u> BYO lunch and your knitting or crochet project and enjoy a great Sunday with this friendly group. Suitable for all levels of experience.</p>	<p>1st Sunday of the month 10:30am - 3pm</p>	<p>\$5 per session</p>
<p><u>Sewing & Patchworking Group</u> Bring your projects, share ideas and motivation with others, and make new friends too. Beginners welcome! Machines and supplies available for beginners.</p>	<p>Tuesday 1 - 4pm</p>	<p>\$3 per session</p>
<p><u>Craft in Company</u> 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 10am-12pm</p>	<p>\$3 per session</p>
<p><u>Beginners Sewing</u> Come along and learn how to sew, alter or make clothes that fit your body guided by experienced dressmaker. No previous experience needed.</p>	<p>Thursday 1--3pm Bookings essential</p>	<p>\$60 4 week blocks</p>

Volunteering at Leongatha Community House



Sarah Hudson (pictured top left) has been volunteering at Leongatha Community House for almost 3 years. She was referred by her employment agency to fulfil her 15 hours mutual obligations. Sarah was looking to update her office and computer skills after running her own dressmaking business for 15 years and a prior office role for 17 years in government. As a volunteer at LCH, Sarah has learnt data entry, administration and new computer programs across the Microsoft suite and specialised booking systems.

Our volunteers often bring their own unique skills to the house and Sarah has been a volunteer dressmaking tutor at weekly and school holiday sewing classes. As a talented artisan, Sarah has taken on other roles as a tutor with our All Abilities Women's Group and Kid's Art Craft program. Running these activities Sarah has learnt researching activity ideas and class preparation skills. Some of the highlights of her time at LCH are making new friends and gaining a lot more confidence talking to people and in computer skills. Sarah is retiring in early 2025 and we are happy to still have her tutoring her regular classes.

Our multi talented bus driver/administration wiz, Jen Fleming (picture top right) has been with LCH for just over a year. She was also referred through her employment agency. She loves driving so was excited about the opportunity to drive our community bus. She "loves the bus tours, people are just amazing!". Jen had not done office work before so learning the booking programs has helped her a lot to progress her computer and office skills.

Jen puts a lot of effort into researching our bus trips and finding new places to go. Helping people to enjoy the day and offering service to the community makes her happy. She also gets to go to places she hasn't been before and share the experiences with the bus travellers. Jen says if you are thinking about volunteering "Try it, it is a fantastic way of learning new skills and being a part of the community and serving the community. I love serving and this is such a great opportunity to do that and learn new skills at the same time!"

LCH values and supports our volunteers in developing new skills.

OPPORTUNITIES



Join our team,
meet new people,
learn new skills, and
make a difference
today!

We have a variety of
volunteering
opportunities
available on any day
for an hour, a morning,
an afternoon, or a day

VOLUNTEERS NEEDED

data entry organising gardening
community bus driving in the kitchen
helping at events answering the phone
sorting crafts tidying filing

**Leongatha Community House is a
registered mutual obligations provider.**

For more information please call 5662 3962 or
email info.leongathacommunityhouse.org.au



Art

Details	Dates	Cost
<p><u>Drawing Portraits with Constance Barker</u></p> <p>Exploring drawing portraits. Working in pencil we cover portraiture foundations and shading. Then work towards a group inspired project or own image to work from. We are aiming for likeness and feeling. Some prior drawing helpful but not essential.</p>	<p>Thursdays 5.30-7.30pm 20th & 27th February 6th & 13th March</p>	<p>\$100 4 weeks</p>
<p><u>Summer Acrylic Painting Course</u></p> <p>Our tutor teaches art to have fun and uses the FARTS method: Fun, Attitude, Repetition, Technique, Skill. Join this friendly and welcoming group and try out some new fun art skills over summer.</p>	<p>Fridays 10am - 12pm 10th, 17th, 31st January 7th February</p>	<p>\$40 4 weeks</p>

Saturday Art Workshops

Details	Dates	Cost
<p><u>Colour Theory Workshop</u></p> <p>Colour theory introduction, using acrylic mediums but with a few suggestions to use the same theory in other creative crafts. This workshop will focus on mixing colours and exploring which colours go well together and applying our favourite colours to our art and design.</p>	<p>Saturday 10am - 2.30pm 8th February</p>	<p>\$40</p>
<p><u>Introduction to Water Colour</u></p> <p>Would you like to dip your toe into the wonderful, exciting and frustrating world of watercolour? Join us in this therapeutic workshop where you will be introduced to the eight basic techniques of watercolour. Materials supplied to take home. Come and have fun!</p>	<p>Saturday 10am - 2.30pm 22nd March</p>	<p>\$40</p>

Computer skills

Details	Dates	Cost
<p><u>Tech Time free weekly sessions</u></p> <p>What is a computer, laptop, tablet, smart phone, internet? Gain a better understanding what each device is and how to use it, giving them more confidence in using digital technology.</p>	<p>Mondays 3rd, 10th, 17th February 9.30 - 10.30am</p>	<p>FREE BY BOOKING</p>
<p><u>Free Online Safety</u></p> <p>Participants will learn how to protect their personal data and stay safe online. They will learn important tips and skills to help them use the internet securely and become more aware of security both online and offline.</p>	<p>Mondays 24th March 7th April 9.30am</p>	<p>FREE BY BOOKING</p>

Children and Young People

<p><u>Kids Art & Craft</u></p> <p>Primary School Age children get creative! Kids are given practical, free and hands on experiences with a variety of different mediums.</p>	<p>Wednesdays 4 - 5.30pm During School Term</p>	<p>\$120 Term fee 8 Weeks</p>
<p><u>Leongatha Dungeons and Dragons</u></p> <p>This group is for teenagers and young adults, 12-25yo 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.</p>	<p>2nd & 4th Friday of the month 6pm</p>	<p>\$3 per session</p>

NDIS Afterschool Social group

Details	Dates	Cost
<p><u>NDIS Afterschool social group</u></p> <p>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.</p> <p>School pick up and home drop off's are provided. Waiting list only.</p>	<p>Tuesday 3 – 6pm During School Term</p>	<p>Cost will vary depending on activity</p>

Special Interest

Details	Dates	Cost
<p><u>Monthly Friendship Group</u></p> <p>Join us monthly for fun, laughter, and support. All are welcome as we build connections and create lasting friendships in our community.</p> <p>*8 February *8th March *12th April</p>	<p>2nd Saturday of the month 10 - 11.30am</p>	<p>\$3 per session</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 1 - 2.30pm</p>	<p>\$3 per session</p>
<p><u>Creative Writing & Story Telling</u></p> <p>Objects are brought in to inspire the writers. Writers right their own story that's inspired by the object or theme. Group members then share their stories and discuss.</p>	<p>Tuesday 10am – 12pm</p>	<p>\$3 per session</p>
<p><u>Mahjong</u></p> <p>Mahjong, is a game that is similar to Rummy, but it is played with tiles instead of cards.</p>	<p>Wednesday 1 - 3pm</p>	<p>\$3 per session</p>
<p><u>Book Club / Book Chat</u></p> <p>Twice a month we discuss our book club book and the other fortnight we share what else we have been reading.</p>	<p>2nd & 4th Wednesday of the month 1 - 2.30pm</p>	<p>\$3 per session</p>
<p><u>LCH Photography Group</u></p> <p>Join our monthly meeting to share all things photography, in a fun, relaxing way.</p> <p>*19 February *19th March *16th April</p>	<p>3rd Wednesday of the month 7 - 9pm</p>	<p>\$3 per session</p>
<p><u>LCH Gardening Group</u></p> <p>Run in conjunction with Leongatha Community Garden. Join us and give us a hand to help our vegie patch grow.</p>	<p>Thursday 8.30 -11am</p>	<p>Free</p>

Special Interest continued

Details	Dates	Cost
<p>Conversation in Italiano</p> <p>Embark on an exciting journey into the Italian language and culture. You'll build on essential vocabulary, basic grammar, and everyday conversational skills in a fun and interactive environment. Some prior knowledge preferred.</p>	<p>Friday 10 - 11am</p>	<p>\$80 Term 8 weeks</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>Friday 9am - 12.30pm</p>	<p>\$3 per session</p>
<p><u>Leongatha Minifigure Dungeons and Dragons</u></p> <p>Come, chill and discuss all things D'n'D while crafting and painting your minifigures and accessories</p>	<p>Friday 6pm</p>	<p>\$3 per session</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 5.30pm</p>	<p>\$3 per session</p>

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 would like to participate in any of them, we have contact details.

Basketry & Fibre Group

Meets bimonthly on the 4th Sunday

Embroiderers Guild Leongatha

Meets on 1st Saturday 11am—3pm

Kinship Support Group

Meets monthly on a Thursday

Leongatha Horticultural Society

Meets on 2nd Thursday at 4-6pm


Reconciliation Book Club

Meets 1st Friday of the month


Woorayl Cerc

Meets bi-monthly on the 3rd Monday

Carers Support Group

Details	Dates	Cost
<p>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.</p> <p>Register your interest 1800 242 696 or email Iris.Gaillard@lchs.com.au</p> <p>This group is facilitated by Latrobe Community Health Service</p>	<p>11am 3rd Tuesday of the month 21st January 18th February 18 March 15th April</p>	<p>NO COST</p>
		

Positive Living Info Sessions

Details	Dates	Cost
<p>Dietitians use the latest evidence to help nourish the body and manage health conditions.</p> <p>A Dietitian helps people understand the relationship between food and health, enabling them to make informed decisions around their food choices. This includes giving tailored strategies and tools to support them to get the most out of their lifestyle.</p> <p>Facilitated by Gippsland Southern Health Service Dietetics Service</p>	<p>2 - 3.30pm Thursdays 6th March 20th March 3rd April</p>	<p>NO COST Register your Interest</p>
		

Follow us on Instagram and Facebook for more events to be added, check local newspapers, or sign up for monthly emails.



Scan the QR Code here for bookings
Call 5662 3962, SMS 0497 899 481, or
info@leongathacommunityhouse.org.au



Term 1, 2025 at a glance

Saturday		
10 - 11.30am	Monthly Friendship Group	2nd Saturday
5.30pm - late	Leongatha Dungeons & Dragons	Weekly
Sunday		
10.30am - 3pm	Knitting and Crochet	1st Sunday
Monday		
9.30 - 2.30pm	Ready For Hospitality	Weekly
9.30 - 10.30am	Computer Skills	Varied
1 - 2.30pm	Ukelele Jam	Weekly
Tuesday		
9 - 9.45am	Zumba Gold	Weekly
9.30am - 12pm	All abilities Women's Group	Weekly
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 - 2pm	All Abilities Self Defence	Weekly
3 - 6pm	NDIS afterschool social group	Weekly
5 - 6pm	Women's Self Defence	Weekly
Wednesday		
Ring for times	Leongatha Bus - Personal Day	Weekly
9.30 - 10.30am	Wednesday Walkers	Weekly
9.30 - 10.30am	Hatha Yoga (Pat Warburton)	Weekly
10.45 - 11.15am	Guided Meditation (Pat Warburton)	Weekly
1 - 2.30pm	Book club/ Book chat	2nd & 4th Wed
1 - 3pm	Mahjong	Weekly
4 - 5.30pm	Kids Art and Craft	Weekly
7 - 9pm	LCH Monthly Photography Group	3rd Wed

Term 1, 2025 at a glance continued

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
5.30 - 7.30pm	Art Classes - varied	See program
Friday		
9am - 12.30pm	LCH Solo Card Group	Weekly
10am - 12pm	Summer Acrylic painting	Weekly (4 weeks)
10 - 11am	Conversations in Italian	Weekly
6pm	Dungeons & Dragons 15-25yo	2nd & 4th Friday
6pm	Mini Figure Dungeons & Dragons	Weekly
7pm onwards	Parents & Friends of Queer Youth	1st Friday

Leongatha Community House Special Event

INTERNATIONAL WOMEN'S DAY HIGH TEA 2-4pm Friday 7th March - just \$5

**IT'S TIME TO
TURN PROMISES
INTO PROGRESS.**

**MARCH
FORWARD.**

International Women's Day 2025
#MarchForward | #IWD2025



Thirty years ago, the world committed to a bold vision for gender equality, the United Nations' Beijing Declaration and Platform for Action.

Join us for International Women's Day 2025 to commemorate Beijing+30 and #MarchForward for a gender equal future.

Come along and share a lovely afternoon, feel special, and enjoy great company.