

# The House In The Hub

## Winter Program 2024

### Inverloch Community House Inc.



## Culinary Delights

### The Pickle Club

With Nicki

Fermented foods and drinks boost digestion and health. Not only does fermentation enhance food preservation, but eating fermented foods can also boost the number of beneficial bacteria, or probiotics in your gut.

Our group meets on the first Friday evening of the month at the House from 5.30-7.00pm with a common goal of learning, sharing and experimenting with living fermented foods. Examples of these are Sourdough baking and uses for its discard, Kombucha, Fermenting, Kefir, Sauerkraut, Kimchi, Yoghurt, Miso, Tempeh. Previous experience is not necessary as the group is about learning together.

We look forward to meeting you and sharing this fermented journey.

**All welcome. Just turn up on the day**

<b>Dates</b>	Fridays 5th July, 2nd August, 6th September (the first Friday of the month)
<b>Time</b>	5:30pm—7pm <b>NEW</b>
<b>Cost</b>	Gold Coin Donation

**All Enrolments and Bookings  
Commence  
Monday 8th July**

## Community

### Soup Café

We are coming into our last of our soup cafes of the year. Cafes are held on the second Tuesday of the month from July through to September and are open to anyone who would like to join us for a heart warming bowl of soup.

It's a great way to meet new people in the community or catch up with friends. The cafes are hosted by community groups who volunteer their time and delicious soups.

A café by the community for the community.

**All welcome. Just turn up on the day**

<b>Date</b>	9th July, 13th August, 10th September
<b>Time</b>	12—1:30pm
<b>Cost</b>	A pay as you feel event

## Inverloch Community House Room Hire

For Room Hire and availability, contact the coordinator on 5674 2444

Please note our rooms are not suitable for large social gatherings and cater to approximately 12 people comfortably for activities such as yoga and approximately 30 people for seated activities.



**Neighbourhood Houses**  
The Heart of Our Community™

# Health & Wellbeing

## Inverloch Walkie Talkies

If you love to walk and would like some company, meet up with our fun loving group each Monday morning. Wear comfortable clothing and appropriate footwear. This group is for everyone.

**No need to book, just turn up!**

<b>Date</b>	Mondays - ongoing
<b>Time</b>	9:00am
<b>Cost</b>	\$2.00
<b>Venue</b>	Meet outside the Hub, on the lawn
<b>Info</b>	Contact Sue Ph 0411 053 306

## \*Seated Yoga with Maree

Chair yoga is suitable for all abilities and postures can be varied for individuals.

Yoga connects the body and mind with the breath and strengthens the relaxation response of the nervous system. Improve your flexibility, concentration and strength, while boosting your mood and reducing stress and joint strain.

This form of yoga can be done seated and also standing using a chair for support.

Chair yoga is a great introduction if you are new to yoga or if you have a long term health condition or are returning to yoga after having a break.

CLASSES run for one hour with a mix of relaxation, breathing techniques and physical postures.

**A pre-exercise questionnaire is required to be submitted prior to commencing the class.**

### BOOKINGS REQUIRED

<b>Date</b>	Weekly from Wednesday 17th July
<b>Time</b>	12:00pm—1:00pm
<b>Date</b>	Weekly from Thursday 18th July
<b>Time</b>	11:45am—12:45pm
<b>Cost</b>	\$10.00(M) \$12.00 (NM) per session
<b>Bookings</b>	Call Maree 0402 092 510

### INVERLOCH COMMUNITY HOUSE INC

ABN 65 010 813 131

A0030114D

Address: Inverloch Hub, 16 A'Beckett Street, Inverloch

Postal Address: PO Box 368 INVERLOCH 3996

Email: office-ichi@dcsi.net.au

Phone: 5674 2444

Website: [www.inverlochcommunityhouse.org.au](http://www.inverlochcommunityhouse.org.au)

# Health & Wellbeing

## \*Pilates

with Leah

Course suitable for able bodied persons of any age, working towards a stronger core, better posture more flexible muscles and increased energy. **A pre-exercise questionnaire is required to be submitted prior to commencing the class.**

### BOOKINGS REQUIRED

<b>Date</b>	Weekly from Tuesday 16th July
<b>Times</b>	9:00am—9:50am 10:00am—10:50am 11:00am—11:50am
<b>Cost</b>	\$140.00 (10 sessions)
<b>Bookings</b>	Call Leah 0458 642 373

## Dance

### Line Dancing

with Bev

Have you ever wanted to try Line Dancing classes? Then come along and learn the basic steps and some dances. Wear comfortable clothing and footwear and have fun.

**No need to book, just turn up!**

<b>Date</b>	Weekly from Thursday 18th July
<b>Times</b>	12:00pm-1:00pm <b>Easy to Intermediate</b> 1:00pm-2:00pm <b>Upper Beginners</b> 2:00pm-3:00pm <b>Beginners</b>
<b>Cost</b>	\$4.00 (M) \$6.00 (NM) <b>1hr</b> \$5.00 (M) \$7.00 (NM) <b>2hrs</b> \$6.00 (M) \$8.00 (NM) <b>3hrs</b>
<b>Venue</b>	Inverloch Community Hub Stadium

### Circle Dancing

Dancing in a circle is an ancient tradition common to many cultures. Modern circle dancing draws on the rich and diverse traditional dances of many countries and includes a growing repertoire of new dances to classical music and contemporary songs. The dances range from very simple to the more intricate. Some are energetic and lively while others feel reflective and flow like a moving meditation bringing a sense of peace, togetherness and relaxation.

**No need to book, just turn up!**

<b>Date</b>	Weekly from Tuesday 16th July
<b>Time</b>	1.30pm—3.00pm
<b>Cost</b>	\$4 (M) \$6 (NM)
<b>Venue</b>	Anderson Inlet Angling Club

## Language

### \*French Intermediate 2

with Bernadette  
(Native Speaker Teacher)

This class is a continuation of Term 2 for students with some knowledge of French Grammar.

For new students, contact Bernadette for more information prior to booking.

#### BOOKINGS REQUIRED

<b>Date</b>	Weekly from Thursday 18th July
<b>Time</b>	10:30am—11:30am
<b>Cost</b>	\$200.00 Full Term (10 weeks)
<b>Bookings</b>	Call Bernadette 0404 059 344 This course requires a minimum of 5 people to commence

### \*French Intermediate 3

with Bernadette  
(Native Speaker Teacher)

This class will focus on reading, pronunciation, comprehension and discussion around French Culture. For new students, contact Bernadette for more information prior to booking.

#### BOOKINGS REQUIRED

<b>Date</b>	Weekly from Thursday 18th July
<b>Time</b>	9:15am—10:15am
<b>Cost</b>	\$200.00 Full Term (10 weeks)
<b>Bookings</b>	Call Bernadette 0404 059 344 This Course requires a minimum of 5 people to commence

## Literature

### \*Bass Coast Writers

Do you like to write? We are people of all ages with different writing ability who support each other. We enter competitions and publish a book once a year. Come along to the House on a Thursday afternoon to be part of something very special.

**All welcome. No bookings required**

<b>Date</b>	Thursdays— ongoing
<b>Time</b>	1:15pm—3:15pm
<b>Cost</b>	\$7.00 (first three meetings attended are free)
<b>Bookings</b>	5674 2444

## Language

### Italian Beginners

with David

David is passionate about Italy. Having spent many memorable holidays in Bella Italia, he would love to share his passion and experiences with others who would like to learn more about this fascinating country.

This course is a continuation aimed specifically at those at a beginners level of the Italian language. The classes will consider both spoken and written forms with the aim of being able to understand written information and the ability to converse in everyday situations such as in a café, hotel, railways station, etc. The lessons will be varied, touching on various aspects of Italian culture, it's music, food, history, fashion and politics.

#### BOOKINGS REQUIRED

<b>Date</b>	Weekly from Monday 15th July
<b>Time</b>	11:00am—12:00noon
<b>Cost</b>	\$4(M) \$6.00 (NM)
<b>Bookings</b>	5674 2444—This Course requires a minimum of 5 people to commence

## Literature

### Book Club

If you love to read and discuss books with others then come along to our Book Club. The book of the month is promoted on our website and Facebook page. This book club is in partnership with Inverloch Library through the 'Book in a Box' program.

#### BOOKINGS REQUIRED

<b>Date</b>	2nd Wednesday of the Month. 10th July, 14th August & 11th September
<b>Time</b>	5:30pm—6:30pm (approximately)
<b>Cost</b>	Donation
<b>Venue</b>	Pearl Restaurant Broadbeach
<b>Bookings</b>	5674 2444
<b>Details</b>	<a href="http://www.inverlochcommunityhouse.org.au">www.inverlochcommunityhouse.org.au</a>

**All Classes are run weekly on the day indicated for the commencement of the term unless otherwise specified**

# Literature

## Play Readings

Jessikah and Sue (Sue boasts extensive knowledge in all facets of theatre and recently received multiple awards at this year's GAP Awards) extend an invitation for you to join them in the enjoyment of exploring and crafting characters through Play Readings.

If you're interested but hesitant about reading aloud, feel free to join us to listen or, if you prefer, read stage directions or simply come along to satisfy your curiosity. No Shakespeare.

For inquiries, please contact Jessikah on 0400 241 353 or Sue Lindsay at 0409 191 148.

**No need to book, just turn up!**

<b>Dates</b>	Fortnightly from Wednesday 17th July
<b>Time</b>	7:00pm—9:00pm
<b>Cost</b>	Gold Coin Donation
<b>Bookings</b>	5674 2444

# Arts and Crafts

## Repair and Reuse

with Nancy


Once a month join Nancy in breathing new life onto your beloved piece of clothing. These hands on beginners sessions will guide you through a range of basic techniques tailored to different types of repairs, from patching and darning to sewing on different buttons. Our goal is to build your confidence and skills to tackle your future repairs on your own.

It's time to say good bye to disposing of your garments and hello to a wardrobe that's built to last, thanks to you.

No prior sewing experience required. Basic tools and equipment provided but feel free to bring along your own sewing kit if you have one.

This group will work to the pace of the participants and is guided by the needs of those attending.

We look forward to starting your new journey of repair and reuse. **BOOKINGS REQUIRED**

<b>Date</b>	Saturday 10th August, 14th September
<b>Time</b>	10:00am—12:00noon 
<b>Cost</b>	\$5 (M) \$7 (NM) per session
<b>Bookings</b>	5674 2444 This course requires 5 people to commence

# Arts and Crafts

## Sewing Studio

With Brian

The lovely and talented Brian is back and ready to sew. Brian Ahern has had a long career in the clothing industry, both here and overseas. Lucky for us, Brian loves to share his knowledge of all aspects of pattern making and sewing with you in a fun, friendly environment. Brian hosts weekly sessions at the House.

If you have

- a pattern to be altered to fit,
- a garment that you want to make or
- a partly finished garment which you need help with

or in fact, if you have any questions at all about your sewing project, come along and join Brian and together work on finding a solution. All skill levels welcome including beginners. BYO own machine, fabric, scissors, pattern and fabric, tape measure, pins and marking chalk or pencil.

**No need to book, just turn up!**

<b>Date</b>	Weekly from Wednesday 17th July
<b>Time</b>	9:00am—11:30am
<b>Cost</b>	\$4.00 (M) \$6.00 (NM) per session
<b>Bookings</b>	5674 2444

## In House Painters

Bring your own materials/projects and have some fun in a mutually supportive environment.

In House Painters' annual exhibition will be held in October this year.

**No need to book, just turn up!**

<b>Date</b>	Fridays—ongoing
<b>Time</b>	10:00am—1:00pm
<b>Cost</b>	\$4.00 (M) \$6.00 (NM)
<b>Information</b>	5674 2444

## Chatty Crafters

A friendly group who share thoughts and ideas whilst enjoying crafts such as sewing, knitting, embroidery or whatever takes your fancy. No experience necessary.

**All welcome. No bookings required**

<b>Date</b>	Tuesdays from 16th July
<b>Time</b>	12:30pm—3:30pm
<b>Cost</b>	\$4.00 (M) \$6.00(NM)

# Arts and Crafts

## Flower Arranging

With Jill

This term Jill will focus on creating simple and creative spring floral designs for you to share with family and friends.

In a casual and friendly environment, play and explore with flowers from your own garden (neighbours or friends will do just fine as well) and be amazed at your fabulous creations all while learning tips and tricks on floral care and styling along the way.

Material list provided once your participation is confirmed .

### BOOKINGS REQUIRED

<b>Date</b>	Monday 16th September
<b>Time</b>	2:00pm—4:00pm
<b>Cost</b>	\$6.00 (M) \$8.00 (NM)
<b>Bookings</b>	5674 2444 This course requires a minimum of 5 people to commence

# Arts and Crafts Community

## School Knitting

We are very excited to share the news that our school knitting group is back on board after a long break. Volunteers from the House will meet with students over the lunchtime break, one day a week to support and nurture the student knitting enthusiasts.

We will keep you up to date on their progress throughout the term. A very big thankyou to our generous knitting volunteers.

If anyone is interested in the program or would like to volunteer contact the House on phone 5674 2444

**All Classes are run weekly on the day indicated for the commencement of the term unless otherwise specified**

*Activities marked with an \* asterisk are on a room hire basis and not an activity of the Inverloch Community House Inc.*

# Culinary Delights

## Gluten Free Lunch

Each month we invite you to BYO plate of your favourite gluten free food to share with others. Printed recipes are encouraged.

This group is all about supporting those who need to eliminate gluten from their diet and are looking to share information and handy tips. Microwave available if needed for reheating.

**No need to book, just turn up!**

<b>Date</b>	The first Friday of the month 2nd August & 6th September
<b>Time</b>	12:30pm—1:30pm
<b>Cost</b>	Gold coin donation
<b>Venue</b>	Inverloch Hub Meeting Room

## Men's Group Meet and Eat

With Pete

**Due to popular demand!** If you missed out last term, act fast to join the next instalment of Men's Kitchen.

**Attention fellas!** We're back with more easy and delicious cooking skills in another series of 5 sessions where we will prepare, cook, eat, and yes, clean up together!

**Quick and easy is our motto** – making cooking a treat, not a chore, for healthy meals any time. Expect simple recipes, fresh ingredients, and plenty of taste, with perhaps a few surprises.

**Crumbs!** How do you like your stroganoff? Lets wrap it up and leave it at that for now. That's enough clues. join us to discover the next 5 mouth-watering recipes.

All recipes will include vegetarian options and/or be gluten-free, packed with flavour, and guaranteed to tempt your taste buds as delightful kitchen aromas fill the air.

### BOOKINGS REQUIRED

<b>Date</b>	Fridays 23rd August to 20th September 5 weeks
<b>Time</b>	11:00am—1:00pm
<b>Cost</b>	\$35 Full 5 weeks
<b>Where</b>	Inverloch Hub Kitchen
<b>Bookings</b>	5674 2444 This course requires a

**I'm back by  
POPULAR  
DEMAND**

# Technology

## Android Phone, Tablet, and MyGov Support with Geoff

Just purchased a Samsung Galaxy, HTC, Sony, Google Nexus or Motorola phone or tablet or a Windows Laptop?

Geoff will show you the basics to get you up and running. If you would like to know about a specific application, Geoff will try to accommodate you with your query.

Geoff also offers assistance in MyGov including accessing the MyHealthRecord . These individual sessions are one on one and run on a Monday or Tuesday.

### BOOKINGS REQUIRED

Date	Weekly from Monday 15th July & Tuesday 16th July
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Bookings	5674 2444

## Artificial Intelligence AI

With Pete


Unlock the fascinating world of Artificial Intelligence (AI) and discover how it's shaping your life today and in the future!

Join Pete for an engaging talk where he will share his journey with AI from its early days to its incredible impact on his life.

Dive into how AI compares to tools like Google search and explore practical examples of how AI can benefit you in everyday situations. Whether you're new to AI or already using it, this talk will offer valuable insights and plenty of opportunities to ask questions.

Don't miss this chance to understand and embrace the power of AI!

### BOOKINGS REQUIRED

Date	Friday 6th September
Time	2:00pm—3:00pm 
Cost	FREE
Bookings	5674 2444



**Neighbourhood Houses**  
The Heart of Our Community™

# Information

## Electric Vehicle Information Session with Ken

Are you interested in knowing about or wanting to purchase an electric vehicle? Ken has a wealth of knowledge and an interest in electric vehicles and is more than happy to share his insight.

This informal information session is for those of you who are still not quite sure and would like some more details outside of the car yard. Ken is not here to sell you anything just share his love of EV's.

### BOOKINGS REQUIRED

Date	Friday 2nd August
Time	2:00pm—3:00pm 
Cost	FREE
Bookings	Bookings 5674 2444

# Support

## Carers Support Group with Latrobe Community Health

We are proud to partner with La Trobe Community Health Service (LCHS) in providing a monthly support group for carers.

If you are supporting a friend or family member who is frail, aged, has a chronic illness, disability or mental illness this group may be for you.

Take some time out to meet with other carers in a supportive and relaxed environment.

If you require assistance with respite to attend LCHS can assist . Afternoon tea provided.

For registration and assistance with respite choose from the following options:

- 1800 242 696 press 5 and ask to speak with Iris in Wonthaggi
- Email: iris.gaillard@lchs.com.au
- Text: 0400 107 541

Date	Mondays 22nd July, 26th August, 23rd September
Time	1:00pm—3:00pm 
Cost	FREE
Bookings	1800 242 696 iris.gaillard@lchs.com.au

# Sustainable Living

## Garment Repair Café

Do you have any clothes or other textile items that you would like to have repaired? Perhaps you have an old coat you don't want to throw away or a pair of trousers that don't fit so comfortably. Our repairers will do their utmost to let you enjoy your belongings again.

- Garments, buttons, hems.
- Pillow case simple repairs.
- Renew garments.
- Team of repairers ready to assist.

No need to book. Let the team do their magic.

The Garment Repair Café is now supporting Upparel, an organisation on a mission to reduce the number of textiles/clothing that end up in landfill and upcycle into socks and quality useful products. CLEAN garments and textiles can be dropped off at the Repair Café for upcycling.

\*Please note due to storage limitations items will only be taken on the dates indicated below.

For more information on Upparel go to

[The Most Sustainable Sock Brand in Australia. | UPPAREL](#)

**No Bookings Required**

<b>Dates</b>	The last Saturday of the Month 27th July, 31st August
<b>Time</b>	10.00am – 12:00pm
<b>Cost</b>	Gold coin donation

# Travel

## Armchair Travel

With Di and Jenny

Jenny and Di love to travel and even better, love to share their travel experiences and knowledge, which is what this session is all about. Sharing the journeys you have taken and all the helpful tips gathered along the way.

**BOOKINGS REQUIRED**

<b>Date</b>	Monday 19th August
<b>Time</b>	2:00pm—3:30pm
<b>Cost</b>	FREE
<b>Bookings</b>	5647 2444 This class requires a minimum of 4 to commence

*Activities marked with an \* asterisk are on a room hire basis and not an activity of the Inverloch Community House Inc.*

# Recreation

## Pickleball

**Pickleball** is an indoor or outdoor racket/paddle sport where two players (singles), or four players (doubles), hit a perforated hollow polymer ball over a 36-inch-high (0.91 m) net using solid-faced paddles. The game resembles tennis, but the court is the size of a doubles badminton court. It is a game for all ages and all abilities. We have four sessions weekly.

### Tuesday sessions

**Morning sessions** is **Social Play**—a social pickleball session for all skill levels in a fun, friendly and supportive environment

**Mid morning session** is **Paddle Battle** For those who want to play a more fast paced and serious pickleball game .

Tuesday participants are required to pay for the full term. There is a maximum of 26 players only so get in early to secure your spot.

**Thursday and Sunday sessions** are on a casual basis. These sessions have a maximum of 30 players per session.

\***Sport shoes suitable for indoor court activities must be worn in order to participate.**

**Pickleball shoes are available on line.**

\***Children under 16 years of age must be accompanied by an adult to participate**



**BOOKINGS REQUIRED FOR ALL TUESDAY SESSIONS**

<b>Date</b>	Weekly from Tuesday 16th July
<b>Time</b>	9:00am—10:30am <b>Social Play</b> 11:00am—12:30pm <b>Paddle Battle</b>
<b>Cost</b>	\$35 (M) \$50 (NM) full term
<b>Bookings</b>	5674 2444
<b>Date</b>	Weekly from Thursday 18th July
<b>Time</b>	7:00pm—8:30pm
<b>Cost</b>	<b>FREE per session (This term only)</b>
<b>Date</b>	Weekly from Sunday 21st July
<b>Time</b>	3:00pm—5:00pm
<b>Cost</b>	\$5.00 per session casual fee only
<b>Venue</b>	Inverloch Hub Stadium



# Winter Term At A Glance



## Our Values

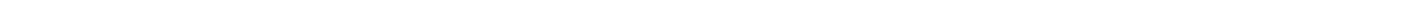
Welcome Inclusive Respect Proactive Collaborative

## Our Objectives

**Our Community:** To improve opportunities for enjoyment, contribution and learning

**Our House:** To operate a well governed viable and accountable Community House

**Our Partners:** To actively develop and promote partnerships, relationships and networks.





# The House In The Hub

## Winter Term At A Glance

### MONDAY

9.00am	Inverloch Walkie Talkies	Ongoing
11:00am—12noon	Italian Beginners	Weekly from 15th July
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 15th July
1:00pm—3:00pm	Carers Support Group	Monthly 22nd July, 26th August, 23rd September
2:00pm—3:30pm	Armchair Travel	Monday 19th August
2:00pm—4:00pm	Flower Arranging	Monday 16th September

### TUESDAY

9:00am—9:50am	Pilates	Weekly from 16th July
10:00am—10:50am		
11:00am—11:50am		
9:00am—10:30am	Pickleball Social Play	Weekly from 16th July
11:00am—12:30pm	Pickleball Paddle Battle	
12:00noon—1:30pm	Soup Cafe	Monthly 9th July, 13th August, 10th September
12:30pm—3:30pm	Chatty Crafters	Ongoing
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from 16th July
1:30pm—3:00pm	Circle Dancing	Weekly from 16th July

### WEDNESDAY

9:00am—11:30am	Sewing Studio	Weekly From 17th July
12:00noon—1:00pm	Seated Yoga	Weekly from 17th July
5.30pm—6:30pm	Book Club	2nd Wednesday of the Month 10th July, 14th August, & 11th September
7:00pm—9:00pm	Play Readings	Fortnightly from 17th July



## Winter Term At a Glance

### THURSDAY

9:15am-10:15am 10:30am-11:30am	French Intermediate 3 French Intermediate 2	Weekly from 18th July Weekly from 18th July
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from 18th July
11:45am—12:45pm	Seated Yoga	Weekly from 18th July
1:15pm—3:15pm	Bass Coast Writers	Thursdays—ongoing
7:00pm—8:30pm	Pickleball—Casual	Weekly from 18th July

### FRIDAY

10:00am—1:00pm	In-House Painters	Fridays—ongoing
11:00am—1:00pm	Mens Group Meet and Eat	Fridays 23rd August to 20th September
1:30pm—3:00pm	Gluten Free Lunch	Fridays Monthly 2nd August & 6th September
2:00pm—3:00pm	Electric Vehicle Information Session	Friday 2nd August
2:00pm—3:00pm	Artificial Intelligence AI	Friday 6th September
5:30pm—7:00pm	The Pickle Club	Fridays 5th July, 2nd August, 6th September

### SATURDAY

10:00am – 12:00pm	Garment Repair Café	The last Saturday of the Month 27th July, 31st August
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### SUNDAY

3:00pm—5:00pm	Pickleball—Casual	Weekly from 21st July
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## Spring Term Classes

Commence Monday 7th October to Friday 20th December.

All enrolments and bookings for this term commence

Monday 30th September.