



WARRAGUL COMMUNITY HOUSE 3

COURSE GUIDE

TERM

LIFESTYLE COURSES



Basic Car Maintenance

Date/Time Saturdays 17 July 9.30am-10.30am x 4 weeks

Cost \$50 or do both courses for \$70

Description A class designed to give you the understanding and confidence to perform the important weekly checkups of your vehicle. Our experienced tutor, Michael Klein, will explain your car's inner workings in a relaxed environment.

Advanced Car Maintenance

Date/Time Saturdays 14 August 9.30am-10.45am x 4 weeks

Cost \$50 or do both courses for \$70

Description Following on from our Basic course, these classes will be a mix of theory and practise exploring the carburettor, fuel injection systems, ignition systems, electrical systems, braking, suspension and steering systems, manual and automatic gearboxes and how to tune your car.

Bahn Mi- Vietnamese cuisine

Date/Time Saturday 31 July 10.30am-2.30pm

Cost \$90 full /\$80 conc

Description Learn how to make your own Bahn Mi, in a French baguette. A Vietnamese savoury staple that has generated a cult following worldwide. Using pate, Viet may, pickled carrots and other scrumptious fillings, for a delicious Vietnamese-sensation of flavours and textures.

Cookie decorating - a creative treat, or gift

Date/Time **Option 1:** Wednesday 28 July 10.30am to 12.30pm
Option 2: Wednesday 8 September 10.30am-12.30pm

Cost \$50 full /\$40 conc

Description Learn the tips and tricks on making and creating that perfect cookie. You will learn how to use cookie cutter, fondant, marbling your fondant and colouring. Create your own designs to impress any celebration or occasion.

Decorating Children's Birthday Cakes -Create a memorable occasion

Date/Time Wednesday 4 August 12.30pm- 2.30pm

Cost \$50 full / \$40 conc

Description Want to charm children of all ages and create a memorable occasion? Cake decoration is a must! Learn what wonderful creations you could make to delight that someone special in your family.

Free Your Spine with Feldenkrais

Date/Time Thursdays 29 July 10.30am-11.30am x 6 weeks

Cost \$90 full / \$80 conc

Description Wake up your spine! Gain flexibility to help with ease in sitting, standing, bending, turning and walking. Guaranteed to improve the quality of your life! Feldenkrais is a gentle exercise therapy devised during the mid 20th century to reorganise connections between the brain and the body to improve body movement and psychological state.

Gentle Yoga

Date/Time **Option 1:** Friday 30 July 1.30pm-3.00pm x 6 weeks

Option 2: Monday 26 July 1.30pm-3pm x 6 weeks

Cost \$110 full / \$100 conc

Description Gentle Yoga is a safe and pleasurable way to develop greater ease of movement, increase strength and relieve stress. Classes include both floor and standing work. Each class includes a short breathing practice, meditation and concludes with relaxation.

Latin, Jive and Cha Cha Ballroom -for the beginner enthusiast

Date/Time **Option 1:** Thursdays 29 July 6.45pm-8.00pm x 7 weeks
Option 2: Sunday 1 August 2.30pm to 3.45pm x 7 weeks

Cost \$110 full / \$100 conc

Description Get those feet moving, have some fun and dabble with Jive, Cha Cha and Samba moves! The final night of classes will be a fun social occasion to celebrate your achievements.

Latin and Rock N'roll Ballroom - For the Intermediate Enthusiast

Date/Time **Option 1:** Thursdays 29 July 8.15pm-9.30pm x 7 weeks
Option 2: Sunday 1 August 4pm-5.15pm x 7 weeks

Cost \$110 full / \$100 conc

Description This is an extension of the beginners class or for those who already have some experience and want to refine your Jive, Cha Cha and Samba moves and extend into Rock 'n Roll and Rhumba.

Hands on Guitar

Date/Time Wednesdays 21 July 6.00pm-7.00pm x 8 weeks

Cost \$110 full / \$100 conc

Description Learn the basic building blocks of music, and guitar. Play your songs of choice at your own pace. Learn from a passionate fun loving teacher, who brings over 30 years of experience playing a 6 and 12 string guitar, and has performed in a band and as a solo vocalist.

Excel at Excel 2016

Date/Time Tuesdays 20 July 6.00pm-8.00pm x 6 weeks

Cost \$150 full / \$140 conc

Description Become a more proficient and efficient excel user for your job or at home. In this 4 week tutorial you will learn how to create formats and charts, use functions, format cells and do more than you imagined with your spread sheets.

Italian

Date/Time Wednesdays 21 July 6.00pm-8.00pm x 8 weeks

Cost \$150 full / \$140 conc

Description Buongiorno! Learn italian! Practise both oral and written elements of Italian. This course aims to provide you with a foundation in Italian. Suitable for both beginners and those with some experience.

Caffe in Italiano-practice your Italian conversation

Date/Time 1st Sunday of each month from 1st Aug 9.30am-1.00pm

Cost \$3.00

Description Practice your knowledge of the Italian language in a relaxed and supportive real life settings. Held in local venues and facilitated by our Italian tutor.

Painting & Drawing-Beginning

Date/Time Friday 20- August 10am-12pm x 7 weeks

Cost \$150 full / \$140 conc

Description Learn a range of watercolour techniques to begin your art practice. Materials list available on enrolment. Approximate cost of materials is \$120. This class is held at Nilma North Hall.

Painting & Drawing-Developing

Date/Time Fridays 20 August 1.00pm-3.00pm x 7 weeks

Cost \$150 full / \$140 conc

Description Have a little bit of drawing and painting experience? This is the class for you! Materials list available on enrolment. Approximate cost of materials is \$120 for new learners. This class is held at Nilma North Hall.

Positive Techniques for Positive Change - by men for men

Date/Time Thursday 15 July 6.00pm-7.00pm x 7 weeks

Cost \$112 full / \$92 conc

Description Start the conversation to achieve greater well being and stronger mental health. Learn how to break negative thinking habits and develop intervention strategies to reset your path. Led by an experienced and understanding mentor and peer supporter.

How to book a course: Phone: 56 236 032

Book on-line: Find the course and book at www.warragulcommunityhouse.org.au

Visit: Warragul Community House, 138 Normanby Street, Warragul.

FOLLOW US ON SOCIAL MEDIA



www.warragulcommunityhouse.org.au



WARRAGUL COMMUNITY HOUSE 3

COURSE GUIDE

TERM 3

Our Social Groups are \$3 per person unless indicated otherwise.

SOCIAL GROUPS



Adult ASD Friendship Group

Date/Time Thursdays from 15 July 1.30pm-2.30pm
Cost Free
Description For adults on the spectrum looking for social interaction and contact with others. Join in with some card games and friendly conversation.

Be Connected Computer Workshop

Date/Time Thursdays from 22 July 9.30am-10.30pm or 11.00am-12.00pm
Cost \$10 per term
Description Join this session to get support so you can develop your digital skills and confidence with computers.

Book Club

Date/Time 2nd Thursday of each month, from 8 July 11.00am-1.00pm
Cost \$3 per person, per session
Description Our lovely book club meets once a month to discuss and explore a wide range of literature. Feel free to come along.

Bridge Club

Date/Time Wednesdays from 14 July 1.00pm-4.00pm
Cost \$3 per person, per session
Description Join our friendly group and make new Bridge friends.

Creative Writing Workshop

Date/Time Fridays from 16 July 10.00am-12.00pm
Cost \$3 per person, per session
Description Do you enjoy writing stories and / or poetry? Our small group meets weekly and invites you to join us, to share and gain new ideas that will excite your creative passion.

Dads in Distress Support Group

Date/Time Thursdays from 15 July 7.30pm-9.30pm
Cost \$3 per person, per session
Description A support group for dads helping dads stay relevant and active in their kids' lives after separation.

Golden Girls: Women Over 50 Social Group

Date/Time **Option 1. Warragul** Wednesdays from 14 July 11am-12.30am
Option 2. Drouin Tuesday from 13 July 10am-11.30am
Cost \$3 per person, per session
Description Come and join this lively group who meet at local cafes. This group offers a great opportunity to meet others and chat over a cuppa! Contact Warragul Community House to register.

Grief Support Group

Date/Time Fourth Wednesday of each month from 28 July 7.30pm-9.30pm
Cost Free
Description Compassionate Friends Victoria offer support for those who are experiencing grief. This group offers a listening and understanding ear with others experiencing grief.

Knitting & UFP's (unfinished projects)

Date/Time Mondays from 12 July 10.00am-12.00pm
Cost \$3 per person, per session
Description Join other craft enthusiasts and learners. Bring along your own projects or start something new. Have a chat, share skills and friendship. Everyone welcome!

Rainbow Support group for Young people 15-25

Date/Time 2nd & 4th Sundays from 11th July 7.30pm-8.30pm
Cost \$3 per person, per session
Description A safe, friendly and supportive space to share, for the LGBTIQ community to make new connections and help reduce loneliness and isolation. Facilitated by qualified Youth and Social Workers from Positive Minds Gippsland.

Miniature Makers Club

Date/Time 1st Friday of each month from 2 July 1.00pm-4.00pm
Cost \$3 per person, per session
Description A group for dollhouse enthusiasts! Join us to share the skills and develop the techniques necessary to make miniature furniture and other goods from recycled materials.

Multicultural Friendship Group

Date/Time Wednesdays from 14 July 10.30am-12.30pm
Cost Free
Description We invite people from all cultural backgrounds to come together each week for an informal catch up. This may involve anything from a simple cuppa and a chat, some English language practise, information sessions or an outing in the town. Kids welcome!

Painting Studio Social Group

Date/Time Thursdays from 15 July 9.00am-11.00am
Cost \$3 per person, per session
Description Warragul Community House is offering it's art space as a venue to bring budding painters together. Bring your own materials and get to work! Tea and coffee supplied.

Sing Your Heart Out!

Date/Time Tuesdays from 20 July 3.00pm-4.00pm x 8 weeks
Cost \$3 per person, per session
Description Enjoy singing? Come and join others for a general singalong, put a smile on your face and make sweet harmony!

Spinning, Weaving & Wool Group

Date/Time 2nd Saturday of each month from 10 July 10.00am-2.00pm
Cost \$5 per person, per session
Description This group is open to anyone who wants to spin, weave, knit or crochet. People of all abilities welcome! The group help each other and work exclusively with natural fibres.

Stroke Support Group

Date/Time Every 1st & 3rd Tuesday of each month 1.00pm-3.00pm
Cost \$3 per person, per session
Description Recovering from a stroke? Join our supportive, informative and friendly group! All ages and stages of recovery and adaptation are welcome. Share strategies and enjoy the company of others who understand.

Walking Group

Date/Time Thursdays from 15 July 9.30am-10.30am
Cost Free
Description Dust off your walking shoes, make friends and join others for a chat and walk around the local area. Register through the house so we can tell you where to meet.

Poetry of the heart-exploring words of wisdom

Date/Time 1st Friday of each month from 2nd July 10am-12pm
Cost \$3.00 per person, per session
Description Be inspired! Explore timeless inspirational quotes from philosophical, spiritual and literary traditions. Explore how words of wisdom provide instructive guidance and bring solace and comfort to your life. Bring a quote to share or just listen. Nourish mind, heart and spirit.

Tax Help

Date/Time Tuesdays 9am- 4pm, or Thursdays 9am-12.00pm. By appointment.
Cost Free
Description At tax time you can get free help with your tax. Our Tax Help service is for people on low incomes (around \$60,000 or less a year). If you need help completing your tax return, our trained volunteer may be able to help you.

How to book a course: Phone: 56 236 032

Book on-line: Find the course and book at www.warragulcommunityhouse.org.au

Visit: Warragul Community House, 138 Normanby Street, Warragul.

FOLLOW US ON SOCIAL MEDIA



www.warragulcommunityhouse.org.au