

WARRAGUL COMMUNITY HOUSE TERM 3 COURSE GUIDE 2024

Ask us about our FREE programs: laptops for loan, assistance with technology, bathroom and laundry facilities available for use.

LIFESTYLE COURSES

Car Maintenance (Basic)

Date/Time Saturdays 27th July
9:30 am to 10:30 am X 4 weeks

Cost \$50 or both courses for \$70

Description A mix of theory and practical- In this course you will learn the basics of car maintenance - how to change a tyre, how to check oil & water, what those annoying noises & squeaks may mean. We will be changing a tyre in the carpark and looking under the hood of your car to reinforce the theoretical discussions held in the classroom.

Car Maintenance (Advanced)

Date/Time Saturdays 24th August
9:30 am to 10:30 am X 4 weeks

Cost \$50 or both courses for \$70

Description This course follows on from the basic course; you will learn how various components of the car work - the engine, gearbox, brakes, suspension and steering. A mix of theory and practical, we will be taking various components apart to investigate their inner workings.

Feldenkrais

Date/Time Thursdays 11th July
9:15 am - 10:15am x 6 weeks

Cost \$100 full / \$90 conc

Description Improve the quality of your movement for a fuller more enjoyable life. Feldenkrais is helpful everyone including for those that have arthritis, back pain or tight muscles.

French Beginners

Date/Time Wednesdays 7th August
6:00 pm - 7:00pm x 6 weeks

Cost \$100 full / \$90 conc

Description Have you been trying to learn French but with little success? Lets learn basic French together.

Gentle Yoga and Deep Relaxation

Date/Time Fridays 12th July
1:30 pm - 3:00 pm x 7 weeks

Cost \$145 full / \$135 conc

Description Improve your movement and reduce your stress ! Classes run by a qualified, experienced and supportive teacher: Mats and blankets supplied.

Tai Chi Qigong for Health and Wellbeing

Date/Time Mondays 29th July
1:00 pm to 2:00 pm X 7 weeks

Cost \$90 full / \$80 conc

Description Tai Chi Qigong is a low impact exercise class designed to develop muscle strength, flexibility, balance and prevents risks of falls.

Connect Head to Heart - Find your purpose!

Date/Time Mondays 5th August
4:30 pm - 5:30 pm X 6 weeks

Cost \$95 full / \$85 conc

Description Participants will learn gentle breathing techniques to help feel relaxed and calm and participate in guided meditations to help reduce stress or anxiety, leaving you more balanced, peaceful and aligned to the path to inner peace and clarity.

Halwa Puri

Date/Time Thursday 15th August
11:00 to 2:00 pm

Cost \$60 full / \$50 conc

Description Halwa Puri: is a favorite South Asian dish for festivals, featuring fried bread with sweet semolina halwa offering a delightful balance of flavors, served with chickpea curry. Plus, take home the culinary creations you've mastered!

Exotic Dessert Fusion: Aromatic Gulab Jamun Doughnuts

Date/Time Thursday 12th September
10:00 am to 1:00 pm X 6 weeks

Cost \$60 full / \$50 conc

Description Uncover the secrets to crafting an authentic, mouth-watering South Asian sweet in a welcoming and secure culinary environment. Plus, take home the culinary creations you've mastered!

Kitchen Garden Course

Date/Time Thursdays 8th August
10:00 am to 12:00 pm X 6 weeks

Cost \$70 full/ 60 conc

Description Spring is on the way! Come learn your kitchen garden ABCs at the delightful Warragul Community Garden! Discover the secrets to green thumb success and enjoy some blissful moments being nurtured by nature.

EMPLOYMENT PATHWAYS

Citizenship Course

Date/Time Wednesday 7th August
1:00 pm - 4:00 pm X 7 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description The citizenship application preparation program supports those who are looking to prepare for their citizenship test including application process interview support, document uploads and practice tests.



Easy Steps to Computers for Beginners

Date/Time Wednesdays 31st July
9:30 am - 12:30 pm X 7 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description This introductory computer course covers Microsoft Word, Excel, and Office basics for building confidence.



Intermediate Computers for Work & Home

Date/Time Tuesdays 30th July
1:15 pm- 4:15 pm X 7 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description This intermediate course delves deeper into Microsoft Office tools and introduces Cloud Computing.



Let's Learn English

Date/Time Tuesdays 30th July
12:45 pm - 2:45 pm X 8 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description Engage in practical English for daily use! Classes tailored to cater to individual needs and skill levels.



Multicultural Friendship Group (Language for Life)

Date/Time Wednesdays 24th July
10:30 am - 12:30 pm X 8 weeks

Cost FREE

Description Join our Multicultural Learning Group! A great group to make friends, find information to help you learn about Australian culture and practice your English. All welcome!



Visit: Warragul Community House, 138 Normanby Street, Warragul.
Book online: Find the course and book at

www.warragulcommunityhouse.org.au



Ph: 56 236 032

ENROL NOW

Job Club: Practical assistance to search and apply for jobs

Date/Time Mondays and Thursdays 5th August onwards 9:30 am - 3:30 pm X 5 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description These sessions focus on employment readiness: crafting resumes, tailoring cover letters, and confidence-building for job interviews.



Get ready to work in Care and Support

Date/Time Fridays 9th August 9:30 am to 3:30 pm X 7 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description This course prepares for roles in care & support industry, covering employment and entrepreneurship requirements effectively.



Microsoft Excel for Work

Date/Time Wednesdays 7th August 1:15 pm to 4:15pm X 7 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description This class is for anyone with foundational understanding of computers and who wants to use Microsoft Excel at work, with ease. Come and learn in a friendly atmosphere and gain the skills to thrive at work confidently.



Increase productivity with Chat GPT

Date/Time Fridays 9th August 4.30pm - 6.30pm X 4 weeks

Cost \$60 (\$50 + Admin fee \$10)

Description This class is for anyone with basic to intermediate understanding of computers and who wants to use Chat GPT at work, with ease. Come and learn in a friendly atmosphere and gain the skills to thrive at work effortlessly.



FOLLOW US ON SOCIAL MEDIA



Learn Local courses prepare learners for work or further education. Eligibility requirements apply.

SOCIAL GROUPS

Neuro Divergent Group

Date/Time Every 4th Monday of the month 10 am - 12 pm

Cost Free

Description For neuro divergent adults looking for social interaction, activities and contact with others.

Substance Abuse Support Group (ACSO)

Date/Time Every 2nd and 4th Tuesday of the month 5:30 pm - 7:30 pm

Cost Free

Description For family members and significant others dealing with a loved one's substance abuse.

Basic Computer Walk-in Sessions

Date/Time Thursdays 9:15 am - 10:15 am

Cost Free

Description These sessions will help you gain confidence for those new to computers.

Book Club

Date/Time 2nd Thursday of each month 11:00 am - 1:00 pm

Cost Monthly \$3 per person, per session or \$30 for the whole year

Bridge Club

Date/Time Wednesdays 1:00 pm - 4:00 pm

Cost Weekly \$3 per person, per session or \$84 for the whole year

Creative Writing Workshop

Date/Time Fridays 10:00 am - 12:00 pm

Cost Weekly \$3 per person, per session or \$84 for the whole year

Golden Girls

Women Over 50 Social Group

Date/Time Warragul: Wednesdays 10:30 am - 12:00 pm

Drouin: Tuesdays 10:00 am - 11:30 am

Trafalgar: Tuesdays 10:30 am to 12:00pm

Cost Weekly \$3 per person, per session or \$84 for the whole year

Description Come and join this lively group who meet at local cafes.

Grief Support Group

Date/Time Every 4th Wednesday of each month 7:30 pm - 9:30 pm

Cost Free

Description Gain support from others who have lost a child.

Knitting, Crochet and Craft

Date/Time Mondays 10:00 am - 12:00 pm

Cost Weekly \$3 per person, per session or \$84 for the whole year

Narcotics Anonymous Support Group

Date/Time Thursdays 7.30pm - 9pm.

Cost By donation

Description Narcotics Anonymous meetings are a gathering of recovering addicts, who meet regularly for the purpose of recovery from the disease of addiction. Bookings through Narcotics Anonymous : 1300 652 820

Warragul Fibre and Diamond Art Group (Spinning, knitting, crochet, weaving etc)

Date/Time 2nd Saturday of each month 10:00 am - 2:00 pm

Cost Monthly \$3 per person, per session or \$30 for the whole year

Description Bring your project and bring your lunch: Tea and coffee supplied

Stroke Support Group

Date/Time Every 1st & 3rd Tuesday of each month 1:00 pm - 3:00 pm

Cost Fortnightly \$3 per person, per session or \$50 for the whole year

Tai Chi for Experienced Practitioners

Date/Time The group meets at 10.00am OFF SITE at Civic Park in terms 1 and 4 and at 9.30 am at WCH in terms 2 and 3.

Cost Weekly \$3 per person, per session or \$50 for the whole year

FREE SERVICES

Chatty Cafe

Date/Time Thursdays 10:30 am - 12 pm

Cost Free

Description Join us for a chat and a cup of tea/coffee.

Technology Help

Date/Time By appointment

Cost Free

Victorian Sick Pay Guarantee & Financial Counseling.

Date/Time By appointment (Fridays)

Cost Free

Jobs and Skills Centre appointments with Andrea

Date/Time By appointment every third Monday of the month

Cost Free

Tax Help

Date/Time By appointment (Mondays)

Cost Free