



Term 3 2017



Courses & Groups

Learn How To Play Bridge

A six week introductory course, with options of ongoing get-togethers and game supervision is now available at the Lorne Community House.

Join a relaxed atmosphere with friends to learn this well loved card game. BYO drinks, nibbles and enjoy learning a new game.

When: Wednesday evenings - register your interest for our next group starting soon.

Cost: \$40 for a 6 week course, including notes and laughter.

For any further information contact Lorne Community House on 5289 4383.

Sing for Fun! Adult Singing Group with Tara.

Come together for an evening of singing for fun. No experience necessary. Learn some techniques and lots of songs. Join in simply for pleasure or for performance.

When: Tuesdays (fortnightly) at 5.30pm at the Lorne Community House

Cost: \$10 per session.

The Lorne Community House offers room hire, meeting facilities, occasional childcare, accredited training courses, computer and internet access and service referrals.

For further information, please contact Katy Kennedy on 5289 4383.

Pilates

Pilates with personal fitness trainer Lina. Catering for males and females of all fitness levels, Lina will guide you through the basic principles and correct techniques of Pilates exercises.

When: Wednesdays 19 July - 20 September at 5.30 - 6.30pm.

Cost: \$15 per session

Bring: a mat and water bottle

Bookings essential: Lina Libroaperto 0403 797 973.

Circuit Class also available at Lorne Leisure Centre – Tuesday 5.30pm.



Toy Library

Come and visit the Toy Library and see the fantastic range of toys in near new condition. Come in and become a member to enjoy access to over 100 toys! Just like a book library, members can borrow quality items, return and borrow more. Catering for children 5 months - 5 yrs, membership is open to the whole community - including parents, grandparents and carers.

When: House office hours

Time: 9.30am - 2.30pm

Contact: Lorne Community House on 5289 4383 for more information.

Worm Farming & Composting

Do you want to grow amazing veggies and plants at home? Join other gardeners in our Daisy and Olive Garden (between the Community House and the Senior Citizens building) and meet with our local worm farming expert Colin, to learn more about Worm Farming and Composting.

Ask questions, share information and receive a FREE Worm Farm starter kit to kick start your home worm farm and compost!

When: Tuesdays 11am

Cost: Free - Worm Towers available for purchase \$25

Contact: Lorne Community House on 5289 4383 for more information.

Playgroup

Connect with other families with babies and young children to play, learn and socialise in a safe and fun environment.

No bookings required, new members always welcome.
Thursdays 9.30am -11.30am. Gold coin donation.

Centrelink Self-Service Agency

We are the local self-help agency for Centerlink. Come in to fax your requirement to Centerlink, find out what options are available to you or have your identification sighted.

Open Monday to Friday 9.30am – 2.30pm.

Computer Literacy Sessions

Make time to find answers for those pesky computer issues you have - suits all skill-levels.

Individual and group sessions can be arranged to learn more about;

- Logging on, moving files, searching documents
- Emailing, web browsing and graphics
- Word, Excel or Microsoft office
- Any other computer or IT questions.

Emma can help.

Bring your own device, laptop, or use one of the computers in the house.

Call Emma on 0449 502 505 to book a time for you. Cost is \$40 per hour.



Computer Access

Free use of wifi and computers for either work or personal use. Also A4 colour & B/W printing at reasonable prices.

The Lorne Community House computer access is available from 9.30am -2.30pm weekdays.

Look out for future activities:

Women's Health Forum - 6 September
Mental Health Forum - 10 October
African drum workshop.
On-line Marketing - October

For further information, please contact the Lorne Community House on 5289 4383.

Mindfulness - Based Stillness Meditation.

These sessions are structured to enable you to develop and practice each week, building your skill-set to ultimately perform MBSM independently. Practicing this over a set time-frame creates a habitual pattern for you to be able to integrate mindfulness into daily life. Some of the potential benefits of MBSM may include:

- stress reduction
- increased self awareness, self-acceptance and self-compassion
- increasing feelings of calm and peacefulness
- less emotional reactivity
- increase ability to stay more grounded
- improved sleep
- developing resources for facing uncomfortable emotions

When: Minimum participant numbers required, call us to register your interest on 5289 4383.





Dog Obedience training in Lorne

Learn how to have a polite and social pooch with qualified dog trainer Belinda aka 'The Animal Super Nanny'. Specialising in animal behaviour to help dogs and their humans to communicate more effectively and build stronger and better relationships. 'Become the best animal guardian you can be!'

Who: Puppies or adult dogs and their owners – classes will be tailored to dogs ages and abilities

When: 5 week course - Wednesdays 5-6pm, starting on August 16th 2017

Where: Stribling Reserve, meet on oval below clubrooms.

Cost: \$160 for 5 weeks payable prior to first class

Bookings and enquiries at Lorne Community House 5289 4383 Monday – Friday 9.30-2.30, or email communityhouse.lorne@swarh.vic.gov.au. Minimum numbers required so encourage a canine friend to attend. More information see www.animalsupernanny.com

Small Business Workshop - with Geelong Chamber of Commerce

Don't just let your website sit alone and get old. Why not encourage customers to your website with simple & epic blogs.

Effective marketing and sales is about taking your potential customers on a journey – the journey to become customers. When done well, providing useful information can have customers lining up at your door. In this workshop you'll learn how to use your website and blog as an effective marketing platform for your prospects, leads and customers.

When: Wednesday 13th September @ 10:30am to 12:30pm

Cost: Tickets are \$20. Book now at www.trybooking.com/QMRK

Computer, Printing & WiFi available

Lorne Community House

Address: 16 Mountjoy Parade, Lorne 3232 **Website:** www.lornecommunityhouse.org.au

Phone: 5289 4383 **Office hours:** 9.30am - 2.30pm Monday - Friday

Interested in receiving email updates? Email your details to: communityhouse.lorne@swarh.vic.gov.au