



WARRAGUL COMMUNITY HOUSE

COURSE GUIDE

TERM 3 JULY - SEPTEMBER

LIFESTYLE COURSES



Car Maintenance - Basic and Advanced

Date/Time Basic -Saturdays 23rd July 9.30 am - 10.30 am x 4 weeks.
Advanced - Saturdays 20th August 9.30 am - 10.45 am x 4 weeks

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

Description Learn how to look after your car.

Decorated Cookies

Date/Time Monday 18th July 9:30 am - 11:30 am

Cost \$50 full / \$45 conc

Description Have some fun creating fantastic, delicious cookies using icing and edible paint! Yum!

Fancy Fondant for your Cake!

Date/Time Monday 15th Aug 9.30 am to 11.30 am

Cost \$50 full / \$45 conc

Description Learn the tips and tricks of making and decorating a birthday cake. The skills you learn can be used to create some delightful birthday cakes for your friends and family.

Free Your Body with Feldenkrais

Date/Time Thursdays 21st July 9.30 am - 10.30am x 6 weeks

Cost \$100 full / \$90 conc

Description Gain flexibility for easier movement in this gentle, mindfulness way of moving. Bring a mat and a blanket.

Gentle Yoga

Date/Time Fridays 22nd July 1.30 pm - 3.00 pm x 6 weeks

Cost \$135 full / \$125 conc

Description Develop greater ease of movement through Yoga. Mats and blankets available or bring your own.

Guitar - Beginners and Developing

Date/Time Wednesdays 20th July 6.00 pm - 7.30 pm x 8 weeks

Cost \$140 full / \$130conc

Description Learn the basics of playing guitar or build on your skills while having fun!

Italian - Developing

Date/Time Wednesdays 20th July 6.00 pm - 7.30pm x 6 weeks

Cost \$135 full / \$125 conc

Description Suitable for those with some experience in speaking Italian.

Painting & Drawing - Beginning & Developing

Date/Time Fridays 22nd July 10 am - 12 pm x 7 weeks

Cost \$160 full / \$150 conc

Description Work at your own level using any medium you like! Bring a 2B pencil, paper, eraser, sharpener, a brush or two, and whatever medium or paints you want to use. This class is held at Nilma North Hall.

Patchworking

Date/Time Saturdays 3rd Sept 10:00 am -12:30 pm X 4 weeks

Cost \$140 full / \$130 conc

Description Join us for patch-working! You'll be amazed at what you can do!

Meditation

Date/Time 21st July Thursdays 7:30 pm to 8:30 pm x 7 weeks

Cost \$100 full / \$90 conc

Description Discover the benefits that mindfulness breath meditation can bring. Led by a wonderful experienced practitioner with over 45 years of experience.

EDUCATION PATHWAYS



Easy Steps to Computers for Beginners

Date/Time Wednesdays 20th July 9.30 am - 12.30 pm or 1.15 pm - 4.15 pm x 7 weeks

Cost \$50

Description A beginners course for those wanting to gain confidence in using a computer. Includes basic functions of Microsoft Word and Excel.



Digital Matters - Living in a digital world!

Date/Time Thursdays 21st July 2:00 pm - 4:00 pm x 4 weeks

Cost \$50

Description This class is for anyone who wants to become more familiar with basic digital technology in every day use. Learn how to use your device, search the web and use Zoom to connect with others.



Intermediate Computers for Work & Home

Date/Time Thursdays 21st July 10.30 am - 1.30 pm x 7 weeks

Cost \$50

Description You will need some basic familiarity with computers. This course covers an in-depth study of Microsoft Word and Excel applications along with an introduction to cloud computing.



Let's Learn English!

Date/Time Friday 22nd July 1:00 pm - 3:00 pm x 7 weeks

Cost \$50

Description Learn and practise using English in everyday life! Suitable for people speaking a language other than English. Classes are tailored to learner needs and abilities.



Upskill for a Career in Customer Service and Retail

Date/Time Mondays and Fridays 22nd Aug onwards X 4 weeks 9.30 am - 3 pm

Cost \$50

Description Develop skills to work confidently in customer service and retail. Ideal for those new to the workforce or who have been returning after time away.



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www.warragulcommunityhouse.org.au



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CAFÉ 138 - Hospitality Training!

Date/Time Mondays and Tuesdays
1st & 2nd Aug 9.30 am - 3pm

Cost \$50

Description Looking for work in hospitality? This course will give you training in food hygiene, food preparation, coffee making and customer engagement. Visit local cafes to observe and learn what employers want. Food + Money + Team work = hospitality skills!



Men's Kitchen

Date/Time Mondays from 15th Aug
5 pm to 8 pm x 6 weeks

Cost \$20

Description Enjoy learning some basic cooking skills with others. No experience necessary. Sense of humour an advantage!



Work for Yourself - Care and Support

Date/Time 2 days per week, starting in
September for 4 weeks (Days and
times to be confirmed)

Cost \$20

Description The course has successfully helped individuals to become familiar with the requirements for both working as an employee or running your own business in the care and support industry.



SOCIAL GROUPS



Substance Abuse Support Group (ACSO)

Date/Time Every 2nd and 4th Tuesday of
the month from 12th July
6.00 pm - 8.00 pm

Cost Free

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

Adult ASD Friendship Group

Date/Time Tuesdays from 12th July
2.00 pm to 3.00 pm

Cost Free

Be Connected Computer Workshop

Date/Time Thursdays from 14th July
9.30 am - 10.30

Cost Free

Description Join this session to get support so you can develop your confidence with computers. This course is for those new to computers.

Book Club

Date/Time 2nd Thursday of each month, from
14th July 11.00 am - 1.00 pm

Cost \$3 per person, per session

Bridge Club

Date/Time Wednesdays from 13th July
1.00 pm - 4.00 pm

Cost \$3 per person, per session

Description Join our friendly group and make new card playing friends.

Creative Writing Workshop

Date/Time Fridays from 15th July
10.00 am - 12.00 pm

Cost \$3 per person, per session

Golden Girls Women Over 50 Social Group

Date/Time Warragul : Wednesdays from 13th
July 11.00 am - 12.30 pm
Drouin: Tuesdays from 12th July
10.00 am - 11.30 am
Trafalgar: Tuesdays from 12th July
10.30 to 12pm.

Cost \$3 per person, per session
or \$21 for the whole term

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

Grief Support Group

Date/Time Fourth Wednesday of each
month from 27th July
7.30 pm - 9.30 pm

Cost Free

Description Gain support from others who have lost a child.

Knitting & UFP's (unfinished projects)

Date/Time Mondays 18th July
10.00 am - 12.00 pm

Cost \$3 per person, per session

Description Bring along your craft project.

Café in Italiano - practice your Italian conversation

Date/Time 1st Sunday of each month from
7th August 9.30 am to 11.00 am

Cost \$3 per person, per session

Description For people who have some practise conversing in Italian. Meet at Streetside Café with our tutor Joe.

Multicultural Friendship Group

Date/Time Wednesdays from 13th July 10.30
am - 12.30 pm

Cost Free

Painting Studio Social Group

Date/Time Thursdays from 14th July
9.00 am - 11.00 am

Cost \$3 per person, per session

Spinning, Weaving & Wool Group

Date/Time 2nd Saturday of each month from
13th August 10.00 am - 2.00 pm

Cost \$3 per person, per session

Stroke Support Group

Date/Time Every 1st & 3rd Tuesday of each
month from 19th July
1.00 pm - 3.00 pm

Cost \$3 per person, per session

Tai Chi

Date/Time Wednesdays from 22nd June
9.30 - 10.00 am

Cost \$3 per person, per session

Description For experienced practitioners

Walking Group

Date/Time Thursdays from 21st July
9.30 am - 10.30 am

Cost Free

Chatty Café

Date/Time Thursdays from 5th May
10.30 am to 12 pm

Cost Free

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

Technology Help

Date/Time By appointment only.

Cost Free

For booking go to our website www.warragulcommunityhouse.org.au or call us at 56236032.

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