

WARRAGUL COMMUNITY HOUSE COURSE GUIDE 2023

TERM 2 APRIL 26 – JUNE 24

LIFESTYLE COURSES



Car Maintenance Basic and Advanced

Date/Time Classes are run on Saturdays. Multiple sessions available each term. Please call and reserve your spot. 9:30 am - 1:30 pm

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

Description Learn how to look after your car.

Lets explore Drones !

Date/Time Thursdays 18th , 25th May and 1st June 1:30pm - 4:30pm x 3 weeks

Cost **\$190 full. No conc**

Description Gain a basic level of competency based on CASA's rules and regulations for recreational flying. Excellent for farmers, real estate, landcare, photographers etc: Drones can be borrowed from WCH and it is especially helpful for those who have already purchased their own drones.

Feldenkrais

Date/Time Thursdays 27th April 9:15 am - 10:15am x 6 weeks

Cost **\$100 full / \$90 conc**

Description Wake up your shoulders and neck, using gentle mindful movement, for better functioning in everyday life.

Gentle Yoga and Deep Relaxation

Date/Time Fridays 28th April 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.

Italian Developing

Date/Time Wednesdays 3rd May 6:00 pm - 7:30pm x 6 weeks

Cost **\$135 full / \$125 conc**

Description Practise speaking and listening in Italian. Suitable for those interested in speaking Italian.

Painting & Drawing - Beginning & Developing

Date/Time Fridays 12th May 10:00 am - 12:00 pm x 7 weeks

Cost **\$160 full / \$150 conc**

Description Work at your own level using any medium you like! Bring the materials for whatever medium you wish to work with.

Tai Chi Qigong for Health - Beginners

Date/Time Mondays May 1st onwards 3:15 pm to 4:15 pm X 7 weeks or Saturdays May 6th onwards 9:00 am to 10:00 am X 7 weeks

Cost **\$90 / \$80 conc**

Description Tai Chi Qigong is a low impact exercise class designed to develop muscle strength, flexibility, balance and reduce risk of falls. Also it reduces stress, anxiety and enhance quality of sleep, improves coordination, concentration and memory.

Head to Heart Breath course

Date/Time Mondays May 1st onwards 4:30 pm -5:30 pm X 8 weeks

Cost **\$90 / \$80 conc**

Description This is a gentle approach to reprogramming the structure of your brain by feeling down through the layers from stress or anxiety into peace and happiness. Set up new pathways for your mind to follow when you are in a situation you find challenging.



EDUCATION PATHWAYS



Easy Steps to Computers for Beginners

Date/Time Wednesdays 10th May 9:30 am - 12:30 pm or 1:15 pm - 4:15 pm X 7 weeks

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

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



Intermediate Computers for Work & Home

Date/Time Thursdays 11th May 10:30 am - 2:30 pm X 5 weeks

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

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 Mondays 1st May 1:00 pm - 3:00 pm X 8 weeks

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

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 May onwards 9:30 am - 3:00 pm X 5 weeks

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

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



CAFÈ 138 - Hospitality Training

Date/Time Mondays from 1st May 9:30 am to 3:00 pm X 8 weeks

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

Description Become familiar with the tools and knowledge to work in the hospitality industry. Includes food handling training, practical skills, visits to hospitality venues, guest speakers and training in customer service.



FOLLOW US ON
SOCIAL MEDIA



www.warragulcommunityhouse.org.au



Book online at www.warragulcommunityhouse.org.au

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

Victorian Sick Pay Guarantee and Financial counseling services are available.

Men's Kitchen

Date/Time Mondays 15th May
5:00 pm to 8:00 pm X 6 weeks

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

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 Mondays 29th May 9:30 am to 3:00 pm X 6 weeks

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

Description This course has successfully helped participants to become familiar with the requirements for both working as an employee or running their own business in the care & support industry.



Microsoft Excel for Work

Date/Time Tuesdays 23rd May
1:00 pm to 4:30 pm X 5 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 effortlessly.



Learn Local Courses prepare learners for work or further education. Eligibility requirements apply. Contact us.

SOCIAL GROUPS



Neuro Divergent Group

Date/Time Every 4th Monday of the month
3:00 pm to 4:15 pm

Cost \$3 per person, per session

Description For neuro diverse adults looking for social interaction and contact with others
Join in conversation, board/card games and maybe visit a local café.

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.

'Be Connected Computer Workshop

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

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 11:00 am - 1:00 pm

Cost \$3 per person, per session

Bridge Club

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

Cost \$3 per person, per session

Creative Writing Workshop

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

Cost \$3 per person, per session

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 \$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 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 10:00 am - 12:00 pm

Cost \$3 per person, per session

Café Italiano - practise your Italian conversation

Date/Time 1st Sunday of each month
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 10:30 am - 12:30 pm

Cost Free

Description Join our family of recently arrived migrants.

Painting Studio Social Group

Date/Time Thursdays 9:00 am - 11:00 am

Cost \$3 per person, per session

Description Bring your painting and work along side others.

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 \$3 per person, per session

Description Bring your project. Tea and coffee supplied: \$3:00 per person per session.

Stroke Support Group

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

Cost \$3 per person, per session

Tai Chi for Practitioners

Date/Time Wednesdays 9:30 - 10:00 am

Cost \$3 per person, per session

Walking Group

Date/Time Thursdays 9:30 am - 10:30 am

Cost Free

Description Enjoy walks around Warragul.

Power Saving Bonus and Technology Help

Date/Time By appointment

Cost Free

Victorian Sick Pay Guarantee & Financial Counseling.

Date/Time By appointment

Cost Free