

# WARRAGUL COMMUNITY HOUSE COURSE GUIDE 2023

TERM 3 JULY 15 – SEPTEMBER 20

## LIFESTYLE COURSES



### Car Maintenance Basic

**Date/Time** Saturdays July 22nd to 12th August (4 weeks)  
9:30 am - 10:30 am

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

**Description** Learn how to look after your car.

### Car Maintenance Advanced

**Date/Time** Saturdays August 19th to September 9th (4 weeks)  
9:30 - 10:30

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

**Description** Learn how to look after your car.

### Connect Head to Heart

**Date/Time** Mondays 31st July  
4:30 pm - 5:30 pm x 6 weeks

**Cost** \$95/ \$85 conc

**Description** Transform your thinking! Learn ways to relieve stress and anxiety! Learn how to navigate challenging situations and discover purpose in your life.

### Feldenkrais

**Date/Time** Thursdays 13th July  
9:15 am - 10:15am x 6 weeks

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

**Description** Introducing a new set of spine lessons to improve the alignment and movement of your spine. Lessons done in a gentle, mindful way for easy, effective change.

### Fun With Fabric

**Date/Time** Thursday 20th July  
2.00 pm - 4.00 pm

**Cost** FREE

**Description** This class will introduce you to sewing and making some fun things with fabric.

### Gentle Yoga and Deep Relaxation

**Date/Time** Fridays 14th 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.

### Italian Developing

**Date/Time** Wednesdays 19th July  
6:00 pm - 7:30pm x 6 weeks

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

**Description** Practise speaking and listening in Italian.

### Painting & Drawing for Aspiring Artists!

**Date/Time** Fridays 28th July  
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!

### Tai Chi Qigong for Health and Wellbeing

**Date/Time** Mondays 17th July  
3:15 pm to 4:15 pm or 6.00 pm - 7.00 pm 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 prevents risks of falls.

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## EDUCATION PATHWAYS



### CAFÉ 138 - Hospitality Training!

**Date/Time** Fridays from 28th July 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.



### Citizenship Course

**Date/Time** To be confirmed  
Please register interest 56236032

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

**Description** The citizenship application preparation program supports those who are looking to prepare for their citizenship test. The course will help you become familiar with the citizenship application process including the interview, the documents to upload and the practice tests.



### Easy Steps to Computers for Beginners

**Date/Time** Wednesdays 19th July  
9:30 am - 12:30 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** Wednesdays 19th July  
1:15 pm - 4:15 pm x 7 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 – Advanced

**Date/Time** Tuesdays 11th July  
6:00 pm - 8:00 pm x 8 weeks

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

**Description** Suitable for people who can speak, write and read some English and want to improve their spoken and written English.





# Book online at [www.warragulcommunityhouse.org.au](http://www.warragulcommunityhouse.org.au)

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

## Let's Learn English

**Date/Time** Mondays 10th July  
12:45 pm to 2:45 pm x 8 weeks

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

**Description** Learn and practise using English in everyday life! Classes are tailored to learner needs and abilities.



## Men's Kitchen

**Date/Time** Mondays 17th July  
5:15 pm to 8:15 pm x 6 weeks

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

**Description** Enjoy learning some basic cooking skills with others.



## Microsoft Excel for Work

**Date/Time** Tuesdays 25th July  
1:15 pm to 4:15 pm 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 effortlessly.



## Upskill for a Career in Customer Service and Retail

**Date/Time** Mondays and Fridays 31st July onwards  
9:30 - 3:00 pm x 10 sessions

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

**Description** Develop skills and knowledge to work confidently in customer service and retail industries.



## Work for Yourself - Care and Support

**Date/Time** Mondays 24th July  
9:30 am to 1.30 pm x 5 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.



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



## SOCIAL GROUPS



### Be Connected Computer Workshop

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

**Cost** Free

**Description** This course is to gain confidence 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 or \$21 for the whole term

### 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** Meet at Streetside Café with our tutor Joe.

### Chatty Café

**Date/Time** Thursdays 10:30 am to 12 pm

**Cost** Free - Contact us to book in.

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

### Creative Writing Workshop

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

**Cost** \$3 per person, per session or \$21 for the whole term  
**Note:** Runs during school terms only

### 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.

### Golden Girls Group for Women Over 50

**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.

### Knitting & UFP's (unfinished projects)

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

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

### Multicultural Friendship Group

**Date/Time** Wednesdays 10:30 am - 12:30 pm

**Cost** Free

**Note:** Runs during school terms only

### Neuro Divergent Group

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

**Cost** Free

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

### Power Saving Bonus and Technology Help

**Date/Time** By appointment

**Cost** Free

### Stroke Support Group

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

**Cost** \$3 per person, per session

### 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.

### Tai Chi for Practitioners

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

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

### Victorian Sick Pay Guarantee & Financial Counseling.

**Date/Time** By appointment (Thursdays)

**Cost** Free

### Walking Group

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

**Cost** Free

**Description** Enjoy walks around Warragul.

### 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 and bring your lunch: Tea and coffee supplied