



COURSE GUIDE 2023

TERM 4 OCTOBER – DECEMBER

LIFESTYLE COURSES



Car Maintenance Basic

Date/Time Saturdays 28th October
x 4 weeks 9:30 am - 10:30 am

Cost \$50 or both courses for \$70

Description Develop the basic skills to look after your car.

Car Maintenance Advanced

Date/Time Saturdays 25th November
x 4 weeks 9:30 am - 10:30 am

Cost \$50 or both courses for \$70

Description Develop the advanced skills to look after your car.

Feldenkrais

Date/Time Thursdays 5th October 9:15 am -
10:15am x 6 weeks

Cost \$100 full / \$90 conc

Description Flexible Chest
The chest is an often neglected and tight area of the body. This set of lessons will help to free the chest for better breathing and improved movement of the whole body in everyday life.

Fun With Fabric

- Introduction to sewing

Date/Time October 28th July
10.00 am - 12:00 pm

Cost Free

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

Fun With Fabric Course

Date/Time Saturdays Nov 4th, 11th, 18th, 25th
2:00 - 4:00 pm

Cost \$60 full / \$50 conc

Description The course is designed to show you what you can easily make with scraps of fabric in various colours and designs. It will be a bit of fun choosing and making small items that you may like to give as presents for Birthdays and Xmas etc.

Gentle Yoga and Deep Relaxation

Date/Time Fridays 6th October
2:00 pm - 3:30 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 18th October
6:00 pm - 7:30pm x 6 weeks

Cost \$135 full / \$125 conc

Description Practise speaking and listening in Italian.

Idea to Impact: Developing and Validating Your Business Idea

Date/Time October 28th 10:00 am - 12:00 pm

Cost Free

Description FREE workshop on Starting a Business- A dynamic, hands-on session to guide you through refining your business concept creating a foundation to turn your idea into a successful business.

Painting & Drawing for Aspiring Artists!

Date/Time Fridays 27th October
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 9th October
3:15 pm to 4:15 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.

Connect Head to Heart - Find your purpose!

Date/Time Mondays 30th October
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.

EDUCATION PATHWAYS



Citizenship Course

Date/Time Saturdays 10:00 am - 1:00 pm
Thursdays 6:30 pm to 8:30 pm
Dates: October 21st, 26th,
November 2nd, 9th, 25th 30th,
December 7th and 14th

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 18th October
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 18th October
1:15- 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

Date/Time Mondays 9th October
12:45 pm - 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.



Let's Learn English – Advanced

Date/Time Tuesdays 24th October
5:30 pm - 8:00 pm X 6 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.



FOLLOW US ON SOCIAL MEDIA



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

Upskill for a Career in Customer Service and Retail

Date/Time Mondays and Wednesdays 6th November onwards 9:30am - 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.



CAFÉ 138 - Hospitality Training!

Date/Time Fridays from 6th October to 8th of December 9:30 am to 3:00 pm X 10 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.



Men's Kitchen

Date/Time October 16th, 23rd, 30th November 6th, 27th December 4th (6 weeks)

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

Description Enjoy learning some basic cooking skills with others.



Work for Yourself - Care and Support

Date/Time Fridays 17th November 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.



Microsoft Excel for Work

Date/Time Tuesday 24th October 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.



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



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

SOCIAL GROUPS



Neuro Divergent Group

Date/Time Every 4th Monday of the month 10:00 am to 12:00 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.

Be Connected Computer Workshop

Date/Time Thursdays 9:15 am - 10:15 am During school term only

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

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.

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 Free

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, Crochet and Craft

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

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

Café Italiano practice 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.

Multicultural Friendship Group

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

Cost Free

Runs during school terms only.

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

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 or \$21 for the whole term

Walking Group

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

Cost Free

Chatty Café

Date/Time Thursdays 10:30 am to 12 pm

Cost Free

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

FREE SERVICES

Financial Counselling

Date/Time By appointment (Thursdays)

Cost Free

Tax Help

Date/Time By appointment (Mondays)

Cost Free

Technology Help

Date/Time Fridays

Cost Free

Technology Marketplace

Date: Tuesday 10th October
Time: 10am to 2pm

Enjoy our technology marketplace to find out new ways to use technology or problem solve those tricky questions.

A talk on Avoiding Scams at 11am or 1pm (must register for this)

- Update your MyGov details.
- Find and save a recipe online.
- Learn how to use YouTube for fixing things.
- Make your device easier to see or hear.

Ask about our regular Tech Help!

Ph: 56 236 032