

WARRAGUL COMMUNITY HOUSE TERM 1

COURSE GUIDE 2024

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

LIFESTYLE COURSES

Car Maintenance Basic

Date/Time Saturdays 17th February
9:30 am - 10:30 am X 4 weeks

Cost \$50 or both courses for \$70

Description Develop the basic skills to look after your car.

Car Maintenance Advanced

Date/Time Saturdays 16th March
9:30 am - 10:30 am x 4 weeks
(excluding Easter holidays)

Cost \$50 or both courses for \$70

Description Develop the advanced skills to look after your car.

Feldenkrais

Date/Time Thursdays 8th February
9:15 am - 10:15 am x 6 weeks

Cost \$100 full / \$90 conc

Description Improve the quality of your movement for a fuller more enjoyable life. Feldenkrais is helpful everyone including for those that have arthritis, back pain or tight muscles.

Fun With Fabric Course

Date/Time Saturdays 2nd March
2:00 pm - 4:00 pm X 4 weeks

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 special occasions

Italian Beginning

Date/Time Wednesdays 14th February
6:00 pm - 7:30 pm x 6 weeks

Cost \$135 full / \$125 conc

Description Practise speaking and listening in Italian.

French Beginners Course

Date/Time Wednesdays 14th February
6:00 pm - 7:00pm x 6 weeks

Cost \$100 full / \$90 conc

Description Have you been trying to learn how to speak French, but with little success? Lets learn together basic French.

Gentle Yoga and Deep Relaxation

Date/Time Fridays 9th February
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.

Tai Chi Qigong for Health and Wellbeing

Date/Time Mondays 6th February
1:00 pm to 2:00 pm X 7 weeks

Cost \$90 full / \$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 Monday 12th February
4:30 pm - 5:30 pm X 6 weeks

Cost \$95 full / \$85 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.

Delightful Heavenly Halwa

Date/Time Monday 19th February
10:00 am to 1:00 pm

Cost \$60 full / \$50 conc

Description Learn to make a delightful South Asian dessert with semolina, cardamom, and pure ghee. Enhance it with almonds, pistachios, and raisins. Enjoy the experience in a secure cooking environment and take home your culinary creations.

Aromatized Doughnut Delights Gulab Jamun

Date/Time Monday 18th March
10:00 am to 1:00 pm

Cost \$60 full / \$50 conc

Description Uncover the secrets to crafting an authentic, mouth-watering South Asian sweet in a welcoming and secure culinary environment. Plus, take home the culinary creations you've mastered!

EMPLOYMENT PATHWAYS

Citizenship Course

Date/Time Thursdays 15th February
6.00 pm - 8.30 pm

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 February 14th
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 and other Office tools.



Intermediate Computers for Work & Home

Date/Time Wednesdays 14th February
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

Date/Time Mondays 29th January
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.



Language for Life (Multicultural Friendship Group)

Date/Time Wednesdays 7th February
10:30 am - 12:30 pm X 8 weeks

Cost FREE

Description We're thrilled to invite you to join our Multicultural Learning Group a space where diversity is not just celebrated, but embraced! Our group is designed to foster understanding, promote cultural exchange, and create a supportive environment for everyone to learn and grow together



Learn Local courses prepare learners for work or further education. Eligibility requirements apply.

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

www.warragulcommunityhouse.org.au



Ph: 56 236 032

ENROL NOW



Catch Warragul Community House radio program at West Gippsland Radio 3BBR FM103.1

Job Readiness: Resume, Applications and Interviews

Date/Time Mondays and Wednesdays 19th February onwards 9:30 am - 3:00 pm X 5 weeks

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

Description This session is designed to equip participants with essential information to enhance their preparedness for employment opportunities. The skills covered include crafting an impactful resume, tailoring cover letters, and participating in confidence-building sessions focused on job interviews.



CAFE 138 - Hospitality Training

Date/Time Tuesday 13th February 9:30 am - 3:00 pm X 5 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 Mondays 12th February 5.15 pm - 8.15 pm X 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 23rd February 9:30 am - 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 Tuesdays 13th February 1:15 pm - 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.



Boost your workflow: Learn to use Chat GPT (AI)

Date/Time Friday 16th February 4.30 pm - 6.30 pm X 4 weeks

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

Description This class is for anyone with basic to intermediate understanding of computers and who wants to use Chat GPT at work, with ease. Come and learn in a friendly atmosphere and gain the skills to thrive at work effortlessly.



SOCIAL GROUPS

Neurodivergent Group

Date/Time Every 4th Monday of the month 10.00 am - 12 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

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 Monthly \$3 per person, per session or \$30 for the whole year

Bridge Club

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

Cost Weekly \$3 per person, per session or \$84 for the whole year

Creative Writing Workshop

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

Cost Weekly \$3 per person, per session or \$84 for the whole year

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 Weekly \$3 per person, per session or \$84 for the whole year

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 Weekly \$3 per person, per session or \$84 for the whole year

Narcotics Anonymous Support Group.

Date/Time Thursdays 7.30 pm- 9 pm.

Cost By donation

Description Narcotics Anonymous meetings are a gathering of recovering addicts, who meet regularly for the purpose of recovery from the disease of addiction. Bookings through Narcotics Anonymous : 1300652820

Cafe Italiano practice your Italian conversation

Date/Time 1st Sunday of each month 9:30 am - 11:00 am

Cost Monthly \$3 per person, per session or \$30 for the whole year

Description Meet at Streetside Cafe with our tutor

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 Monthly \$3 per person, per session or \$30 for the whole year

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 Fortnightly \$3 per person, per session or \$50 for the whole year

Tai Chi for practitioners

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

Cost Weekly \$3 per person, per session or \$84 for the whole year

FREE SERVICES

Walking Group

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

Cost Free

Chatty Cafe

Date/Time Thursdays 10:30 am - 12 pm

Cost Free

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

Victorian Sick Pay Guarantee & Financial Counseling.

Date/Time By appointment (Thursdays)

Cost Free

Jobs and Skills Centre appointments with Andrea

Date/Time By appointment Every third Mondays of the month

Cost Free

FOLLOW US ON SOCIAL MEDIA

