

# WARRAGUL COMMUNITY HOUSE TERM 2 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 4th May  
9:30 am to 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 1st June  
9:30 am - 10:30 am x 4 weeks  
**Cost** \$50 or both courses for \$70  
**Description** Develop the advanced skills to look after your car.

### Connect Head to Heart - Find your purpose!

**Date/Time** Mondays 6th May  
4:30 pm - 5:30 pm X 6 weeks  
**Cost** \$95 full / \$85 conc  
**Description** Participants will learn gentle breathing techniques to help them feel relaxed and calm and participate in guided meditation. It will help reduce stress or anxiety, leaving you more balanced, peaceful and aligned to your fullest potential.

### Cooking Session 1 Halwa Puri

**Date/Time** Thursday 30th May  
11:00 am - 2:00 pm  
**Cost** \$60 full / \$50 conc  
**Description** Halwa Puri: A favorite South Asian dish for festivals, featuring fried bread with sweet semolina halwa offering a delightful balance of flavors, served with chickpea curry. Plus, take home the culinary creations you've mastered!

### Cooking Session 2: Aromatic Gulab Jamun Doughnuts

**Date/Time** Thursday 27th June  
10:00 am - 1:00 pm X 6 weeks  
**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!

### Feldenkrais

**Date/Time** Thursdays 18th April  
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 for everyone including for those that have arthritis, back pain or tight muscles.

### Fun With Fabric Course

**Date/Time** Saturdays 18th May  
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.

### French Beginners Course

**Date/Time** Wednesdays 15th May  
6:00 pm - 7:00pm x 6 weeks  
**Cost** \$100 full / \$90 conc  
**Description** Have you been trying to learn French but with little success? Lets learn basic French together.

### Gentle Yoga and Deep Relaxation

**Date/Time** Fridays 26th 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.

### Tai Chi Qigong for Health and Wellbeing

**Date/Time** Mondays 6th May  
1:00 pm - 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 helps prevent risks of falls.

### Italian Beginning Course

**Date/Time** Wednesdays 15th May  
6:00 pm - 7:30pm x 6 weeks  
**Cost** \$145 full / \$135 conc  
**Description** Practise speaking and listening Italian.

### Woodworking Workshop 'From Log to Spoon'

**Date/Time** Saturday 15th and Sunday 16th June  
(2 days) 10:00 am - 4:00 pm.  
**Cost** \$320 full / \$310 conc  
**Description** Embark on a two-day journey into the art of spoon carving. Craft your unique creation with expert guidance. All tools, materials, patterns, and refreshments provided.

### Kitchen Garden Course

**Date/Time** May 23rd 10:00 am - 12:00pm  
X 6 weeks  
**Cost** \$70 full / \$60 conc  
**Description** Join us at for an enriching exploration of kitchen garden growth. Get your hands dirty as we unearth the tips and tricks of DIY veggie gardening in the sanctuary of Warragul Community Garden. Discover fascinating facts about productive gardening and enjoy rejuvenating time in nature.

## EMPLOYMENT PATHWAYS

### Citizenship Course

**Date/Time** Thursdays 9th May  
5:30 pm - 8.30 pm X 7 weeks  
**Cost** \$60 (\$50 + Admin fee \$10)  
**Description** The citizenship application preparation program supports those who are looking to prepare for their citizenship test including application process interview support, document uploads and practice tests.



### Easy Steps to Computers for Beginners

**Date/Time** Wednesdays 8th May  
9:30 am - 12:30 pm X 7 weeks  
**Cost** \$60 (\$50 + Admin fee \$10)  
**Description** This introductory computer course covers Microsoft Word, Excel, and Office basics for building confidence.



### Intermediate Computers for Work & Home

**Date/Time** Tuesday 7th May  
1:15 pm - 4:15 pm X 7 weeks  
**Cost** \$60 (\$50 + Admin fee \$10)  
**Description** This course delves deep into Microsoft Word, Excel, and introduces Cloud Computing.



### Let's Learn English

**Date/Time** Tuesdays 7th May  
12:45 pm - 2:45 pm X 8 weeks  
**Cost** \$60 (\$50 + Admin fee \$10)  
**Description** Engage in practical English for daily use! Classes tailored to cater to individual needs and skill levels.



### Language for Life (Multicultural Friendship Group)

**Date/Time** Wednesdays 17th April  
10:30 am - 12:30 pm X 8 weeks  
**Cost** FREE  
**Description** Join our Multicultural Learning Group! Celebrate diversity, foster understanding, and grow together in a supportive environment.



**FOLLOW US ON  
SOCIAL MEDIA**



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

Book online: Find the course and book at

[www.warragulcommunityhouse.org.au](http://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 Thursdays 13th May 9:30 am - 3:30 pm X 5 weeks

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

**Description** These sessions focus on employment readiness: crafting resumes, tailoring cover letters, and confidence-building for job interviews.



## CAFE 138 - Hospitality Training

**Date/Time** Tuesdays 7th May 9:30 am to 3:00 pm X 10 weeks

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

**Description** Gain hospitality industry skills: food handling, practical training, venue visits, guest speakers, and customer service.



## Men's Kitchen

**Date/Time** Mondays 13th May 5.15 pm - 8.15 pm X 6 weeks

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

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



## Get Ready to Work in Care and Support

**Date/Time** Fridays 24th May 9:30 am to 1:30 pm X 7 weeks

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

**Description** This course prepares you for roles in care & support industry. It covers employment and entrepreneurship requirements effectively.



## Microsoft Excel for Work

**Date/Time** Wednesdays 8th May 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 confidently.



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

**Date/Time** Friday 17th May 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, or home. Come and learn in a friendly atmosphere and gain the skills to thrive at work.



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

## 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 Baw Baw: Thursdays 10:30 am -12:00 pm

**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: 1300 652 820

## 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 Joe

## 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** The group meets at 10.00am OFF SITE at Civic Park in Terms 1 and 4 and at 9.30 am at WCH in Terms 2 and 3.

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

## FREE SERVICES

### Chatty Cafe

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

**Cost** Free

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

### Technology Help

**Date/Time** By appointment

**Cost** Free

### 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

### Tax Help

**Date/Time** By appointment

**Cost** Free