

Creative

Playing with Paint

Mondays fortnightly May 2–June 20

Time: 10.30am–12.30pm

Cost: Gold coin donation

Limited paint supplies will be provided, and you are encouraged to bring your own**

*“Where there’s paint there’s hope” - Charles Vezin
Unleash your creativity in paint. This class means you leave your criticisms at the door and just have a go!*

The Singing Circle (Sing for Fun)

Thursdays April 28–June 23

Time: 1.30pm–3.00pm

Cost: \$10 a session *pay on the day*

Join Barb for singing and laughter each week and experience the joy of singing because you want to. Bring your shower or car voice and have fun!

Short Story Writing

Tuesdays April 26–June 21

Time: 7–9pm

Cost: \$120 for 9 week Term

Everyone has a story to tell. Join Eva to hone your skills and boost your confidence in a friendly group of like-minded people. Prerequisite: must love reading.

Craft on Wednesday

Wednesdays ongoing (except school holidays)

Time: 10.30am–12.30pm

Cost: Gold coin donation

Bring your craft project and join in with others while having a cuppa. Meet new people, learn new skills or show others your own craft skills.

NOTE: Bookings and/or Expressions of Interest are required for all activities and can be made at: www.lilydalech.org.au and follow the link on the applicable course or session.
OR call us on 7036 6813 or 0493 150 176

Language

Conversational AUSLAN

Tuesdays April 26–June 21

Time: 5.30–7.00pm

Cost: Gold coin donation

Join Julie and learn basic Auslan signing so that you have more confidence interacting with deaf community members. Julie worked at Deaf Children Australia and Vicdeaf for several years.

Die Runde

Mondays May 2–June 20

Time: 1.00–2.30pm

Cost: Gold coin donation

Facilitated by Vera, this group welcomes anyone who has an interest in German. Die Runde aims to build friendships around language, culture and ancestry. Ability to speak some German is helpful.

Beginners' German

Tuesdays April 26–June 21

Time: 1.00–2.30pm

Cost: \$120.00 for 9 week Term

Want to travel? Converse with German friends and relatives? Join Eva to learn basic German in a small group. Enjoy learning about German culture and customs. It is advisable for students to bring an English/German dictionary.



Lilydale Community House is auspiced by the Community Houses Association of the (Eastern) Suburbs (CHAOS) with support from Yarra Ranges Council and the Victorian State Government.



Proudly supported by



LILYDALE
COMMUNITY HOUSE



Office hours:

**Monday, Tuesday, Thursday – 9am–4pm
Wednesday – 10am–1pm, Friday – Closed**

Contact us:

**7 Hardy Street Lilydale
Phone: 7036 6813 or 0493 150 176**

Email:

**lilydalecommunityhouse@chaosnetwork.org.au
Website: www.lilydalech.org.au**

Term 2 2022

Our goal is to offer welcoming and affordable opportunities for social connection and lifelong learning.

We acknowledge the Wurundjeri People of the Kulin Nation, who are the Traditional Custodians of the land where we work, and pay our respects to their Elders past, present and emerging.



Kids

Fit Kids Club (for 2-5 years old)

Thursdays April 28–June 23

Time: 11.30–12 noon

Cost: \$90 for 9 week Term or book casually (family or single child rate)

Join Kate for 30 minutes of fun fitness, focusing on coordination, balance, teamwork and ball skills.

Animal Care

Wildlife Rescue and Care

Monday May 2 and Monday June 6

Time: 7–8pm. **Cost:** Free

Join Naomi to learn what to do when you come across injured wildlife in your neighbourhood, plus additional ideas and tips about supporting local wildlife habitats and more.

Social Catch Up

Hello Monday Biscuit

Mondays May 16–June 20

Time: 10–11am. **Cost:** Gold coin donation

Mums & Bubs Morning Tea Catch Up

Thursdays starting April 28

Time: 10.15–11.15am. **Cost:** Gold coin donation

Healing Harmonies

Thursday nights fortnightly May 5–August 11

Time: 7.00pm–9.00pm **Cost:** Free

Contact Martina on 0433 335 815

Cooking

Cooking for One

Thursdays May 5–June 2

Time: 10am–12 noon **Cost:** \$100 (supplies included)

Do you cook just for yourself? Is it a struggle to feel motivated to cook a healthy meal for just one person? Join Alison in this 5 week program to learn great tips, recipes and how best to cook for one and enjoy it. Followed by a group meal to eat what you have created! [Limited places]

Flavours of Sri Lanka

Monday May 2 and Monday May 9

Time: 10am–12 noon **Cost:** \$50 (supplies included)

Join Lathika and learn how to make two fabulous Sri Lankan meals, and eat what you have made together after each session. [Limited places]

Fitness Fun

Qi Gong

Mondays May 2–June 20

Time: 9am–10am

Cost: \$15 a session *pay on the day*

Qi Gong is a system of coordinated body-posture and movement, breathing, and meditation which promotes physical and mental health. Peter has been teaching Qi Gong and other modalities for over 15 years.

Please note: At the time of printing, COVID requirements in place mean that if you are 18 years and over you must be fully vaccinated to attend activities at the House.

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Mums & Bubs

Thursdays starting April 28

Time: 9.30am–10.15am

****Classes held at Lilydale Tennis Courts****

Cost: \$20 a session (very limited places)

Nicole from Cre8tive Fitness provides fun, friendly female classes and is a qualified specialist Women's trainer.

Join us at Lilydale Community House afterwards for a cuppa, 10.15am-11.15am (gold coin donation)

Falls & Balances

Wednesdays ongoing

Time: 11.30am

****Classes held at Melba Park****

Cost: Free

Facilitated by Sam from Exercise Thought Physiotherapy, this class is for exercise, conversation and socialisation while learning to move your body to reduce risks of falls and maintain independence.

Roll back the Clock

Fridays April 29–June 24

Time: 11.00–11.45am

Cost: \$10 a session

Join Kate from Fresh Air Health and Fitness in this 45 minute session for older adults to participate in body strengthening classes.

Keep up to date with the House, including additional activities, through the term via our Facebook page: www.facebook.com/LilydaleCH or our website: www.lilydalech.org.au