

## Fitness Fun

### Qi Gong

**Mondays July 11–September 12**

**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 for a number of years.*

### Yoga for Mental Wellbeing

**Thursdays July 14–September 15**

**Time:** 10–11am

**Cost:** \$200 for 10 week term or Casual \$22 a session

*Karen is a qualified yoga Level 2 registered instructor. Karen has recently completed a certification in Trauma Sensitive Yoga and will bring a trauma informed perspective to her classes. Bring a mat, blanket and water bottle*

### Exercise for Older Adults

**Fridays July 15–September 16**

**Time:** 11.00–11.45am

**Cost:** \$100 for 10 week term or book per session

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

### 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 socialising while learning to move your body to reduce the risks of falls and maintain independence.*

## School Holidays Program

### Woody's World - learn the Ukulele!

For children aged 9-12 years

**Monday July 4**

**Time:** 11am **Cost:** \$20

### Rice Paper Rolls & Bubble Bars

For children aged 6 years and older

**Tuesday July 5**

**Time:** 12 noon **Cost:** \$10

### Kids Yoga

For children aged 5-10 years

**Thursday July 7**

**Time:** 11am **Cost:** \$10

### Healing Harmonies

**Thursday nights fortnightly July 14–August 11**

**Time:** 7.00pm–9.00pm **Cost:** Free

Contact Martina on 0433 335 815

**Yarra Valley Singers are looking for new members for their Community Choir**  
Contact them on 0417 573 184

**NOTE:** Bookings and/or Expressions of Interest are required for all activities and can be made at: [www.lilydalech.org.au](http://www.lilydalech.org.au) and follow the link on the applicable course or session.

**OR call us on 7036 6813 or 0493 150 176**



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](mailto:lilydalecommunityhouse@chaosnetwork.org.au)**

**Website: [www.lilydalech.org.au](http://www.lilydalech.org.au)**

**Term 3  
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 July 14–September 15**

**Time:** 12–12.30pm

**Cost:** \$100 for 10 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.*

## Creative

**Playing with Paint**

**Mondays fortnightly July 11–September 5**

**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**

**Thursdays July 14–September 15**

**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!*

## Weaving with the “Basket Cases”

2 Sessions available:

**Saturday July 16**

**Time:** 10am–12pm

**Saturday July 23**

**Time:** 10am–12pm

**Cost:** \$25 per session (all materials supplied)

*Learn how to start weaving your very own yarn basket with Hayley and Martina.*

## Take that Picture

**Saturdays – August 6, 13, 20, 27**

**Time:** 10am–12pm

**Cost:** \$40 for 4 weeks

*Join James, a professional photographer who will take you through a variety of tips, ideas and technical information over 4 weeks.*

*Whether you use a camera, ipad or a phone this is a practical guide to photography*

*\*Note: field trips will also be involved, so wear appropriate wet/cold weather gear*

## West African Drumming

**Tuesdays July 12–September 13**

**Time:** 7.30–8.30pm

**Cost:** \$220 for 10 week term

**Casual rate:** \$25 a session

Book through us or pay for full term or casual on the night (\*cash only on the night)

*Kofi is a Ewe multi-instrumentalist, master drummer and teacher from the Volta Region of Ghana.*

## Language

**Conversational AUSLAN**

**Tuesdays July 12–September 13**

**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.*

**English Language Basics**

**Tuesdays July 12–September 13**

**Time:** 6.30–8pm

**Cost:** \$50.00 for 10 week Term

*Do you need assistance with the English language for work, study or dealing with professionals, filling out forms or having a conversation? Vera will tailor the classes to your needs.*

**Beginners’ German – LEVEL 2**

**Tuesdays July 12–September 13**

**Time:** 1.00–2.30pm

**Cost:** \$135.00 for 10 week Term

*Want to travel? Converse with German friends and relatives? Join Eva to learn basic German in a small group.\*\* This is a follow-on from last term. If you wish to join, you will need to have some German language already.\*\* It is advisable for students to bring an English/German dictionary.*

Interested in receiving our updates via email?

Let us know by phoning 7036 6813

Keep up to date with Lilydale Community House, including additional activities through the term via our Facebook page: [www.facebook.com/LilydaleCH](https://www.facebook.com/LilydaleCH) or our website: [www.lilydalech.org.au](http://www.lilydalech.org.au)