

## Cooking

### Cooking for One

Thursdays October 6, 13, 20, 27, November 3

Time: 10.00am–12.00pm

Cost: \$100 for 5 week program [Places are limited]

Find it hard to cook for just one person? Join Alison in this popular class to learn how to best cook for one and enjoy great recipes and tips. Each week you get to eat your meal you have created, together.

## Kids

### Fit Kids Club (for 2-5 years old)

Thursdays October 6–December 15

Time: 12.00–12.30pm

Cost: \$110 for 11 week Term or book casually (family or single child rate) (\$10 per session)

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

## Fitness Fun

### Qi Gong

Mondays October 3–December 19

Time: 9.00am–10.00am

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.

### Exercise for Older Adults

Fridays October 7–December 16

Time: 11.00–11.45am

Cost: \$110 for 11 week term or book per session

Join Kate from Fresh Air Health and Fitness in this 45 minute session for older adults to strengthen your body through the right exercise.

## Falls & Balances

Wednesdays ongoing

Time: 11.30am Cost: Free

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

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.

## September School Holidays

### Balloonatic Bruce MAGIC SHOW

For children aged 4 up

Monday September 26

Time: 10am Cost: \$12

Join Bruce for a fun interactive magic show!

### Pizza Face!

For children aged 6 years and older

Thursday September 29

Time: 11.00am-1.00pm Cost: \$10

Love Pizza? Come along and learn how to make your own in this hands-on and fun session. You will take home dough to make more for your family too!

**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) following 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-3pm, 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 4**  
**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.*



## Social

### Soup & Stories

**Mondays ongoing to December 19**

**Time:** 11.00am–1.00pm

**Cost:** Free

*Join Nina and learn how to make a different soup each week and then enjoy chatting and eating together. Recipes are provided so that you can replicate what you have cooked at home.*

## Creative

### Paint, Draw, Create, Explore

**Mondays (fortnightly) October 3, 17, 31,**

**November 14, 28, December 12**

**Time:** 10.30am–12.30pm

**Cost:** Gold coin donation

*Come and try your hand at painting, drawing, collage or other creative media. This welcoming group allows for anyone to explore art or craft, and learn tips and ideas from each other.*

### The Singing Circle

**Thursdays October 6–December 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!*

**Interested in receiving our updates via email?**

**Let us know by phoning 7036 6813**

### Creative Gumnuts

**Saturday October 22**

**Time:** 9.00am–12.00pm.

**Cost:** \$35

*Learn to loop with gumnuts to create some unique pieces of work. Join Tamara, an experienced artist in using all things natural, in this 3 hour workshop.*

### Spin Cycle

**Tuesdays – October 4, 11, 18, 25**

**Time:** 6.30–8.30pm.

**Cost:** \$55

*Learn how to spin wool on a spindle, with the final class, learning to dye the wool you have spun. Materials supplied.*

### Take that Picture AGAIN

**Saturdays – October 8, 15, 22, 29**

**Time:** 10am–12pm

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

*This 4 week course follows on from last term, but new people are welcome. Join James, a professional photographer who will take you through a variety of tips, ideas and technical information.*

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

### Upcycle it

**Mondays – October 3, 10, 17, 24, 31, November 7**

**Time:** 1.00–3.00pm

**Cost:** Gold Coin Donation

*Spring Craft Sessions – Join Sarah to upcycle and re-purpose unused household items and packaging into beautiful home décor and gifts using t-shirts, jeans, jars, tins, plastic packaging and more! Materials provided.*

## Language

### Learn English Basics

**Tuesdays October 4 – December 20**

**Time:** 6.30–8.00pm

**Cost:** \$50.00 for 10 weeks

*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 individual needs.*

### Beginners' German – LEVEL 2 Term 4

**Tuesdays October 4–December 20**

**Time:** 1.00–2.30pm

**Cost:** \$135.00 for 11 weeks

*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 Term 2 & 3. 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.*

### Conversational Auslan CATCH UPS\*

**Thursdays – October 13, 27, November 10, 24, December 8**

**Time:** 7.00–8.00pm. **Cost:** Gold coin donation

*For those who have attended Conversational Auslan last term, or if you have some basic Auslan you are welcome to attend these catch up sessions in order to practice!*

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