



2020 SUMMER PROGRAM

Krazy Koala Puppet show

The Krazy Koala Puppet show combines catchy live music, slap stick comedy and charismatic puppets in a show which will delight the entire family. Performing their favourite songs including "Puppets like to Party" & "Life much better when we all get along" the puppets are sure to make all the kids and most of the adults laugh. Come join in the fun.

When: Tuesday 7 and 14 January at 10am

Cost: \$10 per person - purchase your tickets at the door.

Enquiries: www.krazykoala.com.au

NGV Kids on Tour 2020 - Art Sessions

NGV Kids on Tour is a National Gallery of Victoria initiative that offers children and families throughout regional and metropolitan Victoria the opportunity to engage with art and creativity through a range of free hands-on activities and workshops. The theme of the NGV Kids on Tour program 2020 is PLAYTIME and we are very excited to be involved.

Drop in anytime between 10am and 12 midday and join in with these fantastic activities provided by NGV. There will be a range of art activities with something for everyone from children aged 3 to 11. Parental supervision is required at all times.

When: Wednesday 15 and 22 January from 10am until 12pm

Cost: FREE

Enquiries: Email: lornecommunityhouse@gorh.vic.gov.au or Ph: 03 5289 4383

Lorne Community House

Address: 16 Mountjoy Parade, Lorne 3232 **Website:** www.lornecommunityhouse.org.au

Phone: 5289 4383 **Email:** lornecommunityhouse@gorh.vic.gov.au

HATHA YOGA *with Peta*

Focus on correct alignment, moving mindfully and safely through the postures, connection to breath and meditation. Props available for support and to modify postures safely.

The practice of yoga can bring strength, flexibility, vitality and balance to the body and also nurture a healthy mind and sense of well-being.

When: Monday 5.30 - 6.45pm. No classes on Dec 23 or 30

Cost: \$15 per class.

Enquiries: Peta Walker 0408 596 563

** Please bring mat and water bottle

YIN YOGA *with Peta*

Yin yoga is a deeply nourishing practice that works from a place of calm and surrender. Postures are floor based and held for longer periods of time with the support of props, where we focus on finding a deep sense of stillness. We target the deeper layers of the body - the connective tissue, joints, fascia and bones, allowing a freer flow of energy throughout the body.

When: Thurs 5.30-7pm. No class Dec 19

Cost: \$15 per class

Enquiries: Peta Walker 0408 596 563

** Please bring mat and water bottle



PILATES MAT CLASS *with Lina*

The Pilates method is a balanced and safe approach to fitness. It effectively addresses both general and specific fitness goals such as strengthening core muscles, improving posture and flexibility, building lean muscle, rehabilitation, or simply improving functional fitness for leisure activities.

Suitable for all fitness levels, these sessions will provide you with a new energy and practical techniques for everyday application.

When: Wednesday 5.30-6.30pm. Dates to be confirmed (please call Lina).

Cost: \$15 per session

Bring: a mat and water bottle

Bookings essential: Lina Libroaperto 0403 797 973.

YIN YOGA & YOGA NIDRA *with Peta*

Yoga Nidra is a relaxation practice often performed whilst lying in Savasana on the floor or in a comfortable seat. It is a systematic form of guided relaxation that uses the whole body as a focus of awareness. It quietens the mind and releases physical tension in the body, aiming to bring about a state of balance by leaving us feeling refreshed and rejuvenated.

When: Sunday 5.30-7 pm No classes on Dec 22

Cost: \$15 per class.

Enquiries: Peta Walker 0408 596 563

Other groups and services at Lorne Community House

- Centrelink Self-Service Terminal
- Computer and Internet access
- Community Garden
- Games Group
- Social Bridge
- Occasional Childcare

Lorne Community House

Address: 16 Mountjoy Parade, Lorne 3232 **Website:** www.lornecommunityhouse.org.au

Phone: 5289 4383 **Email:** lornecommunityhouse@gorh.vic.gov.au