



Term 1 2021 Courses & Groups

Stories Under The Stars

As you watch the full moon rise from the water....

Unlock the accumulated wisdom in the stories of the ancient stargazers and their understanding of the cosmos's rhythms. Bridge the gap between Astronomy, Astrology and Mythology. Be inspired by the magic, wonder and awe of the universe. Come away with a greater sense of connection to 'all that is'. A visceral experience of your place in time and space.

When: Saturday 27 February from 8.15pm until 9.15pm.

Cost: \$20

Where: Meet at the beach in front of HAH cafe

Bookings: <https://www.trybooking.com/BOTFV>

Surf Movement Workshop *with Mitch Barrow*

Join Mitch Barrow for 2 FREE 2 hour surf movement workshops. After 20+ years of working with surfers of all levels, Mitch will be sharing some of his 'Greatest hits' of what works. Intelligent movement that will specifically open up your body to surf and move better. Not only will we be focussing on performance, we'll dive into longevity and durability.

When: Part 1: Thursday 25th Feb 4pm to 6pm & Part 2: Thursday 11th March 4pm to 6pm

Cost: FREE

Where: Lorne Foreshore to the left of the Lorne Surf Life Saving Club

Bookings: <https://www.trybooking.com/BOUZN>

Enquiries: Phone 5289 4383 or email lorne.communityhouse@gorh.vic.gov.au

The Lorne Community House offers room hire, meeting facilities, occasional childcare, accredited training courses, computer and internet access and service referrals.

For further information contact 5289 4383 or lorne.communityhouse@gorh.vic.gov.au

Astrology Workshop 1

What's your path of greatest evolution? How best can you get momentum in your life? The answers are different for each of us; the birth chart tells you how and where to find your balance on your path of greatest evolution.

Weather permitting we'll take a walk to the beach to locate constellations and star signs in the sky.

Bring your birth chart or provide your date of birth with place & time (if available) when booking & I can print a chart for you.

When: Wednesday 24 February from 8.30pm until 9.45pm

Where : Lorne Community House

Book online: <https://www.trybooking.com/BOTGE>

Cost: \$20



Astrology Workshop 2

The 12 mystery schools; the 12 zodiac signs.

Through an experience of each star sign we come to a more wholesome understanding of astrology and how you can use the accumulated wisdom of centuries of stargazers. This workshop puts us in a better position to understand ourselves and each other. There may be 12 answers to one question!

Bring your birth chart or provide your date of birth with place & time (if available) when booking & I can print a chart for you.

When: Wednesday 3 March from 8.30pm until 9.45pm

Where : Lorne Community House

Book online: <https://www.trybooking.com/BOTGJ>

Cost: \$20

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. In a Yin class we breath more, we rest deeper and we let go of tension and tightness.

When: Thursday 5.30 - 7pm and Sunday 5.30 - 7pm

Cost: \$15 per class casual. Please bring mat and water bottle.

Bookings: are essential due to COVID regulations and restricted numbers. Please call Peta on 0408 596 563 to book.

Astrology Workshop 3

Your birth chart is your blueprint, your own personal life instruction manual. Learn to decipher the mysteries in your blueprint. What are you doing here? Where are you coming from & where you are going? What is your trajectory? The answers to these questions are as unique as the moment in space and time when you took your first breath.

Weather permitting, we'll walk to the beach to see the stars in order to ground our understanding of astrology and the birth chart in physical reality.

Bring your birth chart or provide your date of birth with place & time (if available) when booking & I can print a chart for you.

When: Wednesday 10 March from 8.30pm until 9.45pm

Where: Lorne Community House

Book online: <https://www.trybooking.com/BOTFZ>

Cost: \$20

Let's Go Outside

The Surf Coast Network of Community Houses is running a FREE program in Lorne from 1st until 31st March. All classes start at 9.30am.

Monday – Hatha Yoga with Josie
<https://www.trybooking.com/BOUYV>

Tuesday – Oki-Do Yoga with Andy Hack
<https://www.trybooking.com/BOUZG>

Wednesday - Parents & Bubs Yoga with Josie Tweed
<https://www.trybooking.com/BOUYE>

Thursday - Tai Chi with Margaret Duncan
<https://www.trybooking.com/BOQUS>

These sessions are being provided free of charge thanks to the Covid-19 Recovery Assistance Grant from the Surfcoast Shire to Surfcoast Community House's.

Bookings are essential, so don't miss out.



Miniature leather boots workshop

Join me to learn all the fundamental techniques of hand-sewn leather craft with this fun, practical and hands-on lesson. You will learn to wet form leather, sew leather by hand, finish leather, create your own hand sewing thread from raw linen, and to read, interpret and use patterns. These miniature boots are made using techniques based on real shoemaking. You will also be able to take home your pattern to create them again. Once your boots are completed you can turn them into a key ring, necklace or earrings. Classes are small so you will get lots of individual attention. Perfect for the artistically inclined. Classes are suitable for all skill levels from complete beginners to experienced leather crafters and anyone over 18 years of age.

When: Saturday 6 March 9am - 1.30pm

Cost: \$180 per person

Bookings and Enquiries: Sarah Van Oosterom on 0405 635 530

<https://www.trybooking.com/BOUZZ>

Centrelink

We are the local self-service agency for Centrelink. Come in to upload or fax your requirements to Centrelink, or have your identification sighted.

Open weekdays 9.30am - 2.30pm

2021 Child Care

Lorne Occasional Child Care is now taking bookings for Term 1 2021. Available weekdays from 9am - 2pm suitable for children 18 months old to preschool age.

Pop in, email or call to register your child's details.

Computer, Printing & WiFi available

Lorne Community House

lorne.communityhouse@gorh.vic.gov.au

Address: 16 Mountjoy Parade, Lorne 3232

Website: www.lornecommunityhouse.org.au

Phone: 5289 4383

Office hours: 9.30am - 2.30pm Monday - Friday

Interested in receiving email updates? Join our mailing list lornecommunityhouse.org.au/mailling-list