



Autumn/Winter Courses & Groups

Immune Health with Naturopath Rebecca Winkler

Join Rebecca Winkler for a conversation about women's health, with a particular focus on better understanding looking after your immune health.

Rebecca is a qualified Naturopath with over 15 years of clinical experience, and a busy Mum to two boys. Being a self confessed foodie and a strong belief in the power of food as medicine, she believes that much of ill health starts in the gut.

When: Friday 28 May from 10.30am until 11.30am (includes morning tea).

Cost: \$10

Where: Lorne Community House Meeting Room

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

Garden

Autumn is a fantastic time to be in the garden, it is a time of preparation for the relative quiet time of Winter. Come along and join a group of avid and dedicated gardeners lead by Colin.

Enjoy the calm satisfaction that working together in the garden in a small group can bring, plus you can take home some of your hard earned produce and cook up a storm.

When: Tuesdays 11am

Cost: FREE



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

Pilates with Helen from Fyne Balance

Helen from Fyne Balance will hold mat Pilates classes at the Lorne Community House. Helen is passionate about empowering her clients to independently manage their own physical and mental wellbeing.

With a maximum of 6 participants, these small-group classes allow Helen to use both verbal and tactile feedback to ensure your proper form, providing a supportive environment in which you can deepen your Pilates practise.

Her classes incorporate teachings of breath work and meditation; skills learned over decades of Pilates, yoga and functional movement, and will end with a Tibetan sound meditation.

When: Tuesday 9.15am until 10am and Thursday 5.45pm until 7pm

Where: Lorne Community House

Cost: \$20

Book: Bookings essential (due to COVID), so please phone Helen on 0433 131 147

Bring: Your own mat and drink bottle

Enquiries: www.fynebalance.com.au or contact the Lorne Community House on 5289 4383.



Games Group

Games Group is starting back up again in a Covid safe manner. Come and enjoy exercising the mind and have a chat over a game of Mah Jong, Scrabble and other games.

New members always welcome.

When: Thursdays at 1pm

Cost: Gold coin donation

Playgroup

Drop in anytime and join with other families to share the joys and challenges of parenthood, while your children engage in play with toys and activities from the Toy Library. All parents, carers, grandparents and their kids are welcome.

When: Thursdays 10am -12pm

Cost: Gold coin donation



National Refugees Week - 20th - 26th June 2021

Throughout June, we will be collecting food and goods for the Asylum Seeker Resource Centre (ASRC) in recognition of Refugee Week. By donating food or goods, you will fill an immediate need for refugees and people seeking asylum. You will also be giving them a hand up on the pathway to food security and independence. Suggested items below and current needs are posted on <https://www.facebook.com/ASRCFoodbank>

Basmati rice
Biscuits sweet and savoury
Black tea and instant coffee
Long life (UHT) milk
Dried legumes
Tuna in oil 400g
Tinned tomatoes 400g
Tinned vegetable peas, corn, carrots
Coconut cream

Coconut cream
Honey small bottles
Black tea bags
Pasta 500g packs penne, spirals, shells
Full cream UHT milk 1 litre
Soap bars
Dishwashing liquid 1 litre
Shampoo, Conditioner

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

Lorne Occasional Childcare

Monday, Wednesday and Thursday 9am – 2pm currently has vacancies for children over 3 years of age. We have a waitlist for those aged 18 months to 3 years.

To find out more pop in to the Community House or give us a call 5289 4383.

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/ mailing-list