



Spring/Summer Courses & Groups

Games Group

Games Group is looking for new members. Are you ready to learn a new game or play an old favourite. There have been recent studies showing how great playing games in a social setting are for improving mental health.

Mahjong is a game which gives members great enjoyment and they are always happy to teach the game to new members. Mahjong is a strategic game which requires constant decision making, ability to change tactics and memory. There is a strong element of chaos and many ways of winning. Also a great brain training activity.

The group also play scrabble or other parlour games are welcome.

- When:** Thursdays at 1 pm
Where: Lorne Community House
Cost: Gold coin donation and afternoon tea is shared.
Enquiries: Bob 0481 896 829



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

Yin Yoga *with Peta Walker*

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 breathe more, we rest deeper and we let go of tension and tightness.

When: Wednesday 5.30-7pm
Cost: \$15 per class
Where: Lorne Community House
Bookings essential: Peta 0408 596 563

* Please bring mat & water bottle

Garden

Rejoice in Spring and Summer as a wonderful time to be pottering in the garden. Come along and join a group of avid and dedicated gardeners lead by Colin, and enjoy the calm satisfaction that working together in the garden in a small group can bring.

When: Tuesdays 11am
Cost: FREE



Tai Chi *with Bruno*

Tai Chi is an ancient Chinese tradition that today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

When: Tuesday 5.30-7pm - \$20
Friday 9-10am - \$15
Enquiries: Bruno Rosso 0451 978 175
brunorosso5@gmail.com

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: Tuesdays 10am -12pm
Cost: Gold coin donation

Telehealth

Have you ever thought about organising a telehealth appointment with your specialist or health care provider?

If you don't have access to the correct equipment or do not feel comfortable setting up the call on your own device, you can book an appointment at Lorne Community House.

We will guide you through the process in a safe, private and secure setting.

Appointments available Monday to Friday between 9.30-2.30.

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

Toy Library

Pop in and check out the fantastic range of toys and activities available to borrow in the Toy Library.

When: anytime during office hours
Monday to Friday 9.30am - 2.30pm

Cost: from \$40 for a yearly fee



Ready for something different?

Tapping into your best self with deep clearing EFT.

- Explore Emotional Freedom Techniques (EFT) that help reset your brain and body for deeper calm, clarity, and energy clearing.
- Learn how to magnify your ability to finally create a new trajectory for your life and clear those old patterns that keep you stuck.
- Discover why people often have uncontrollable, irrational emotional reactions — and how to eliminate yours, no matter the circumstances.
- Go deep into your subconscious — to identify, transmute, and reprogram scarcity beliefs that limit you.
- Energetically transmute the fears that keep you tied to your comfort zone.
- Create a coherent energy field and mindset capable of shaping a different future.

For more information or to book, please contact Noelle Taylor, Certified Clinical EFT Practitioner and Mindset Coach @ Transformational EFT and Mindset Coaching.

When: Mondays 7-8.30pm. from 10th October to 21st November 2022

Cost: \$125 for a 7 week course, including all course notes.

For booking or more information, contact Noelle Taylor 0487 683 043 or email noelletaylor@bigpond.com

Services Australia

At Lorne Community House we can help you with Centrelink, Medicare and other government programs and services. We're a Services Australia Agent.

Using our computers, you can log in to your myGov account and do your business on the spot. If you don't have a myGov account, we'll help you to set one up.

There are phones for you to access phone self service or speak to us. If you'd rather use your mobile phone or tablet, we've got free Wi-Fi available 24/7. You don't need a password so you can get online straight away. You can also use the Wi-Fi to download and install the Express Plus mobile apps.

We can help you set up your digital services if you're not sure what to do.

You can also lodge forms, get your identity documents certified and pick up brochures. So next time you need to do some

Power Saving Bonus

Since 1 July 2022, every Victorian household is now eligible for the

\$250
POWER
SAVING
BONUS

At the Lorne Community House we can help you compare energy deals and claim \$250 today.

Simply call our reception staff on 5289 4383 during office hours.



Morning Tea for Ageism Awareness Day

Ageism Awareness Day is an opportunity to draw attention to the existence and impacts of ageism in Australia. Put your game face on and get ready to have some fun by attending our games event extravaganza and delicious morning tea. This event is run by the SurfCoast Shire.

When: Friday 7th October 11am-1pm

Cost: Free

Bookings essential: contact Lorne Community House on 5289 4383.

Lorne Occasional Childcare

Our child care suits toddler to pre-schoolers and we strive to provide a safe, friendly and stimulating environment, where children can learn, play, and explore.

When: Monday, Wednesday, Thursday
9am - 2pm.

Bookings: contact Lorne Community House on 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/mailling-list