



Winter Courses & Groups

Playgroup

BCYF (barwon, child, youth and family) will be facilitating this playgroup with their smalltalk program. All parents, carers, grandparents and children aged 0-5 are welcome.

When: Tuesdays 10-11.30am

Where: Figtree Meeting Room at Lorne Community House

Bookings: Essential as minimum numbers apply 0418 811 663 or melita.bond@bcyf.org.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

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: \$20 per class

Where: Lorne Community House

Bookings essential: Peta 0408 596 563

* Please bring mat & water bottle

Garden

The cold, quiet time of Winter is a wonderful time to be pottering in the garden, not to mention warming for both the body and the soul!

Come along and join a group of avid and dedicated gardeners, and enjoy the grounding 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: Friday 9-10am - \$15

Enquiries: Bruno Rosso 0451 978 175
brunorosso5@gmail.com

Are you Financially Stressed?

We are able to provide short-term food relief for individuals or families that find themselves in difficult financial situations. We can also arrange financial counselling if required.

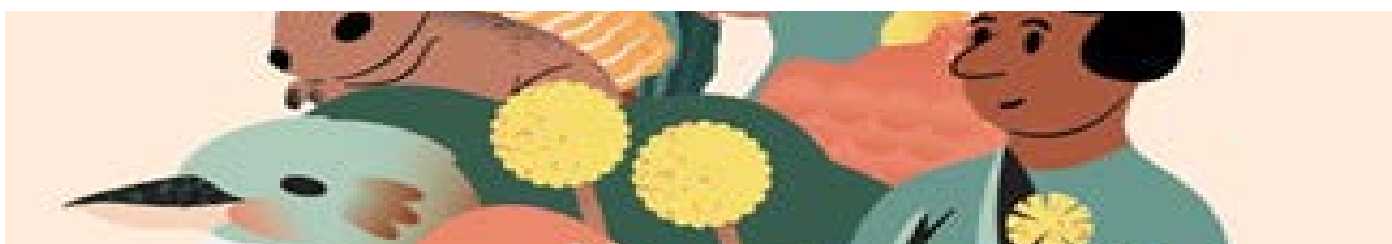
Contact us directly anytime Monday to Friday 9.30-2.30 for this help.

Games Group

Games Group is looking for new members. Are you ready to learn a new game or play an old favourite. Recent studies show how beneficial playing games in a social setting are for improving mental health. Come along and play Mahjong, Scrabble or Chess, with the newly formed Chess Club.

Mahjong is a game which gives members great enjoyment and they are always happy to teach the game to new members. It 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.

- When:** Thursdays at 1 pm
Where: Figtree Meeting Room at Lorne Community House
Cost: Gold coin donation and afternoon tea is shared.
Enquiries: Contact the Lorne Community House on 5289 4383



Wildlife Victoria Rescuer Training Session

- When:** Saturday 1 and Sunday 2 July at Lorne Community House.
How: Info and to register at www.wildlifestvictoria.org.au/events

Parents First Aid

- When:** Wednesday 16th August 10am
Where: Lorne Community House
Cost: Free (supported by Surfcoast Shire)



For further information, contact the Lorne Community House on 5289 4383.

DeFib Training Session

DeFib training sessions with Ambulance Victoria – Details to follow.

Thanks to Bendigo Bank, Mens Shed and Ambulance Victoria for supporting this event.

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 government business, drop in and see us.

Computer Use, Wi-Fi and Printing

In our designated Computer room you can connect to our computers or your own through our free Wifi to browse the internet, check your emails or join a meeting/funeral/ ZOOM or Telehealth appointment. Call us if you need assistance with this or would like a private space for you to conduct your business (subject to availability).

Appointments available Monday to Friday between 9.30am-2.30pm. Phone: 5289 4383 or email lorne.communityhouse@gorh.vic.gov.au

Power Saving Bonus

The new round will be available from 24 March 2023 to 31 August 2023.

\$250 POWER SAVING BONUS

The Power Saving Bonus is a \$250 payment for Victorian households to help ease cost-of-living pressures and encourage them to compare energy offers and save money.

All eligible Victorian households are able to apply for a \$250 payment under the new round of the Power Saving Bonus Program, including any households who have received payments through previous rounds of the program.

Pop in if you need help with this....bring your latest Electricity bill and your bank details, and we can help you do this online.

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.

Lorne Community House

Email: 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