



2024

Courses & Groups

Playgroup

Meli will be facilitating this free 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

Enquiries and bookings: 5231 4740 or early.years@meli.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

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 - \$20

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



Maternal and Child Health Service

The Surfcoast Shire Maternal and Child Health service (MCH) is based at Lorne Community House.

This is free and provides primary care to postnatal women and children from birth to school age. To book an appointment at the Lorne centre contact us on 5261 0549.

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. 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. 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



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. The garden is ever-expanding with many and varied vegies and fruit being grown as well as the essential composting and worm systems. Summer waterers always needed!

When: Tuesdays 11am

Cost: FREE



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/ZOOM or telehealth appointment.

Printers are also available at a low cost of 20c/page. Call us if you need assistance with this or would like a private space for you to conduct your business (subject to availability), or just drop in.

Have your Say!

What do you want at the Lorne Community House? Are you a tutor or skilled in something that you'd like to share? We are always looking for new activities to offer within the community.....it could be that you're an avid knitter who would like to teach others?

Or, you're a traveller who'd like to share tales of your last adventure? An academic with an interest in stamp collecting? A meditation guru who would like to practice in a group?

Pop in and visit Katy or Karyn, Monday to Friday 9.30am -2.30pm, call 5289 4383 or email lorne.communityhouse@gorh.vic.gov.au



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