

TORQUAY COMMUNITY HOUSE - TERM 1

MONDAY

Baby Sensory Torquay

9:00am-3:00pm

Little Da Vincis (3-5yrs)

9:30am-10am

'Have A Chat' Community Table

10:30am-12pm

The Scribblers

11:00am-12:30pm

Life Drawing

7:00pm-9:00pm

Surfcoast Lilies

fortnightly

7:30pm-9:30pm

TUESDAY

Story Time Playgroup (1-5-yrs)

9:15am-10:00am

Italian for Beginners

9:30-10:30am

FREE IT Help with Chris

1pm-3pm

Torquay Actor's Studio

Kids 4-6pm

Tutoring Worx

4pm-6pm

Le Petit Atelier - Still Life Art Class

6pm-9pm

Crochet Club

6:30pm-8pm

Expressive Meditation

fortnightly

7:00pm-8:00pm

WEDNESDAY

Active Playgroup (1-5-yrs)

9:15am-10:00am

Stretch with Sue

2:00pm-3:00pm

Guitar for Kids

3:15pm-4:45pm

German - Beginners

6:00pm-7:00pm

Watercolour Wednesdays

6.30pm-8.30pm

THURSDAY

Bells and Beats (0-5 yrs)

9:30am-10am

Awareness through Movement

10:30am-11:30am

Watercolours with Pat McKenzie

1pm-3:30pm

Guitar for Kids

3:45pm-4:45pm

Inclusive Learning Foundation - Tutoring

3:40pm-6:30pm

Tutoring Worx

4pm-6pm

Creative Journalling

7pm-9pm

FRIDAY

Yoga for Wholeness

9:15am-10:30am

My Mates Program fortnightly

9:15am - 10:15am

Friday Art Group

1pm-3:30pm

Women's Sharing Shed

1pm-4pm

Dungeons & Dragons (1st & 3rd Fridays)

4:00pm-6pm

SATURDAY

Spanish - Beginners

9:00am-10:15am

SUNDAY

Meditation

9:30am-10:30am

MONTHLY

Breathwork

1st Sunday monthly

7pm - 9pm

Book Clubs

6:30pm-8pm

2nd Thursday of month

7:30pm-9pm

3rd Tuesday of month

First Nations

Book Club

2pm - 3pm

3rd Thursday monthly

Nature Sound

Immersion

1st Friday monthly

7pm - 8pm



**SCAN HERE FOR
INFO & BOOKINGS!**



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**Torquay Community House, Wadawurrung Country
14 Price St, Torquay Ph: 5261 2583
torquaycommunityhouse.org.au**

Term 1 Programs

Early Years

Little Da Vincis (3-5 yrs) *

Join Surf Coast Secondary Students to explore fun craft activities including painting, drawing, cutting, and pasting!

Cost: \$20 per term per family

When: Monday 9:30am -10am

Bookings:

www.torquaycommunityhouse.org.au/whatson

Story Time Playgroup (1-5 yrs) *

Join Surf Coast Secondary students for stories and play! Spark your little one's imagination through the wonderful world of books and social connection.

Cost: \$20 per term per family

When: Tuesday 9:15am -10am

Bookings:

www.torquaycommunityhouse.org.au/whatson

Active Playgroup (1-5 yrs) *

Move, play and work on fine and gross motor skills with Surf coast Secondary students!

Cost: \$20 per term per family

When: Wednesday 9:15am -10:00am

Bookings:

www.torquaycommunityhouse.org.au/whatson

Bells and Beats (1-5 yrs) *

This half hour is packed full of fun songs and activities to get your little ones singing and moving. Price is per family.

Cost: \$45 per term or \$7 on the day

When: Thursday 9:30am -10am

Bookings:

www.torquaycommunityhouse.org.au/whatson

Baby Sensory

Baby Sensory is designed for babies from birth to 13 months old to promote learning and development during this precious first year.

45min classes are packed with a variety of sounds, smells, sights, textures, music, dance, signing, therapeutic games, bonding and massage.

Cost: \$240 for the term (10 weeks)

(pro-rated if join mid-term)

When: Mondays 10am-2pm

For more information and to book, go to

<https://www.babysensory.com.au/geelong-vic/>

Tutoring Worx *

A low-cost tutoring program for Primary and Secondary students who require assistance with Maths and English, and year 11 & 12 students doing chemistry or physics.

40 minute sessions.

Cost: \$15 per term

When: Tues and Thurs 4pm - 6pm

Booking essential, ph TCH 5261 2583

Youth Dungeons & Dragons:

Adventurers League *

After-school program for secondary students! Guided by experienced dungeon masters, young adventurers explore fantastical realms, conquer challenges, and forge friendships

Cost: FREE

When: 1st & 3rd Friday 4pm - 6pm

Bookings preferred,

www.torquaycommunityhouse.org.au/whatson

Kids & Youth

Guitar for Kids

Lessons introduce kids to music basics and guitar in a fun and easy way. Qualified music teacher with over twenty years experience.

Cost: \$145 per term

When: Wed 3:15pm, 3:45pm, 4:15pm

Thurs 3:45pm, 4:15pm

Book with Sarah on 0466 113 138

Torquay Actor's Studio

Dynamic drama classes for kids.

Cost: From \$200 per term

When: Tuesday 4-6pm

Book with Gabe on 0410 478 559 or

egan_gabriel@yahoo.com.au

Inclusive Learning Foundation - Tutoring

1:1 Maths Mindset Tutoring and English Mindset Tutoring, P-12. Built-in Growth Mindset for greater resilience and confidence.

Cost: contact provider

When: Thursday 3:40pm - 6:30pm

Book with Ruth on 0493 377 977 or inclusivelearningfoundation@gmail.com



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Learn

Italian for Beginners (8 weeks)*

Learn the basics of Italian language by joining Edward Aquilina, a Torquay resident and native of the Italian language. This is a stand alone class and does not follow on from previous terms.

Cost: \$50 per term or \$35 concession

When: Tuesday 9:30am-10:30am

Bookings:

www.torquaycommunityhouse.org.au/whatson

Spanish for Beginners (6 weeks)*

¡Hola! Embark on a journey to explore the vibrant Spanish language and immerse yourself in the rich culture of Spain.

Cost: \$50 per term or \$35 concession

When: Saturday 9:00am-10:15am

Bookings:

www.torquaycommunityhouse.org.au/whatson

German for Beginners (6 weeks)*

Learn the basics of German language through conversation, role play and games.

Cost: \$50 per term or \$35 concession

When: Wednesday 6pm-7pm

Bookings:

www.torquaycommunityhouse.org.au/whatson

Term 1 Programs

IT Help with Chris*

Chris can help you with some tips with your PC, laptop and android phones (including Samsung) and some basic issues with ipads and iphones

Cost: Free

When: Tuesday 1pm -3pm

Booking essential, ph TCH 5261 2583

Women's Sharing Shed*

Newcomers welcome! A place for women to learn new DIY or gardening skills or take time out for a cuppa and a chat.

Cost: \$15 per term or \$50 per year

When: Friday 1pm-4pm

Bookings:

www.torquaycommunityhouse.org.au/whatson

U3A

Musical Adventures, Armchair Geology, Scrabble, I Just Don't Get Poetry, Everyday Art.

Cost: membership required, contact U3A

When: various, weekly and fortnightly

Bookings:

<https://www.u3asurfcoast.org.au/>

Book Clubs*

Friendly and casual group who read and discuss the current books of interest.

Cost: \$10 per term or \$35 per year

Tuesday

When: 7:30pm-9pm

3rd Tuesday of each month

Thursday

When: 6:30pm-8pm

2nd Thursday of each month

First Nations Book Club*

Focussing on literature by First Nations authors.

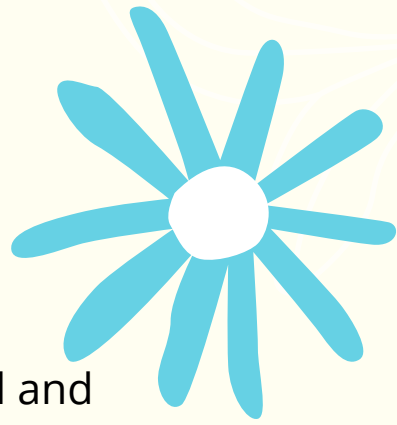
Cost: \$10 per term or \$35 per year

When: 2pm - 3pm

3rd Thursday of each month

Bookings:

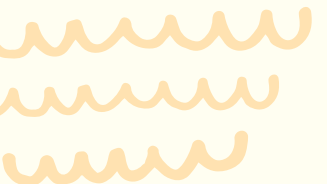
www.torquaycommunityhouse.org.au/whatson



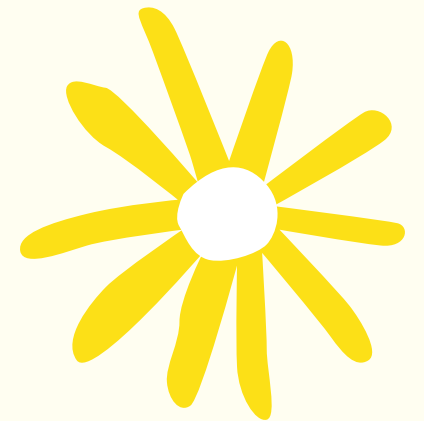
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Term 1 Programs



Wellbeing

'Have A Chat' Community Table*

Come and join us to have a cuppa and a chat for as little or as long as you choose. Everyone welcome!

Cost: Free
When: Monday 10:30am -12pm

Surf Coast Lilies*

Peer-led support program providing a safe and supportive meeting space for women who may be feeling same sex attraction later in life (30yrs +).

Cost: Free
When: Mondays fortnightly 7:30pm - 9:30pm, from 19 Feb

My Mates Program*

Get social with Surf Coast SC Yr 11 & 12 students, help build social skills for transition to workforce. Enjoy a cuppa, cards and chat!

Cost: FREE
When: Fridays 9:15am -10:15am, Feburary 16, March 1 & 15

Stretch with Sue*

These gentle mat pilates sessions are great for all ages and experience levels. Enjoy a full body workout with Sue!

Cost: \$50 per term / \$35 concession (limited places \$7 on the day)
When: Wednesdays 2pm - 3pm

Meditation

Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.

Cost: \$5 per session
When: Sunday 9:30-10:30am
Book with Nikki call/text on 0400 497 024 or online at www.staleyhealth.com

Awareness through Movement

Please bring a yoga mat. These gentle movement classes are beneficial for everyone but especially if you want to move with greater ease.

Cost: \$100 per term (7 weeks) / \$15 per class
When: Thursdays 10:30am - 11:30am
Book with Kim ph 0408344752 or email neurofocus@gmail.com

Yoga for Wholeness

Classes combine a balance of Asana (postures), Pranayama (breathing practices), Meditation and Yoga Nidra. BYO mat, cushion and blanket.

Cost: \$20 per session
When: Friday 9:15am-10:30am
Book with Bryan on 0457 911 563

Breathwork

Monthly conscious connected breathwork session to release tension, calm nervous system and promote deep relaxation.

Cost: \$320/year (11 sessions) / \$39 per session
When: 1st Sunday of the month 7pm - 9pm
Book with Vanessa online <https://links.vanessamollard.com/TorquayBreathwork>

Expressive Meditation

Melt into the euphoric sound scape and be guided deep into your mind through guided meditation and expression.

Cost: \$20 per session
When: Tuesdays fortnightly 7:00pm - 8:00pm
Book with Kate email brushofbalance@gmail.com

Nature Sound Bath Immersion

Be guided through mindful visualisation, sounds of nature and sound healing instruments

Cost: \$25 per session / \$15 concession
When: 1st Friday each month 7:00pm - 8:00pm
Book with Cathy catherine.anne.ol@outlook.com or call 0497 940 463

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Creative

Watercolour Wednesdays*

Come and join Colin Peel to develop both watercolour and drawing skills. This class will be suitable for beginners or people expanding their experience in painting in watercolour

Cost Full Fee: \$120

Concession: \$80

When: Wednesday 6.30pm-8.30pm

Material list for participants to be provided.

Friday Art Group*

Bring along what you're working on and paint in your preferred medium. Socialise with other artists, and exchange ideas in a supportive and friendly environment. Easels supplied.

Cost: \$15 per term or \$50 per year

When: Friday 1pm-3:30pm

Crochet Club*

This is a fun and friendly group for crochet crafters of all skill levels, from beginning to advanced.

Cost: \$15 per term

When: Tuesday 6:30pm-8:00pm

The Scribblers* (6 weeks, starts 19 Feb)

This inclusive all-abilities art group will explore a range of techniques and styles in a supportive, friendly environment.

Cost: \$60 per term (\$45 concession) /

\$10 per session casually

When: Monday 11:00am-12:30pm

Le Petit Atelier Torquay

Still Life: working with acrylics, you will colour theory and mixing, brush techniques and composition. Suitable for beginners or extending skills.

Cost: contact provider

When: Tuesday 6-9pm (5 weeks)

Book with Jenna on 0401 652 405

<https://lepetitatelieritorquay.bigcartel.com/product/5-week-still-life-painting-class>

Watercolours with Pat McKenzie

To extend the knowledge of watercolour painting for individual participants.

Cost: \$180 for term (9 weeks)

When: Thursday 1pm-3pm

Book with Pat on 0418 179 554 or email pat@patmckenzie.com.au

Life Drawing

Observational Life Drawing of a model

Cost: \$10 per session

When: Monday 7pm-9pm

Book with Julie on 0412003759 or email julieromail@gmail.com

Creative Journaling: The Art of Being You

For Peace of Mind, Heart & Soul. Unleash your inner creator and build a journaling habit for life.

Cost: \$344 per term (8 sessions)

When: Thursdays 6:30-9:30pm

Book with Lisa on 0432 844 358 or email lisa@paintlifestudio.com

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Term 1 Special Events



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Free Haircuts

Delivered by students from The Gordon

Cost: FREE

When: Tuesday March 5, 10am - 3pm

Bookings: Call Matchworks 5261 5298

Digital Mentor Workshop

Train to become a digital mentor - help those around you gain skills & confidence to get online.

Cost: FREE

When: Monday March 24, 10:30am - 4:30pm

Bookings: jo.my/dm-torquay

Hearing Checks

Delivered by Hearing Australia, book in for your free hearing check - rediscover the sounds you love!

Cost: FREE

When: Tuesday 27 February 10:00am-2:00pm

Pruning Masterclass

Join Craig Castree, horticulturalist for a morning of fruit tree pruning tips & tricks, and Q&A, ready for pruning season!

Cost: \$35 / \$25 concession

When: Sunday Feb 18, 10am - 12pm

Bookings: via TCH website

FREE Community Lunch!
Stay tuned for 2024 dates!

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More events to be announced!
Stay up to date on our website or social media!