



# Milpara Community House

## Term 2 Programs & Activities

(ABN 84 361 485 080)

April 15 - June 28, 2024

(A0019220Y)



Talk about monumental, Term 1 in our new home at the Korumburra Community Hub is done and dusted. We're loving it, it's such a beautiful space shared with Myli, Korumburra and District Historical Society, and very soon SGSC 2 days a week. We've also been very excited to be sharing the hub with many local community groups and community members also using the fantastic spaces. The feedback from our participants has been really positive and we look forward to seeing you and hopefully more new faces in Term 2.

### Neighbourhood House Week May 13 - 19

Neighbourhood and Community Houses and Centres (NCHCs) all throughout Australia are the heart of the local community. We strive to embody the essence of togetherness. We bring people from all walks of life together to connect, learn, and play. Through collaborative initiatives, inclusive programs, and shared spaces, we cultivate an environment where every voice is heard, every story is valued, and every member contributes to the vibrant mosaic of our shared community. Join us to celebrate the week:

Monday	Tuesday	Wednesday	Thursday	Friday
Creative Writing 12 - 1 pm	Games & Giggles 1 pm - 3pm	Milpara Singers 1.30 pm - 3.30pm	Luncheon 1 pm - 2 pm	Open Day 10 - 5 pm Learn 500, 1.30 pm



**Office Hours:** Monday - Friday 9:30 am - 4.30 pm, 15 Little Commercial Street Korumburra (PO Box 136) ☎ 5655 2524  
[hello@milpara.org.au](mailto:hello@milpara.org.au) [milparacommunityhouse.org.au](http://milparacommunityhouse.org.au)



## General Information

### Cancellation and Refund Policy

- A full refund will be provided for services cancelled by Milpara Community House.
- A full refund for participant cancellations with seven business days' notice.
- A refund, less \$10 administration charge is provided for participant cancellations between two and six business days' notice.
- No refund is provided for participant cancellations on the day or with one business days' notice. Withdrawals after the commencement of the course are non-refundable except in special circumstances.

### Terms and Conditions

- Bookings are essential for courses and workshops. Minimum numbers are required.
- Bookings are tentative until enrolment is completed, including full payment.
- Payment is due seven days prior to the start date for workshops & course.
- We accept payment in cash, or EFTPOS during office hours or on-line payments at the time of booking. Milpara also accepts direct deposits made to Milpara Community House BSB 063 515 Account 00901901 with reference of participant's surname and course.

 **Neighbourhood House Week** 13 - 19  
MAY '24

### Milpara Community House Luncheon.

Join us to celebrate all things Milpara.

When: Thursday May 16, 1 pm

Where: Flexi Space Cost: \$ Donation

**RSVP Essential by Mon May 13, 3pm.**



## Get Creative

### Magic of the Hook – Crochet \$25

All crochet stitches are based on the action of a loop pulled through another loop with a hook. With some magic hook action, you'll learn to transform wool into samples of fibre art. Suitable for beginners, youth and those wanting to refresh their skills, or those who are stuck on a project. If you can, bring along your own 4 mm hook and 8 ply wool, or the project you are working on.

Tuesdays May 21 - June 25, 5:30 pm - 7:00 pm

### Sewing For Beginners and Beyond \$90

Learn the basics of sewing or take your skills to the next level in a friendly environment. Do you want to learn how to use your sewing machine? Perhaps you want to create something beyond your current skills? Learn the basics of sewing and beyond! Materials are not included, please bring your own machine that is in safe working order.

6 Mondays, April 29 - June 3, 6.30 pm - 8.30 pm

## **Mixed media and composition art classes \$130 per group of classes**

This directive workshop explores the power of visual composition through still life, using a range of mediums, taught by Sonya. Sonya is a Fine Art graduate studying a Master of Art Therapy, she has been an oil painter for 14 years.

Attendees will begin by exploring drawing, through pastels and acrylic painting with each medium spanning over several classes. Through the practice of finding shape, form, and positioning, we can guide the viewer through an engaging visual journey. All levels are welcome. Materials Supplied.

A : 5 Tuesdays, April 23 - May 21,  
10 am - 1 pm \$130

B : 5 Tuesdays, May 28 - June 25,  
10 am - 1 pm \$130

## **Tiny People Painting Watercolour**

Explore scale and simplifying shapes when painting through this fun workshop. Working on a scaling down system we progressively work towards shrinking a standard reference sized photo down to a postage sized artwork. All materials provided. **Express Your Interest**

Saturday or Sunday, 10 am - 12.30 pm

## **Korumburra Craft Group \$4 per session**

An enjoyable get together to work on your own craft, embroidery, knitting, crochet, patchwork etc. Everyone welcome. For more information contact: Elaine 0408 572223 or Alison 0438 992 169.

April 11, No Session 25/4, May 9 & 23, June 13 & 27

## **Colour With Style - Colour Analysis \$65**

You will learn to understand Colour Analysis, Clothing Colour Choices and the Four Seasons Method. Each person will have an individual Analysis to discover their Colour Season. See the colours that look best and why. Learn how to use your personal Colour Chart. Understand a Capsule Wardrobe Plan and how to use Wardrobe Building Colours.

Saturday May 18, 10 am - 2pm

## **Crafts with Barb \$4\* per session**

Bring along your own craft and enjoy a lovely afternoon in company. On the last Friday of the month you can choose to participate in a card making workshop - bookings for this session are essential. Kit cost is additional \$5. A great social afternoon. Everyone is welcome.

Fridays, April 19 - June 28, 1 pm - 4 pm





## Social

### **Let's Play 500 \$4 per session \***

500 is a fun trick-taking card game, the first players to reach 500 points win. Whether you're a complete beginner or dab hand at the game already, please join us for a fun social afternoon.

Fridays, April 19 - June 28, 1.30 pm - 3.30 pm

### **Sunshine Spreaders \$ Gold Coin**

A ray of sunshine is something that makes others happy or a place more cheerful. This is a group where people meet and work together on little projects to bring a ray of sunshine to themselves and others while sharing a cuppa and company. Work on your own idea or in collaboration. Thursdays, April 18 - June 27, 10 am - 12.00 pm

**Toast Masters** How would your life change if your self-confidence, communication, leadership, and public speaking skills improved? Become part of a fun, friendly group of locals that provides support for you to grow. You never know where it can lead you. Interest in establishing a South Gippsland Toastmasters is building.

Tuesday 16<sup>th</sup> April, May 7<sup>th</sup> & May 21<sup>st</sup> 6.45pm for a 7pm start.

### **Social Mah-Jong \$4 per session \***

Exercise your mind with Mah-Jong; a game of strategy using tiles. This is not like the computer game, Mah-Jong Solitaire. Beginners are very welcome. Alternating Wednesday mornings and Monday evenings.

Wednesday mornings 10 am - 12 noon, April 24, May 8 & 22, June 5 & 19

Monday evenings 7 pm - 9 pm, April 15 & 29, May 13 & 27, June 10 & 24

### **Games & Giggles \$4 per session**

Games are a great way to exercise your brain and have a lot of fun at the same time. This is a fun social afternoon and everyone is welcome. Feel free to bring along your favourite board or card game or just bring yourself and enjoy some time exercising your brain in a fun way with company and loads of laughs. Tuesdays, April 16 - June 25, 1 pm - 3 pm

### **Milpara Singers \$4 per session - if you can**

Singing is good for you. It improves health, happiness and social connection, and it's FUN. Join this friendly group for lots of laughs. Instruments also welcome.

This is not a choir, it's focus is getting together for a fun sing along. A good singing voice is not required, just a good attitude.

Wednesdays, April 17 - June 26, 1.30 pm - 3.30 pm

## Capture a Story

Julie would love to meet you and hear your story. She loves to write and spread her joy of written word. She also loves to listen to people's stories and tales. Come have a chat with Julie and if you would like, she'll capture your story or tale in the form of a short story or poem, to share with your family and friends.

Book a time slot on a Tuesday morning or Thursday afternoon for a one on one session with Julie. Milpara 5655 2524.

## Let's Share Lunch \$Free

Is there anything better than good company and a full stomach? A communal gathering where each guest contributes food to share, (and maybe their recipe too) it doesn't need to be fancy or home made, just bring something to share. Please book your seat.

Monday May 6 & June 3, 1 pm - 2 pm

## Korumburra Men's Shed

**The Old Loco Shed** on the corner of Station Street and Bridge Street. Contact: John 0411 485 113  
Tuesdays: 9.30 am - 1 pm & Wednesdays: 9.30 am - 3 pm.

**Community Hospital Garden** behind main entry car park. Women Welcome. Contact: Neil 0458 422 412

Thursdays: 9 am - 12 noon

## Tarot and Oracle Cards for Beginners \$15 per session \*

These workshops are designed to help you learn the basics of tarot and oracle card reading. You will learn the origins and history of tarot, the difference between tarot and oracle, how to connect with your cards, and how to understand and interpret them. You will have a chance to practice simple card spreads in a supportive group. This unique workshop is designed for those who are new to tarot and oracle card reading.

1st & 3rd Wednesday, 10 am - 12 pm April 17, May 1 & 15, June 5 & 19

## Puzzle Exchange/Swap \$4

Need a fresh puzzle to do? Got a cupboard of puzzles collecting dust? Come along, grab a cuppa, chat to other puzzle enthusiasts, and swap your puzzles.

Wednesday May 15 & June 12, 10am - 11 am

## Monday Movies with Myli & Milpara

Last Monday of the month come along and enjoy a movie. Monday April 29, May 27 pm & June 24 Starting at 2 pm.

## Milpara Book Club \$4 per session

Come and share your love of reading in a friendly group setting. Read a new book together monthly and meet weekly to discuss it.

New book starts May 8

Wednesdays

1.30 pm - 3.30 pm

# Health and Wellbeing

## Modern Qigong for Inner Harmony & Balance \$75

A practice that harnesses the power of breath, movement and intention to create health and balance within. Similar to Tai Chi. Classes are suitable for all ages and fitness levels.

Classes will consist of slow stretches, gentle flowing movements with a focus on alignment, breath awareness, and stances that help develop stamina and focused attention.

5 Thursdays, May 9 - June 6, 9.30 am - 10.30 am

## Yoga - Zenthai Yoga Flow

This is a class suitable for those of general level fitness, all ages and mixed levels of experience in Yoga.

Move your body through yoga asana, vitalising energy, quieting the mind, balancing body and breath. Monday's class is more Yin focused, slow moving deep relaxation. Thursday's class is more Yang style. Dynamic & strength building.

Mondays **Slow Flow**, April 15 - June 24, \$15 per session 10 am - 11.15 am and

Thursdays **Power** Class, 6 sessions \$90, April 18 - May 30, 6 pm - 7.15 pm

## Mindfulness & Well-being Program for Kids \$130

Through discussion, fun exercises and reflection, children will learn techniques to empower themselves in the face of life's challenges. Children will learn: the importance of living in the present moment, how to express & release emotion, what it means to be resilient, how gratitude contributes to resilience and how to choose nourishing thoughts. Age range 9 - 12 years.

Saturday June 15, 11 am - 3 pm

*We are also taking expressions of Interest for an Adult workshop.*

## Walking Group \$4

Meeting at the Hub Upper Floor Foyer at 10 am, enjoy a 1 hr social walk followed by a cuppa.

Fridays April 18 - June 28, 10 am - 11.30 am

## Easy Home Cooking \$4 per session

Join a local Dietitian for evidence-based information and strategies to prepare healthy food and snacks at home. Over three hands-on sessions, you will increase your food knowledge, meet new people, access advice about nutrition, food safety and budgeting, and go home with a satisfied belly and lots of useful resources. Yum!

[Express Your Interest.](#)

## We're Looking for Workshop Facilitators

We have a fantastic space for cooking classes and workshops. Please let us know if you would be interesting in sharing your cooking skills and dishes. Contact : [Programs@milpara.org.au](mailto:Programs@milpara.org.au)

# Helpful Supports

## Milpara's Emergency Foodbank

**Bring your own bags/box** - we do not provide bags for safety reasons.

*Preferred Hours: Mon, Tue, & Fri, 10am - 1 pm*

Assistance is available to everyone who seeks it. Assistance is free, respectful and confidential. We aim to provide a safe, supportive environment for the provision of emergency relief.



Our Foodbank is generously supported by local community members and groups. It does not receive external funding. Donations are the lifeblood of the foodbank. We accept donations with great appreciation.

We also have a food produce table, surplus fruit and vegetables are gladly received.

## St Vincent de Paul Conference

Conference members provide a non-judgemental environment and may assist in the form of food vouchers, payment toward clothing, furniture and household goods, budget support, payment of utility bills, transport costs and medical/prescription costs. Sometimes a chat is all that is needed. Information and referral to other services can be provided. This service is run by volunteers and is available Monday and Friday mornings.

For an appointment call 0436 470 898 and leave a message.

**JP - Justice of the Peace** We can help organise an appointment time for you to meet with Terry here at Milpara. Call 5655 2524.

## Services Australia Agency Centrelink

**Centrelink Agent Hours :**

Tuesdays 10 am - 2 pm,

Wednesdays & Thursday 10 am - 1 pm, closed public holidays.

You can confirm your identify, get assistance completing forms, and lodge your information/reports with our agents. Please note forms and documents can only be processed with a staff member during agency hours. Please bring along your MyGov details.

**Self Service** If you don't have internet access you can use our self service terminal. You can manage most of your Medicare, Centrelink and Child Support information online or by phone self service. The Self Serve terminal is available outside of Agent Hours (with no staff assistance) Monday - Friday during school terms only, 10 am - 3 pm.



Australian Government



Services  
Australia



## FREE TECHNICAL ADVICE FOR SENIORS

**Milpara Community House** is now offering  
**free technical advice to seniors. One-on-  
one sit down chat with a technician.**

Do you have a technical problem at home that has you baffled? Whether it be your mobile phone, NBN, computer, or just a need to understand something technical. Call in and have a one-on-one sit-down chat with our onsite technician. Are you needing to buy some new technology but are unsure where to start? Maybe you have some

questions about home security & surveillance, or maybe it is some other technology that you need advice on? Either way, we would love to help.



Phone: 03 5655 2524

Wednesday 10 am - 3.30 pm

## Employment Accredited Training



### First Aid Training

NATIONALLY RECOGNISED  
TRAINING

These courses have an online workbook to be completed prior to the practical day (blended). Please double check finish times at time of booking as they may change.

**CPR** \$65 HLTAID009 , 1.5 hrs

**Provide First Aid** Blended (Level 2) \$160 HLTAID011 4.5 hrs

**Education & Care First Aid** Blended \$180 HLTAID012 4.5 hrs.

Please check Victorian First Aid Website for Dates and Times.

**Bookings** Call 0488 405 605 or book online <https://victorianfirstaid.com.au/korumburra>

Training and assessment provided by Victorian First Aid RTO#41360

### Test and Tag Course \$309.69

This face to face test and tag training will cover the concepts and practices needed for good and safe testing and tagging of electrical equipment. This training meets Australian standards. No formal qualification or electrical training is required to complete the training. **Booking and payment required by 21/06/24.**

Friday June 28, 9:30 am - 2 pm

Training and assessment provided by A1 Testing & Tagging



## Share Your Ideas - What else should we offer?



The Korumburra Community Hub is a fantastic new home for Milpara. It is an exciting new chapter and brings with it new opportunities. We'd love to get your input and feedback on what activities, training, information session etc. you would like to see on offer.

Contact the Program Coordinator : [programs@milpara.org.au](mailto:programs@milpara.org.au) , call 5655 2524 or pop in and see us, our office is on the Lower Floor at Korumburra Community Hub.



## Language

### Are you from a non English Speaking Country? \$70



Come and meet other people and learn how we can help you. Living in Australia is different, are there things you don't understand or need help with? Do you want speak or read English better? Do you want to get a job or go to school? Bring something from your culture that is special to you to tell us about.

**HELP:** Do you know someone who may benefit from this clas? Please tell them about it, they may not be able to read this.

Mondays, April 15 - June 24, 5 pm - 7 pm

**Learn French \$185** Rachel would like to help people improve their capacity to speak and understand French for Beginners.

7 Thursdays, May 2 - June 13, 6.30 pm - 8.30 pm

### Travelers Spanish for Beginners \$185

Would you like to learn Spanish in a fun environment? This class is perfect for those looking to travel to Spain or Spanish-speaking Latin American countries.

6 Thursdays May 2 - June 6, 1.30 pm - 3.30 pm

### Beginners Mandarin Taster \$128.25

Ever dreamed of learning Chinese Mandarin but didn't know where to start? We've got you covered! Our Beginner Mandarin Class is the perfect starting point for anyone ready to dive into a new language adventure!

4 Tuesdays, June 4 - 25, 6.30 pm - 8.30 pm



**The Craft of Story Writing \$70 (\$50 + \$20 admin)** Whether you are a budding author, diarist, blogger, poet or family historian, join this group on a voyage of discovery to uncover your writing talents and stories. Shape your ideas, hone your writing and editing skills, and create great writing that will keep your readers turning the pages.

Flexible learning options, in person class or online via Zoom . The Zoom class includes recordings that are accessible at a time that suits you, providing additional flexibility.

In Person Class: 8 Mondays, April 29 - June17, 9.30 am - 11.30 am

Zoom Online Class: 8 Wednesdays, May 1 - June19 - Wednesday March 27, 10 am - 12 pm

## EXPRESSIONS OF INTEREST FOR THE FOLLOWING LEARN LOCAL COURSES.



To help us best meet your needs we're not setting dates and times. Instead express your interest in what your interested in and what times work best, maybe morning sessions work for you or perhaps you can only do evenings.

### **Are you interested in further study. Breaking down barriers to learning.**

If you want to go into a TAFE course or Uni, you will need to complete an LLN Assessment. What's the LLN Assessment? It's a required part of entry into further study. We have access to the tool used, and we can provide support to be able to help you pass. We also have an agreement with TAFE so this assessment completion will be recognised. Let's break down learning barriers to start you on your journey. Call us to express your interest on 5655 2524.

### **Easy Steps to Computers for Beginners**

This beginners course will get you up and running with the basics! It will give you lots of confidence. It shows you how to find your way around a computer screen, understand hardware and software, use the mouse and identify icons. It also covers file and folder management, internet and email browsers, search engines, and includes the basic functions of Microsoft Word and Microsoft Excel.

### **Computers Next Step**

Computers Next Step is about expanding your basic computer knowledge and enhancing your navigation of the internet and the desktop computer. This course will include developing your folder management skills, creating and modifying Word documents, introduction to Excel to create a budget, shopping online safely, internet downloads and more.

## Intermediate Computers EXCEL FOCUS

This intermediate course is for those wanting to gain a deeper understanding of computer use for work, study and home! A pre-requisite is our Easy Steps to Computers for Beginners course or general knowledge and basic computer and windows skills required. You will explore an in-depth study of Microsoft Word and Excel applications along with some aspects of cloud computing. [Evening Class](#)

## Introduction to Google Doc and Google Sheets

Dive into the world of Google Docs and Google Sheets with interactive exercises to help you master the basics. Learn how you can harness the versatility of Google Docs to create documents such as reports, letters, marketing materials and more. With Google Sheets you will learn how to use spreadsheets to organise and analyse different types of information.

## Introduction to Canva

Want to create a stunning resume? Want to create eye-catching marketing materials or a memorable presentation? Canva is an online graphic design platform with thousands of templates that allows users to create and customise visual communications and media. This course will teach you the basics, with hands-on exercises using Canva's intuitive tools to create various types of media.

## Introduction to Microsoft 365

Master the fundamentals of the Microsoft 365 suite of programs. Whether you're looking to create and edit documents in Microsoft Word, put together a presentation in Powerpoint, efficiently manage your files using OneDrive, or collaborate seamlessly with Teams, this course has you covered.

## Online Family History Workshop

Want to start building your family tree? Or do you have a basic family tree and want to grow it further? In this workshop you will explore how to utilise free online resources to do family history research to help build a digital family tree and learn more about your family history in the process.



**Learn Local Eligibility for ACFE funding:** All courses with the Learn Local Logo are subsidised for students paying their own fees who are undertaking the course to upskill for work, get a job (including voluntary), or to get into another course of study. You may also meet other criteria, please contact us for more information. Non-subsidised rate: 30 hours of study: \$300 / 20 hours of study: \$200.



# What's Happening at a Glance -Term 2 2024

	<p align="center"><b>Regular Activities:</b></p> <p>Frequency: <b>Weekly</b> <b>Fortnightly</b> Courses: <b>Set Dates</b> <b>Monthly</b></p>	<p align="center"><b>Special Activities, Workshops &amp; Short Courses</b></p>
<p align="center">Monday</p>	<ul style="list-style-type: none"> <li>● Yoga Morning Slow Flow</li> <li>● Social Mahjong evenings</li> <li>● Unhurried Conversations</li> <li>● English as Second language</li> <li>● The Craft of Story Writing In Person</li> <li>● Sewing for Beginners &amp; Beyond</li> <li>● Korumburra CWA</li> <li>● Monday Movies</li> </ul>	<ul style="list-style-type: none"> <li>● Milpara Neighbourhood House Week Luncheon, Thursday May 16</li> <li>● Mixed Media Art Classes Tuesdays 10 am - 1 pm, A: April 23 - May 21, B: May 28 - June 25</li> <li>● Sewing for Beginners &amp; Beyond, 6 Mondays April 29 - June 3, 6.30 pm</li> <li>● Travellers Spanish for Beginners, Thursdays May 2 - June 6, 1.30 pm - 3.30 pm</li> <li>● Let's Share Lunch, Mondays May 6 &amp; June 3, 1 pm - 2pm</li> <li>● Colour With Style - Colour analysis Saturday May 18, 10 am</li> <li>● Magic of the Hook - Crochet, 6 Tuesdays May 21 - June 25, 5.30 pm</li> <li>● Mindfulness &amp; Well-being Program for Kids (Expressions of Interest for Adults) Saturday June 15, 11 am - 3 pm</li> <li>● First Aid Training</li> <li>● Beginners Mandarin Taster, Tuesdays June 4 - June 25</li> <li>● Test and Tag Course, Friday June 28, 9.30 am - 2 pm</li> <li>● Tiny People Painting Workshop, Express Interest, Date to be set</li> <li>● Capture a Story Tuesday or Thursdays by booking</li> </ul>
<p align="center">Tuesdays</p>	<ul style="list-style-type: none"> <li>● Games and Giggles</li> <li>● Mixed Media Art Classes</li> <li>● Magic of the Hook - Crochet</li> <li>● Beginners Mandarin Taster</li> <li>● NEW Toast Masters</li> <li>● Magic of the Hook</li> </ul>	
<p align="center">Wednesdays</p>	<ul style="list-style-type: none"> <li>● Milpara Singers</li> <li>● Milpara Book Club</li> <li>● 1:1 Tech Advice for Seniors</li> <li>● Social Mahjong Morning</li> <li>● Tarot &amp; Oracle Cards for Beginners</li> <li>● The Craft of Story Writing Online</li> <li>● Puzzle Exchange</li> </ul>	
<p align="center">Thursdays</p>	<ul style="list-style-type: none"> <li>● Sunshine Spreaders</li> <li>● NEW Modern Qigong</li> <li>● Yoga—Evening Power Class</li> <li>● Korumburra Craft Group</li> <li>● Learn French</li> <li>● Travellers Spanish for Beginners</li> </ul>	
<p align="center">Fridays</p>	<ul style="list-style-type: none"> <li>● NEW Walking Group</li> <li>● Crafts with Barb</li> <li>● Let's Play 500</li> </ul>	<p align="center"><b>Milpara Community House Office Hours:</b> Monday - Friday 9:30 am - 4.30 pm</p>