



# TERM 1 - 2026

## Traralgon Neighbourhood Learning House

### Recipe for Success Tutor Brenda

Tuesday 9.30am - 12pm

\$7.50 per week or \$60  
for the 10 Week Term

Build your confidence to cook for yourself.  
We build basic literacy and numeracy skills into these classes.



### Empowering Women Course

Register for the Course Taster  
Event 18<sup>th</sup> February Time 1-3pm

A program designed to help women  
rediscover their bold confidence, skills, and  
direction.

Take the time to discover your strengths  
and potential.



### Digital Essentials Starting Feb 23rd!

9.30am - 11.30am

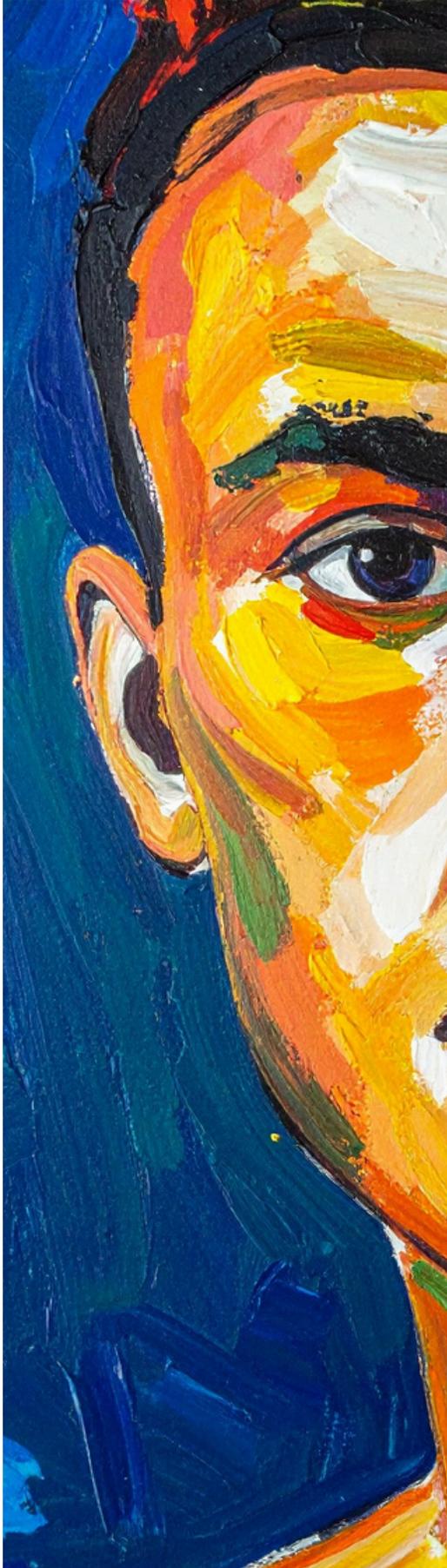
Frustrated with technology? Need support  
at your own pace. We have a class  
designed with you in mind.





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# Art and Creativity



## Monday

- Creative Writing  
1pm - 2:30pm

Cost \$104 per term  
(8 weeks only)  
or \$15 per casual class



## Tuesday

- Sewing 1pm - 3:00pm
- Paper Craft 1pm - 3:00pm

Cost \$130 per term  
or \$15 per casual class



## Wednesday

Knitting and Crochet  
9am - 11am

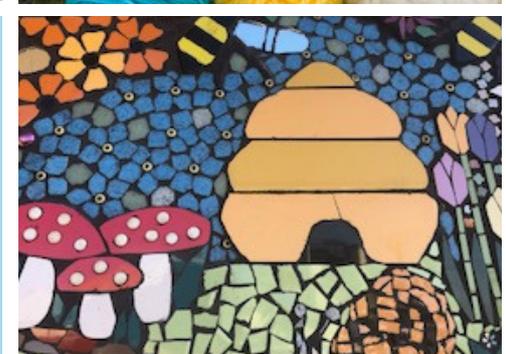
Cost \$130 per term  
or \$15 per casual class



## Thursday

- Painting 10am - 12noon
- Mosaics 1pm - 3:00pm

Cost \$130 per term  
or \$15 per casual class



## Friday

- Macrame 11am - 1pm
- Mosaics 1:30pm-2:30pm

Cost \$117 per term  
(9 wks only with Good Friday)  
or \$15 per casual class





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# Language Courses

Learn from tutors who are sharing their first language.

A unique experience that you can't get from a textbook or a smart phone app.

## French with Martine



Level 2  
Thursday 4 - 6pm

Level 3  
Wednesday 5 - 7pm

Level 4  
Monday 6 - 8pm  
(9 week term - Labour Day)

Level 5  
Thursday 6 - 8pm

Cost \$130  
or \$15 per casual class

## Italian with Maria



Beginners  
Tuesday 6 - 7.30pm  
Cost \$130 - 10 Week Term

Advanced  
Thursday 6 - 7.30pm  
Cost \$130 - 10 Week Term

## Auslan with Peter

No Classes Term 1  
Returning Term 2

Some of our tutors offer private lessons

please contact us if this is something you are interested in

admin@tnlh.org.au  
ph: 5174 6199



## Spanish with Zulay

Beginners  
Monday 5.15 - 6.45pm  
Cost \$104  
(8-week term - two public holidays)

Intermediate  
Thursday 5.15pm-6.45pm  
\$130 for 10 wk term



# Health and Wellbeing

These classes are held at LV Masonic Centre  
9 Oswald Street, Traralgon

## Yoga



### Tutor - Heather

Tuesday 9.30 - 10.30am  
Tuesday 11am - 12pm  
Cost \$117 9 weeks only)

Wednesday 9.30-10.30am  
Cost \$117 - 9 week term  
Classes resume 3<sup>rd</sup> February

### Tutor - Jeni

Wednesday 5.30- 6.45pm

Thursday 9.30-10.45am  
Thursday 11am - 12.15pm  
Cost \$130 - 10 week term

## Tai Chi



Tutor - Felicity  
Wednesday  
2.30-3.30pm

Cost \$130  
10 week term

Yoga and Tai Chi are held at  
**The Latrobe Valley  
Masonic Centre  
9 Oswald Street,  
Traralgon**

These are popular and fill quickly, contact us to secure your spot.

## Benefits of Yoga and Tai Chi

- Improve Balance & Flexibility
- Reduce Stress
- Low-Impact Movement
- Improve Overall Physical and Emotional Wellbeing
- Strengthen your Mind-Body Connection

# Term Fees - How does it work?



As a not-for-profit, community-based organisation, we work hard to keep our class fees affordable and accessible. Fee's cover tutor payments, utilities, room hire, and a myriad of other program costs.

## Enrolling for a Term

When you register for a course, you're securing your place for the term. To help us confirm classes and support our tutors, we kindly ask that term fees are paid in full during the first week of term. Precedence is given to those who pay by the term in classes that are at capacity. eg. classes with a waitlist.

## Payment Options

You're welcome to pay in person at 11-13 Breed Street, Traralgon (card or cash), or by card over the phone.

Paying for the term upfront offers you the best value of around 15% savings compared to casual attendance paying by weekly.

## Attendance & Cancellations

We understand life can be unpredictable, but once enrolled, fees for the term are payable whether or not you attend every session. If a tutor is unavailable, we offer a credit on your next term fees.

## Public Holidays - Term 1 - Australia Day 26th Jan, Labour Day 9<sup>th</sup> March and Good Friday 6<sup>th</sup> April

Pro-rata amount for classes that fall on a public holiday will be only be charged for an 9 week term, rather than 10 in Term 1.

## Workshops

One-off workshop fees are due in full before the event. Your place will be confirmed once payment has been received

## Memberships

We welcome membership to TNLH. Members of The House. \$2 per year.

## Popular Programs

Some courses and workshops do fill quickly, so please check with us to confirm your booking. We do our best to accommodate all participants.

**If you have any questions or need to discuss payment options or your access to classes, simply reach out to our staff, we are always happy to help.**

## Waitlist Management

Current participants are given first option to re-enrol, and any remaining places are then offered to those on our waitlists. We do our best to make sure everyone in our community has the chance to join in where they can.

Term 1 = 10 Weeks \* Cost per term = \$130 (\$13 per class)

Cost per week for casual attendance = \$15 per class

Some class prices differ due to our funding or private tutors hiring our space.





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# Support and Social Groups

## Poppy Creators Community Knitting

Tuesdays  
9am - 12 pm  
No Fee

## Latrobe Ladies Probus Craft Club

1.30 - 3.30pm  
1<sup>st</sup> Tuesday of Month  
Gold Coin Donation

## LV Spinners & Weavers

Wednesdays  
12.30 - 3.30pm  
Gold Coin Donation

## Latrobe Valley MS Peer Support Group



A monthly meeting for coffee and chats.  
A safe, friendly place to share stories and  
experiences living with Multiple Sclerosis.

Traralgon Neighbourhood Learning House  
11-13 Breed st Traralgon (op Subway & KFC)  
2nd Wednesday of the month  
10am to 12pm

For more information email [lvmspsg@gmail.com](mailto:lvmspsg@gmail.com)



A gold coin donation for room hire please



## Grief & Loss Group Peer-led Support

Meets fortnightly  
Wednesday 12 - 2pm  
**Commences 2<sup>nd</sup> Feb**  
All welcome No Fee  
BYO lunch to eat

## Latrobe Valley Boardgamers

2pm - 6pm Sundays  
Gold Coin Donation  
welcome



Follow their Facebook  
page for updates

Meets Friday  
7.30 - 9pm  
weekly

Room 1

0418160102





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# Other Services at the House

## A place to belong



All are welcome to find comfort here  
in the cool air conditioning.

We offer Free tea and coffee and Free Wifi is available too.

Stop for a while and do some of our community  
jigsaw puzzle,  
read a book or start a craft project from our resources  
of free items, kindly donated by the community.

We have a DVD library too

### Room Hire Available

Come and talk to us about hiring one of the  
classrooms, kitchen, private office or meeting room.

office: 51746199  
email: [admin@tnlh.org.au](mailto:admin@tnlh.org.au)

## Public Computers



We have two computers for  
public use during office hours.

A Printer and Photocopier  
are available too along with  
basic office supplies



Traralgon Neighbourhood Learning House acknowledges that we gather here in this learning place on the traditional land of the Braiakaulung people of the Guna Kurnai Nation and we pay respect to their Elders past, present and emerging. We also acknowledge all Aboriginal and Torres Strait Island people, their connection to the Country, to their ancestors and their role as custodians of their lands.

office hours:  
Monday to Thursday 9am - 4.00pm

many classes and activities happen outside these hours, 7 days a week

### Share your Passion!

- Do you have a special interest or skill you would like to share?  
Consider running a social group or class. No qualifications are required.
- Volunteer with us. Join the team of volunteers who make TNLH what it is for our community.
- Have an idea for a class you'd like to participate in? We keep a running list of what people are interested in. When we have enough for a class, we aim to find a tutor to make it happen.



Poppy Creators Community Knitting Group

## TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | 0473 220 980  
Manager: Phoebe Hicks email: [admin@tnlh.org.au](mailto:admin@tnlh.org.au)

Traralgon Neighbourhood Learning House is very grateful for the funding support we receive from Adult Community and Further Education (ACFE), Latrobe City and the Department of Families, Fairness and Housing



[www.tnlh.org.au](http://www.tnlh.org.au)