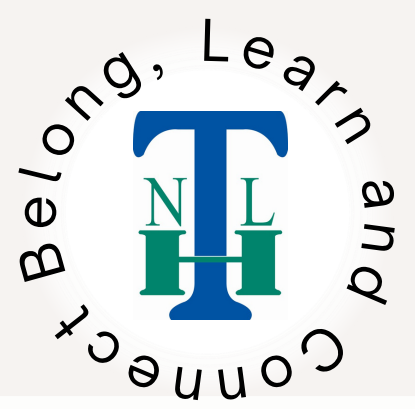


TRARALGON NEIGHBOURHOOD HOUSE PROGRAM

Term 2 - 2026



MONDAY

9:30am - 11:30am

Digital Essentials - Build you confidence using technology

1:00pm - 3:00pm

Creative Writing - Capture your thoughts in a supportive class

6:00pm - 7:30pm
7:30pm - 9pm

Auslan Beginners
Auslan Advanced

6:00pm -8:00pm

French Intermediate Level 2

TUESDAY

9:00am - 11:00am

Poppy Creators - Knit and crochet among others. Items created are donated to charity

9:30am - 11:30am

Recipe for Success - Cooking Class

9:30am - 10:45pm
11:00am - 12:15pm

Yoga - Classes Held at LV Masonic Centre

1:00pm - 3:00pm

Paper Craft - Learn Junk Journalling or work on your own paper craft project

1:00pm - 3:00pm

Sewing - Learn to sew, or develop existing skills

6:00pm - 7:30pm

Italian Beginners

WEDNESDAY

9am - 11am

Crochet and Knitting - Learn the basics or expand your existing skills.

9:30am - 10:45am

Yoga - Class Held at LV Masonic Centre

12:00pm - 2:00pm
11:30am - 12:30pm
10:00am - 12:00pm

Peer Support Grief Group (fortnightly)
Cancer Peer Support Group (Monthly)
MS Peer Support Group (Monthly)

12:30pm - 2:30pm

LV Spinners and Weavers Group

1:00pm - 3:00pm

Empowering Women - Build your Confidence

2:30pm - 3:30pm
5:30pm - 6:45pm

Tai Chi - Class held at LV Masonic Centre
Yoga - Class Held at LV Masonic Centre

5:00pm - 7:00pm

French Intermediate Level 1

THURSDAY

9:30am-11:30am

Social Craft - Bring your own craft project or use our supplies to get creative

9:30am - 10:45am
11:00am - 12:15pm

Yoga - Classes Held at LV Masonic Centre

10:00am - 12:00pm

Art - Painting Class supplies provided

1:00pm - 4:00pm

Mosaics - Create unique art guided by our experienced tutor

3:45pm - 5:30pm

Gippsland Childrens Chior

6:00pm - 7:30pm

Italian Advanced Language Class

FRIDAY

10:30am - 12:30pm

Creative Craft - Term 2 Beading or bring your own project to complete in company

11:30am - 3:30pm

Mosaics - Create unique art guided by our experienced tutor

7:30pm - 9:30pm

Alcoholics Anonymous

SUNDAY

10:00am - 2:00pm

Dungeons & Dragons

2:00pm - 7:00pm

LV Boardgamers

HOUSE OFFICE HOURS:

MONDAY TO FRIDAY
9AM TO 4PM



Visit us at 11 - 13 Breed Street, Traralgon

in the Kath Teychenne Centre



PH: 5174 66199 email: admin:tnlh.org.au



@TraralgonNeighbourhoodLearningHouse