

2023  
Term 4  
2 October - 8 December

*It's time for new  
beginnings*

*Spring into Learning...*



**We Make Learning Fun!**

**TRARALGON NEIGHBOURHOOD LEARNING HOUSE**

11-13 Breed St, Traralgon | 5174 6199 | [enquiries@tnlh.org.au](mailto:enquiries@tnlh.org.au)

*It's time to Blossom...*

**Discover how you can:**  
**improve your skills for employment**  
**pathway to further education**  
**meet new friends**  
**enjoy a hobby**  
**have fun**



Skills for study  
work and life

## Connect with Learning

### quick guide

Courses are subject to change. For expressions of interest and enrolments please speak to our friendly office staff

**monday**  
10 weeks



Creative Writing | Computer & Digital Essentials



French 4 (Intermediate) | UFO's | Auslan Beginners | Auslan Advanced

**tuesday**  
10 weeks



Yoga | Poppy Creators | Recipe for Success | Sewing



Sugar Flowers | French (Beginners 1) | Italian Beginners | Intro to Spanish

**wednesday**  
10 weeks



Yoga | Tai Chi | Knitting and Crochet | Cake Decorating | Spinners & Weavers



Yoga | French (Beginners 3) | Cake Decorating | Computer & Digital Essentials

**thursday**  
10 weeks



Yoga | Art | Computer & Digital Essentials | Creative Craft | French (Beginners 2)



French 5 (Intermediate) | Italian Int-Adv | Cake Decorating | SLR Photography | Pilates | Spanish for Travel

**friday**  
10 weeks



Tai Chi | Cooking | Creative Craft | Mosaics





# your pathway

We provide a variety of Learn Local pre-accredited courses which will provide you with the foundation skills for your pathway into employment or further studies.

You may even qualify for a discount on your course.

Speak to us about your needs, we can help.



Skills for study  
work and life

## computer skills for everyone

Whether you need computer skills for employment, study or life there is a Digital Essentials course for you. Learn the essential computer skills you need, Build your confidence with a variety of technology including computers, tablets and smartphones. There's no need to feel overwhelmed, ask us how we can help today!

**New Monday afternoon and Weds night classes**

## recipe for success

*Tuesdays 9.30am-12pm \$55 conc*

This great all abilities course utilises the essential life skill of cooking to build literacy and numeracy skills. This course not only helps build confidence with practical applications of literacy and numeracy it teaches fundamental skills in team work, communication. Improves confidence, and cooking skills, whilst having a whole lot of yummy fun.

It really will be your Recipe for Success!

## literacy and numeracy

Many people have had disrupted or difficult school experiences. We can help build confidence and skills in literacy and numeracy with one to one tuition. Our tutors will cater to your individual needs. Cost on application.

## serving the valley in hospitality

The hospitality industry is in need of new workers and this fabulous short course gives you all the essential skills you need to get started.

Includes practical hands on skills training, guest speakers, interview skills and resume assistance.

Also includes RSA and Safe Food Handling certificates.





**RELAX  
REFRESH  
REJUVENATE  
RESTORE**

## your wellness

Self-care is not just a buzz word.

It's an essential strategy for keeping you healthy by reducing stress, preventing you from becoming overwhelmed and increasing your focus.

Self-care isn't about 'taking' time out. It helps you think more clearly, maintain your energy and make progress on the things that matter to you. Self-care helps you 'give' back.

There is only one you.  
Nurture your body and mind.  
Live your best life.

### yoga

*\$12 wk / \$95-105 term*

TUES	9.30am - 10.30am	Heather
TUES	11.00am - 12.00pm	Heather
WEDS	9.30am - 10.30am	Heather
WEDS	11.00am - 12.15pm	Annie
WEDS	1.00pm - 2.15pm	Annie
WEDS	5.45pm - 7.00pm	Jeni
THURS	9.30am - 10.45am	Jeni
THURS	11.00am - 12.15pm	Jeni

**all yoga classes held in yoga room LVPG**



### tai chi (Qigong Shibashi)

#### level 2

*\$12 wk / \$105 term*

WEDS	10.00am - 11.00am	Kate
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#### level 1

*\$12 wk / \$105 term*

FRI	10.00am - 11.00am	Kate
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**tai chi is held at the VRI 18-20 Queens Pde**

### pilates

*\$12 wk / \$105 term*

THURS	7.00pm - 7.50pm	Adriana
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**Pilates is held in the yoga room LVPG**

### massage with Rachel

massage appointments available  
Monday, Tuesday & Friday







# your creativity

**Unleash your creativity! Find joy in the process of creating. Master a practical skill like sewing, express yourself through your words, capture the world around you in pictures or innovate with art. Create a life you love.**

**creative writing** \$12 wk / \$95 term

MON 1.00pm - 3.00pm Maria R 1

**art** \$12 wk / \$105 term

THUR 10.00am - 12.00pm Janice R 1/2

**Expressions of interest for 2nd art class**

## unfinished projects-knitting/crochet

gold coin

MON 7.00pm - 9.00pm R 4

## poppy creators community knitting

TUE 9.00am - 12.00pm NO FEE

**sewing** \$12 wk / \$95 term

TUE 1.00pm - 3.00pm Ronis R 4

**knitting + crochet** \$12 wk / \$105 term

WED 9.00am - 12.00pm Hazel R 1

FRI **Expressions of interest**



**creative craft** \$12wk / \$105 term

THUR 9.30am - 11.30am Kerri R 3 \$105

THUR 1.00pm - 3.00pm Kerri R 1 \$105

FRI 11.00am - 1.00pm Kerri R 3 \$105

**mosaics** \$12wk / \$105 term

FRI 12.00pm - 2.00pm Paula R 4

**photography** \$135 for 6 weeks

Thursday pm inc excursion

**resin workshops** \$185 inc materials

**Expressions of interest for Christmas workshop**





# your language

Language is how we connect, understand and make our way in the world. Prepare for travel, chat with loved ones in a native tongue or learn a new skill. Language offers you a whole new world of possibilities.

## french with Martine

*\$12 week / \$95-125 term*

### intermediate 4

MON 6.00pm - 8.00pm \$95 R 2

### beginners 1

TUES 6.00pm - 8.00pm \$95 R 3

**Expressions of interest**

### beginners 3

WED 5.00pm - 7.00pm \$105 R 3

### beginners 2

THUR 4.00pm - 6.00pm \$105 R 3

### intermediate 5

THUR 6.00pm - 8.00pm \$125 R 3

**Speak to us about English lessons.  
We have tutors available to help.  
Fee on application.**

## italian *\$12 week / \$95-105 term*

TUES 6.00pm - 7.30pm Maria D R 2 B

THURS 6.30pm - 8.00pm Maria D R 1 A

## spanish for travel *\$12 week / \$105 term*

THUR 6.30pm - 8.00pm Maria R R 1

## intro to spanish *\$12 week / \$95 term*

TUES 6.30pm - 8.00pm Alice R 1

## auslan - advanced *\$200 / \$180 conc*

MON 6.00pm - 7.30pm Peter R 1

## auslan - beginners

MON 7.30pm - 9.00pm Peter R 1



**Come along and join in the boardgaming fun every Sunday!**

**LATROBE VALLEY BOARDGAMERS**

**Learn new board games, meet some new people and have a whole lot of fun!**

**1pm in Room 1 at the Neighbourhood House**

**Gold coin donation**





# your taste

Food brings us together, takes us back in time,  
brings us joy, comfort and sustenance.

Food is a career, an opportunity, an indulgence.  
Food is love. Food is life.

these classes are all held in Room 4

**recipe for success** \$12 wk \$95/ \$55conc

TUE 9.30am - 12.00pm Scott

**cooking** \$12 week / \$95 term

FRI 9.00am - 11.00am Barb

**the modern sugar flower** \$175 term

TUE 6.00pm - 8.00pm Jody

## Expressions of interest

Be inspired - create beautiful flowers to  
decorate your cakes

**cake decorating** \$175 term

WED 1.00pm - 3.00pm Jody

WED 6.00pm - 8.00pm Jody

THURS 6.00pm - 8.00pm Jody



# your support

AA

FRI 7.00pm - 9.00pm R1

**MS Support Group**

WEDS 10.00am - 12.00pm Meeting Room

meets 2nd Weds of the month

## Victorian Sick Pay Guarantee

38 hours a year sick and carer's pay  
for casual and contract workers.

We can help you sign up today.

sick pay  
GUARANTEE

SERVICE  
VIC  
GOVERNMENT

Partnering with  
Neighbourhood  
Houses Victoria

## sick pay guarantee (SPG) assistance

Are you a casual worker without sick  
pay benefits?

We can help you register for the SPG.

Book your appointment now

Phone: 5174 6199





# the vri & learning garden

**The VRI is a venue for the community to come together to connect, share, learn and grow. It's a place in which to share skills, explore ideas and learn from hands-on experience.**

**There is a learning garden, a courtyard and of course the large VRI hall with kitchen facilities. The hall is available for hire and hosts a variety of events and courses including our Serving the Valley in hospitality course.**

**If you are interested in being involved, whether through volunteering, running a course or workshop, we would love to hear from you.**

## Sustainable Gardening & Living

Discover the joy of growing your own food and being more self sufficient and sustainable. Learn how to look after your garden and grow your own food including soil health, composting, no waste living, constructing a simple garden bed. plus connect with like minded people.



## volunteering

Would you like to contribute to your community?

Make some new friends

Become more active

Get out of the House

Learn some new skills

Share your skills

Build your confidence

Have some fun

Speak to us about opportunities for volunteering,

We would love to hear from you.



# your term fees

Traralgon Neighbourhood Learning House is a not for profit community based organisation and as such we endeavour to keep our class fees manageable and available to all.

When you register to attend a course you do so for the term.

Term fees are to be paid in full in the first week of term.

When you pay upfront, you pay your fees at a reduced rate.

Those who choose to pay weekly pay a slightly higher weekly fee.

All classes you enrol in for a term are expected to be paid for, whether you attend or not. Tutors, room hire and other costs still need to be paid and courses are scheduled based on student enrolments.

The term fee includes a \$5 admin fee.

If you are paying weekly, the admin fee is to be paid in the first class you attend.

Workshop fees are to be paid in full prior to the day of the workshop. Your enrolment is not guaranteed until payment has been received.

Our courses/workshops are very popular and sometimes full. Please ensure you confirm your enrolment.

Please speak to our friendly office staff if you have any concerns or questions regarding fees.

**office hours are: 8.30am - 4.00pm Monday to Thursday  
8.30am-3.30pm Fridays  
9.00am - 3.00pm during school holidays**

**Do you have a special interest or skill you would like to share?  
Perhaps you would like to become a tutor or a volunteer.  
Have a chat to us today.**

**Remember to like us on facebook and keep up to date with upcoming  
courses and events**

Facebook: [www.facebook.com/Traralgon-Neighbourhood-Learning-House](http://www.facebook.com/Traralgon-Neighbourhood-Learning-House)

**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)

## *other learning locations*

### **VRI Hall & Learning Garden**

18 - 20 Queens Parade, Traralgon

### **Latrobe Valley Physiotherapy Group**

LVPG

9 Breed Street, Traralgon



*find yourself here*



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## **We Make Learning Fun**

**We want to hear your ideas and suggestions**

**Do you have an idea for a class or workshop?**

**Do you have a skill you would like to share?**

**Do you know someone else who could teach a new skill?**

**We would love to hear your ideas and suggestions for new courses or workshops. Give us a call on 5174 6199**

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