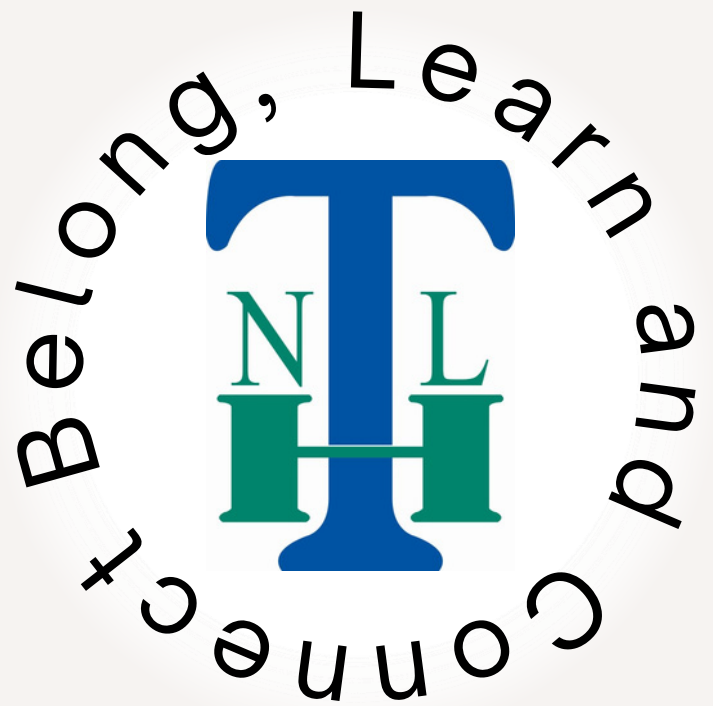




Traralgon Neighbourhood Learning House

TERM 3 - PROGRAM 2026

Monday July 13th to Friday 18th September 2026

Office hours:

Monday to Friday
9am to 4pm

11 - 13 Breed Street, Traralgon
in the Kath Teychenne Centre
(opposite Subway)

Phone: 5174 6199
email: admin@tnlh.org.au

Follow us on Facebook

@TraralgonNeighbourhoodLearningHouse



Families,
Fairness and
Housing





**Join a FREE Program and capture valuable memories
through creativity in a connected environment**

Where: Traralgon Neighbourhood House

When: Term 3 - From 20th July

Mondays 930am - 1130am

All Materials Supplied

Book now! Ph: 5174 6199 admin@tnlh.org.au

MONDAY

9:30am - 11:30am

NEW! The Remember Me Project - Capture your memories using various crafting mediums, materials supplied. **No Cost - Funded from SAIG**

9:30am-11:30am
12:00pm-2:00pm

Digital Essentials Level 1 & Level 2 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.

Subsidised by 'Learn Local' \$5 per class or \$55 for 14 weeks

1pm - 3pm

Creative Writing Social Group Join a welcoming group of people who enjoy writing who come together to share ideas, encourage one another, and enjoy the creative process. Whether you write stories, memoirs, poetry, or simply want to put pen to paper, all experience levels are welcome.

Gold Coin Donation

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

AUSLAN - Beginners and Intermediate - Learn with Peter Adams who has taught at the House for over 20 years, learn language and about Deaf culture. **10 week term. Cost \$250 Adults, \$150 Children**

6:00pm - 8:00pm

French - Intermediate Level 2 Learn French in a fun and supportive environment, building your confidence in speaking, listening and understanding the language at your own pace. **\$15 per class or \$130 for 10 week Term**

TUESDAY

9:00am - 11:00am

Poppy Creators - Knit and crochet and enjoy a cuppa among others who enjoy creating. Items created are donated to a local charity. Materials Supplied. **No Cost**

9:30am - 12:00pm

NEW! Community Cooking: Recipe for Success Gather with others to cook, build on your existing skills, and learn new ones in a friendly, supportive environment. Enjoy sharing a meal together or take some home, with extra portions prepared to support local food relief agencies in our community. **No Cost - Sponsored by Loy Yang B**

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

Yoga - Join a welcoming class designed to improve strength, flexibility and relaxation with Heather **\$15 per class or \$117 for 9wk Term**
Classes Held at LV Masonic Centre 8 Oswald Street, Traralgon

1:00pm - 3:00pm

Sewing - Whether you're a beginner or experienced sewer, enjoy a supportive space to learn, create and connect. **\$15 per class or \$130 for 10 week Term**

WEDNESDAY

9am - 11am

Crochet and Knitting - Learn the basics or advance your existing skills in a friendly and supportive environment. **\$15 per class or \$130 for 10 wk Term**

9:30am -
10:45am

Yoga - Join a welcoming class designed to improve strength, flexibility and relaxation (resumes Week 2) with Heather **\$15 per class or \$117 for 9wk Term**
Classes Held at LV Masonic Centre 8 Oswald Street, Traralgon

12:00pm -
2:00pm

Grief Group Peer Support (Last Wednesday of each month) A compassionate and confidential space where people experiencing loss can connect with others, share their journey, and find support at their own pace - **No Cost**

1pm - 3:30pm

Cancer Peer Support Group (Monthly) Gather together over real Chai tea. Facilitated by Neami National - **No Cost**

12:30pm -
3:30pm

Latrobe Valley Spinning and Weaving Club - A friendly and creative group where all skill levels are welcome to explore spinning and weaving, share ideas, and learn from experienced makers in a supportive environment.
Contact email is ianbev@gmail.com

2:30pm - 3:30pm

Tai Chi - Enjoy the calming practice of Tai Chi while improving balance, movement and overall wellbeing in a supportive environment.
\$15 per class or \$130 for 10 week Term

4:30pm - 6:30pm

French - Intermediate Level 2 Learn French in a fun and supportive environment, building your confidence in speaking, listening and understanding the language at your own pace. **\$15 per class or \$130 for 10 week Term**

5:30pm - 6:45pm

Yoga - Join a welcoming class designed to improve strength, flexibility and relaxation with Jeni. **\$15 per class or \$130 for 10 week Term**
Classes Held at LV Masonic Centre 8 Oswald Street, Traralgon

THURSDAY

9:30am-11:30am

Social Craft - a welcoming group for all abilities to connect and create. Bring your own project or use our supplies to try something new - **Gold Coin Donation**

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

Yoga - Join a welcoming class designed to improve strength, flexibility and relaxation with Jeni **\$15 class or \$130 for 10 week Term**
Classes Held at LV Masonic Centre 8 Oswald Street, Traralgon

10:00am - 12:00pm

Art - Painting Class - Unleash your creativity with colour, brushstrokes and artistic expression. supplies provided **\$15 class or \$130 for 10 wk Term**

1:00pm - 4:00pm

Mosaics - Discover the relaxing art of mosaics and create something uniquely yours, guided by our experienced tutor **\$15 class or \$130 for 10 wk Term**

3:45pm - 5:30pm

Gippsland Children's Chior - GCC is a local choir for children aged 6 - 18 led by registered music teachers Caroline Crawford and Bek Warner.
Contact: gippslandchildrenschoir@gmail.com

FRIDAY

10:30am - 12:30pm

Creative Craft - Bring your own project to complete in company or learn something new with support. **\$15 class or \$130 for 10 wk Term**

11:30am - 2:30pm

Mosaics - Discover the relaxing art of mosaics and create something uniquely yours, guided by our experienced tutor
\$15 class or \$130 for 10 wk Term

7:30pm - 9:30pm

Alcoholics Anonymous - Simply drop-in or contact Sara for more information **0418 160 102**

SUNDAY

10:00am - 2:00pm

Dungeons & Dragons - Embark on epic adventures, create unforgettable characters, and explore fantastic worlds in a welcoming Dungeons & Dragons group for new and experienced players alike. **Gold Coin Donation**

2:00pm - 7:00pm

LV Boardgamers - Join for an afternoon of fun, strategy and social connection, new players and experienced gamers are always welcome - **Gold Coin Donation**

FEES

Weekly class fees are due prior to each class.
Term Fees are payable by the second week of term
(Term 3 - due by 24th July)

Get **20% OFF**
your rego



Apply for a registration rebate from
Monday 1 June to Friday 31 July and get
back up to \$186 per personal vehicle.

The Victorian Registration Rebate is only
available online through Services Victoria,
but we may be able to help.

Our volunteers are available to assist as well
as providing support with other online forms
and digital services you may need help with.

Contact Traralgon Neighbourhood Learning
House to book an appointment.
5174 6199



TECHNOLOGY OVERWHELMING YOU?



Digital Essentials
Enquire today.
Classes are subsidised
\$5 per class each or \$55.00
14 weeks Term



Need a hand with the app?
Visit the House



NEW WORKSHOP



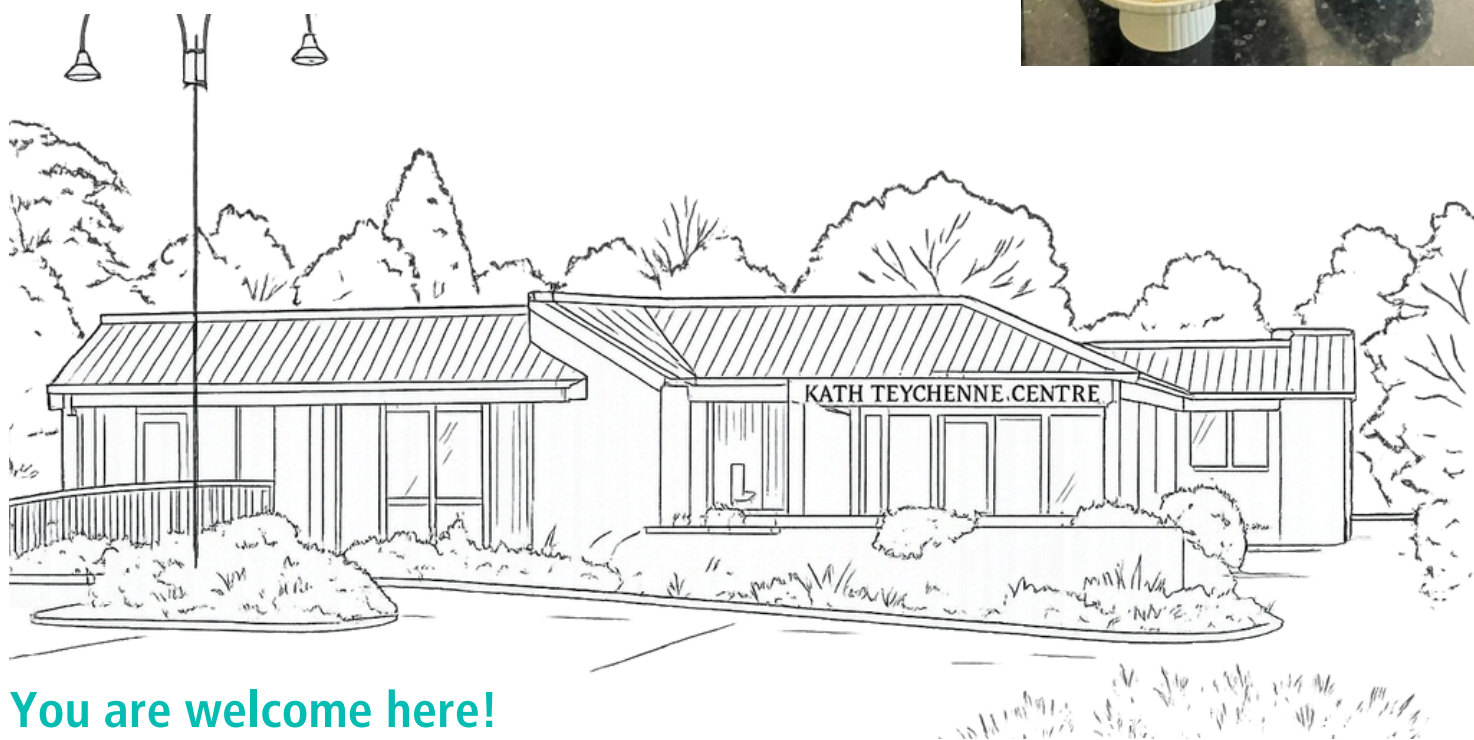
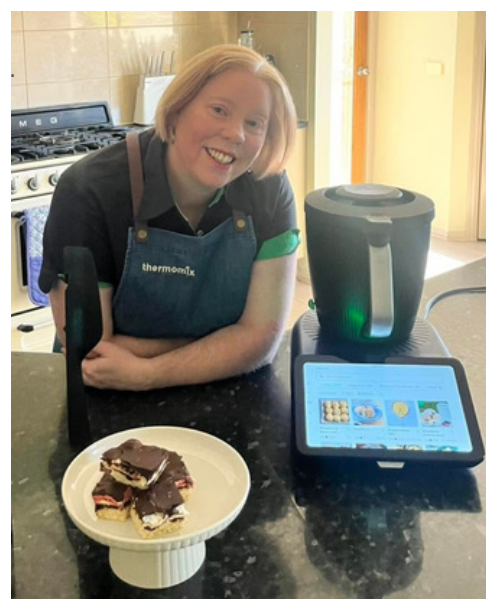
THERMOMIX TIPS AND TASTING WITH EIMEAR

Date: Monday August 24th
11am - 1pm \$15

Join Eimear McNelis for a practical, hands-on
session to get more from your Thermomix or thermal
cooker.

This is not a sales demonstration simply learn time-
saving tips, discover new ideas, ask questions and
enjoy some delicious food.

Suitable for existing Thermomix owners and users of
similar thermal appliances.



You are welcome here!

11-13 BREED STREET, TRARALGON (OPPOSITE SUBWAY)

Ph: 5174 6199 admin@tnlh.org.au