



Online SPRING 2020 Programs and Activities

WELCOME TO OUR SPRING PROGRAM

This has been a challenging and unique year so far. Although we have not been able to open our doors due to the restriction, know that we want to stay in touch, and we are here for you. This will pass and we look forward to having you walk through our door again.

Please note: Due to current COVID-19 restrictions all programs and activities for Spring will be conducted online via meetings on Zoom, unless otherwise stated.

SPANISH CUPPA ONLINE

Spanish for conversation

This is a Spanish Cuppa language program presented by Spanish Voyage. Come aboard "The experience of learning languages"!

Are you looking for an invigorating and enjoyable experience? Come and have a cuppa with us and be ready to have some fun. A Spanish Cuppa offers you plenty of opportunities to learn and practise the Spanish language. We provide a pleasurable experience by conducting games, group activities and musical experiences. We cover the basic vocabulary, useful expressions and some grammar to build your linguistic foundation. Come and embrace a passionate language and culture and have a great time while doing it.

Take up the opportunity to learn Spanish!

Thursdays 4.00-6.00pm from 8 October to 20 November

Cost: \$100 for 7 sessions

Bookings essential.

Enquiries: Please phone 0466 840 631 or email

 morningtoncommunityhouse@mornpen.vic.gov.au

SPANISH CUPPA – JUEGOS DE MEMORIA

Now's the time to get online

We invite seniors to get connected online and join us for a fun and relaxed introduction to Spanish lesson. Over a cuppa, you will make new friends, have a chat and laugh, exercise your memory, and learn some Spanish. We will introduce you to the resources of the BeConnected website and will demonstrate on the iPad how to download a Spanish language app and use free voice activated Spanish language apps. Also play a fun memory game in Spanish

Thursday 22 October at 11am

Cost: Free

Bookings essential.

Enquiries: Please phone 0466 840 631 or email

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PINS n NEEDLES ONLINE

A social group for those who knit, crochet, or sew - Beginner to advanced

Do you love to knit, crochet or sew but find you don't have anyone to share your passion with? Come and join our fun and friendly knitting, crochet and sewing group. Learn new skills and share your creative projects with others in a fun and relaxed social setting. Make new friends while creating items for your own use or to give to community groups such as KOGO (Knit One Give One) and other local support groups. Wool and patterns provided. Beginners welcome.

Wednesdays fortnightly 10am

No bookings required.

Enquiries and for Zoom link: Please phone


0466 840 631 or email

 morningtoncommunityhouse@mornpen.vic.gov.au

Please contact the Community Programs Coordinator if you are interested in facilitating programs or wish to volunteer your services.

9-11 Albert Street, Mornington

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Mornington COMMUNITY HOUSE



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LIVING HAPPY ONLINE

Mental Health - Peer Support Health Group

Suffering a mental illness can be a lonely journey. A space to talk freely without judgement. We do not focus solely on our "symptoms" - we are more than that. We are people first. Come and share who you are and your journey. Let's journey together.

Tuesdays 1.00-3.00pm

No bookings required.

Enquiries and for Zoom link: Please phone 0466 840 631 or email

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FEELING GROOVY ONLINE

Peer Support Group

Add an hour of joy to your week!

We are a group of community-minded people who embrace anyone who would like to spend time making music together. You do not need to play an instrument or sing. We welcome people who are experiencing mental health issues or know someone who has struggled.

Fridays at 3pm

Bookings essential.

Enquiries: Please phone 0466 840 631 or email

 morningtoncommunityhouse@mornpen.vic.gov.au

MIGHTY GOOD MEN ONLINE

A support & friendship group


This is a group for men examining their roles and the common problems that men face in 2020. If you feel alone, isolated or are wanting to change your behavior and find more positive ways of interacting with family and friends, come and share your experiences in a supportive and relaxed environment.

Thursdays 12.30pm

Please contact the Community Programs Coordinator if you are interested in facilitating programs or wish to volunteer your services.


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Meeting online via House Party. Contact Adam or Mornington Community House for details.

For more information: Adam 0407 884 859

 morningtoncommunityhouse@mornpen.vic.gov.au


BOOK CLUB ONLINE

NEW groups welcome

Have you always wanted to start or join a book club? It's an opportunity to get together, and have an enjoyable and meaningful discussion around books, diving a bit deeper into their content. If you enjoy reading, want to connect with others and have some fun at the same time, join us!

If you already have a book group but need some help setting up online meetings for your group – we can help. If you and a group of friends want to start a book group but not sure where to start, we can get you started. The Mornington Peninsula Library has ebooks and eaudiobooks available for simultaneous loan which means everyone in your group can download the same ebook title to their smartphone or device and start reading. Book groups are a wonderful way to stay connected, have some fun and share your reading with others.

Enquiries: Please phone 0466 840 631 or email

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COMPUTER HELP

FREE computer classes online

Learn the basics of getting online and being safe. Be Connected is an Australian government initiative helping you get the most out of the internet. The Be Connected website offers simple and easy to follow instructions for many topics including getting started online, safety and passwords, apps, online shopping, social media, iPads, smartphones and more. Topics can be completed at your own pace and are free – see BeConnected



Neighbourhood Houses
The heart of our community

Mornington COMMUNITY HOUSE



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One off help...

Do you need help using a computer for a task, e.g. setting up and using my.gov services, filling in an online form or downloading and saving a form or document from the internet?

We can assist you with a one-off session via Zoom.

Enquires please phone 0466 840 631 or email

 morningtoncommunityhouse@mornpen.vic.gov.au

VOLUNTEER FACILITATORS

Calling all local experts . . . we want you!

Is there a course that you would like to be involved in or do you have skills or experience in a subject? We are always looking for local people who have a skill or experience which could translate into an adult education course, workshop or community enterprise.

Get in touch if you have a passion and would like to share it with like-minded people or if you would like to support the Mornington Community House with your time and skills.

We would love to hear from you.

Please call 0466 840 631 or email

 morningtoncommunityhouse@mornpen.vic.gov.au

MCH MAILING LIST

Keep up to date with news, activities and events by joining the Mornington Community House mailing list.

To keep up-to-date with our latest news and events email us to be added to our mailing list.

 morningtoncommunityhouse@mornpen.vic.gov.au

Follow us on Facebook


 [Facebook.com/morningtoncommunityhouse](https://www.facebook.com/morningtoncommunityhouse)

**The Mornington Community House
Community programs are supported by the
Mornington Peninsula Shire and Department
of Health & Human Services through the
Neighbourhood House Coordination Program.**

**Please contact the Community Programs
Coordinator if you are interested in facilitating
programs or wish to volunteer your services.**

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Neighbourhood Houses
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