

Saturdays

Meditation

18 July–12 September

NEW

Time: 9.30am–10.30am Cost: \$10 a session, \$90 for 9 week term.

Join Michelle from Golden Thread Holistic Healing for an hour of meditation, ready for the weekend.

Sessions

History Walk - Old Lilydale Cemetery

6 August

Time: 10am–12pm Cost: \$15

Meet: Lilydale Lawn Cemetery, main entrance Victoria Rd (Nelson Rd corner) Note: There is quite a bit of uphill walking during the tour

Join the Lilydale & District Historical Society for a walk through the old Lilydale Cemetery. Hear the remarkable stories of those laid to rest there. You'll discover:

- A Gallipoli hero
- Early settlers and the Swiss wine connection
- A member of the Age newspaper family
- The founder of Cave Hill Quarry
- The funeral that stopped the nation and made headlines around the world. A history book will also be provided.

Potting Up for Wellbeing – Women's Health Week

Monday 7 September

Join Thomas from Bunnings Lilydale to pot up and discuss how gardening can improve your mental health.

Time: 1–3pm Cost: Free

Talking Cafe

Wednesdays @ Hendriks, 54 John St, Lilydale

Do you feel lonely sometimes? Would you like to have a cuppa, chat and a laugh with someone? Why not join Janice and others at the "Talking Cafe" at 2–3pm.



Bookings and/or Expressions of Interest for activities can be made at: www.lilydalech.org.au following the link on the applicable course. OR call us on 7036 6813



Lilydale Community House acknowledges the support we receive from DFFH and Yarra Ranges Council



LILYDALE COMMUNITY HOUSE



Office hours:

Monday, Tuesday, Thursday – 9am–4pm
Wednesday – 10am–3pm, Friday – Closed

Contact us:

7 Hardy Street Lilydale

Phone: 7036 6813

Email: enquiries@lilydalech.org.au

Website: www.lilydalech.org.au

Term 3 2026

Offering welcoming and affordable opportunities for social connection and lifelong learning.

We acknowledge the Wurundjeri People of the Kulin Nation, who are the Traditional Custodians of the land where we work, and we pay our respects to their Elders past and present.

Mondays

Paint, Draw, Create, Explore

13 July–14 September

Time: 10.30am–12.30pm **Cost:** Gold Coin Donation

Have a dabble in painting, drawing, collage or mindful colouring in a relaxed, non judgemental space.

Soup & Stories

13 July–14 September

Time: 11am–1pm **Cost:** Free

Join others to learn to make a different soup each week and enjoy a chat while eating together. Recipes are provided to replicate at home if requested.

Creative Arts (4 weeks)

20 July–10 August

Time: 1-3pm **Cost:** \$100

Join Leigh to paint with acrylics or her popular oil painting.

Tuesdays

Ability Cooking

21 July–25 August 6 weeks

Time: 11-1pm **Cost:** Free

This cooking program is specifically for people with a disability. Jenine will be teaching people how to cook or how to improve their cooking skills. A support worker may be required to accompany a client. **Very limited places available.** Please call us on 7036 6813. Funded by the Mt Evelyn Community Bank.

NEW

Open Forum 5th August - details coming soon!

Table Tennis

14 July–15 September

Time: 1–3pm **Cost:** Gold coin donation

Have you ever wanted to try table tennis? Why not give it a go? We have 2 tables and a welcoming and friendly group of players!

Pop Pilates

14 July–15 September

Time: 6.30-7.30pm

An upbeat full-body toning session with easy to follow moves and fun music. The same Pilates you know and love, just reinvented - a dance on a mat.

Contact Unleashed Fitness directly on 0457 008 627 for details.

Wednesdays

Nervous System Workshops

26 August or 16 September

Time: 7-8.30pm **Cost:** \$10 each session

An introduction to breathwork and meditation. In this session you will be provided a work book, where we will openly discuss the nervous system and how to play around with natural modalities to ensure relaxation. The first 30 minutes will be educational, with the following hour diving into practical breathwork and meditation.

Please expect to lay down during your practical session. Bring a yoga mat, blanket and pillows; the floor can be hard, so bring anything you may need to be comfortable. Chairs are available if needed.

Thursdays

Step & Connect Women's Social Walks

16 July–17 September

Time: 9.30–11am **Cost:** Free

This weekly walk welcomes women to join a relaxed walk

around the area followed by a cuppa back at the House. Meet at Lilydale Community House. Group leaves 9.30am sharp.

Cooking Together (5 weeks)

30 July, 6, 13, 20, 27 August

Time: 11am–1pm **Cost:** \$50

Join Sarah to learn how to cook easily for just one person. Make the meals each week, and together eat what you have created. Recipes supplied to take home.

The Singing Circle

16 July–17 September

Time: 1.30–3pm **Cost:** \$10 a session *pay on the day*

Join Barb for singing and laughter each week and experience the joy of singing just because you want to!

Fridays

Exercise for Older Adults (Class 1)

17 July–18 September

Time: 10–10.45am

Cost: \$100 for 10 weeks/\$10 a session.

Join Abi in this 45 minute session for older adults to strengthen your body through the right exercise.

Exercise for Older Adults (Class 2)

17 July–18 September

Time: 11–11.45pm

Cost: \$100 for 10 weeks/\$10 a session.

Join Abi in this 45 minute session for older adults to strengthen your body through the right exercise.

