

Saturdays

Meditation

17 October–12 December

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.

Nervous System Workshops

17 October–12 December

Time: 11.30-12.30pm Cost: \$10 each session, \$90 for 9 week term.

An introduction to breathwork and meditation. Please expect to lay down during this 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.

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.



Keep a look out for more activities throughout the term! Join our mailing list or follow us on Facebook



WE WILL BE STARTING THE TERM A WEEK LATE DUE TO OUR MOVE TO THE OLD LILYDALE TRAIN STATION FROM TERM 4!

COME IN AND VISIT OUR NEW PREMISES AND CHECK OUT WHAT WE HAVE ON!

We are also looking for volunteers at our new home, so if you have a few hours spare and would like to be involved with us, let us know.

If you are interested in running a class, course or a group, please contact us for a chat!

PARKING: Old Station carpark, the footy oval across from the station, in the service lane on Main Street

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:

Phone: 7036 6813

Email: enquiries@lilydalech.org.au

Website: www.lilydalech.org.au

WE HAVE MOVED!

99 Main St Lilydale
OLD LILYDALE TRAIN STATION

Term 4 2026

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

12 October–14 December

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

12 October–14 December

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)

19 October–9 November

Time: 1–3pm **Cost:** \$100

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

Watercolour Level 2

Expressions of Interest for Term 1 next year are open. If you are interested in Watercolour classes next year, please let us know.

Tuesdays

Ability Cooking

10 November–15 December 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.

Table Tennis

13 October–15 December (no session 3/11)

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

13 October–15 December (no session 3/11)

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

EACH – Budgeting and Financial Literacy

25 November

Time: 11am–12.15pm **Cost:** FREE

• What is Financial Wellbeing • Learn how to create, adjust, and stick to a budget • Different budgeting methods • What are your money attitudes • Needs vs Wants – Setting spending priorities • When to adjust the budget • Setting saving goals / SMART Goals using the budget • Extra tips, wrap up & takeaways This session is general information only.

Thursdays

Step & Connect Women's Social Walks

15 October–17 December

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.

Cooking Together (5 weeks)

October 22, 29, November 5, 12, 19

Time: 11am–1pm **Cost:** \$50

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

The Singing Circle

15 October–17 December

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)

16 October–18 December

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)

16 October–18 December

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.

Table Tennis

16 October–18 December

Time: 2–4pm **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!