



NEIGHBOURHOOD HOUSE WEEK

8 - 14
MAY 23

Locals connecting Locals

You are invited to come along to the Leopold Community & Learning Centre and try any of our courses for free to celebrate Neighbourhood House Week: 8th May – 14th May.

Please call ahead to confirm your place on 52501301 or email:

info@leopoldcommunitycentre.com.au.

Whether it be our Art Group, Craft Group, Canasta, Scrabble or even Table Tennis, you are very welcome!

A full list of our programs can be found in our Term Guide (see over) or on our website:

www.leopoldcommunitycentre.com.au



KEEPING CONNECTED

Welcome to the 43rd edition of Leopold BUZZ. You can view or download all issues of the newsletter on our website: www.leopoldcommunitycentre.com.au or email: info@leopoldcommunitycentre.com.au

OFFICE HOURS: Monday-Thursday 9.00 – 4.00



LEOPOLD
COMMUNITY &
LEARNING CENTRE

COURSE GUIDE TERM 2, 2023



WORKSHOPS

WISER DRIVER

Refresher course for responsible older drivers.
4 Sessions x 2 hours over 4 weeks
Cost: Free
Monday 1, 8, 15 & 22 May
12.30 – 2.30 p.m.

SAFE SEATS SAFE KIDS

Child car restraint fitting or safety check. Bookings made on-line.
Cost: Free
Thursday 11 May 10.00 – 12.00

LIVING HEALTHY & WELL

Designed to give information on how to live healthy and well with practical steps.
Cost: Free
Workshop 1
Wednesday 24 May 10.00
Workshop 2
Wednesday 28th June 10.00

SPECIAL COMMUNITY EVENT 8-14 MAY

Come along to the Centre and try any course or courses for free during Neighbourhood House week. Just call 52501301 or email info@leopoldcommunitycentre.com.au ahead to confirm your place. A full list of our programs can be found at www.leopoldcommunitycentre.com.au.



INTEREST/SOCIAL GROUPS

'SING OUT STRONG' COMMUNITY CHOIR

The Choir meets once a week during school terms and is for everyone who loves to sing, whether you're a complete beginner or a regular performer.
Cost: Free
Tuesdays 2.00 – 3.00 p.m.

SCRABBLE

Meeting weekly, Scrabble is an all-round great choice game to play.
Cost: \$5.00 includes cuppa
Wednesdays 1.00 p.m.

CANASTA

Combines partnership play with point-scoring, come along and meet new friends.
Cost: \$ 5.00 includes cuppa
Tuesdays 1.00 p.m.

GENEALOGY

Mark will equip you with the tools to discover your family history.
Cost: \$5.00 includes cuppa
First & Third Monday 10.00a.m.

CRAFT WORKSHOPS

Held on the third Thursday of each month with different crafts being taught each month. Cost depends on the class and materials involved.
Thursday 18 May 10.00-12.00
Thursday 15 June 10.00-12.00

ARTS AND CRAFTS

LEOPOLD ART GROUP

This group meets weekly to share ideas with some instruction available.
Cost: \$5.00 includes a cuppa
Wednesdays 9.30am – 12.00pm

IN STITCHES CRAFT GROUP

If you have a project you are working on and would like a chat over a cuppa, why not join this friendly group.
Cost: \$5.00 includes a cuppa
Tuesdays 9.00am-12.30pm
Thursdays 9.00am-12.00pm
No morning class on 3rd Thursday
12.00pm-3.00pm
No afternoon class on 1st Thursday

GARDEN CLUB

Group leader Dimitrij has a wealth of knowledge to share and free plants are available as well.
Cost: \$5.00 includes cuppa
Third Monday 1.00 p.m.

BOOK CLUB

Meets monthly, spaces are limited due to the number of group books available.
Cost: \$ 5.00 includes cuppa
First Thursday 1.30 p.m.



'HIT AND MISS' SOCIAL TABLE TENNIS

Enjoy a fun game of table tennis and make some new friends.
Cost: \$5.00 includes cuppa
Thursdays 10.30 a.m.

WRITING LINES

Meets once a month and is led by June Alexander who is a published author.
Cost: \$5.00 includes cuppa
First Wednesday 1.00 p.m.



FITNESS AND WELLBEING

WEIGHTS & BALANCE

Held weekly during school term this class uses interval and circuit style training to build muscular strength.
Cost: \$10.00 per class or \$ 8.00 per class per term
Wednesdays 1.00pm-2.00pm

CORE & MORE

Held weekly during school term focusing on core and postural strength using Swiss-balls and chair exercises.
Cost: \$10.00 per class or \$ 8.00 per class per term
Thursdays 9.15am-10.15am



WALKING GROUP

Meets weekly at different locations across the Bellarine Peninsula and Geelong areas.
Cost: \$5.00 annual registration
Mondays 10.00 a.m.

TECHNOLOGY

TECH ASSIST

One-on-one assistance
Tristan will help you troubleshoot those one-off problems that you may be having with your phone, tablet, online form or laptop.
Cost: \$10 – 30 min appointment
Monday-Thursday
Bookings are essential.

TECH ASSIST - PLUS

With thanks to the Community Bank Leopold, we are offering, for a limited time, free consultations.
To be eligible, you will need to hold a pension/concession card.

SERVICES

DOCUMENT SIGNING

Justice of the Peace is available to witness signatures of official documents.
Cost: Free
First Thursday 1.00 – 2.30
By appointment every other Thursday.



POWER SAVING BONUS

The Victorian Government has announced a new Power Saving Bonus of \$250.
If you need help in applying for the bonus, feel free to call us on 52501301 to book an appointment. Cost: Free



TRAVEL PASS

Helping Vulnerable Victorians Stay Connected: The Department of Transport and Planning has introduced 1-Day, 7-Day, and 30-Day Travel Pass tickets to help disadvantaged Victorians access public transport for vital services and community engagement. These tickets are available to approved community service organisations and education providers, who can issue them to their clients and students free of charge.

Travel Pass tickets can be used on all PTV contracted services throughout Victoria. Please note that previous versions of the Travel Pass with 2023 expiry dates are now valid for travel across Victoria. More information can be found here:
<https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/>



The \$250 Power Saving Bonus is a one-off payment for Victorian households to help ease cost-of-living pressures. We can help you apply! Phone us on 52501301

LIVING HEALTHY AND WELL PROGRAM

Mel Bald
the Passionate Nutritionist



Session 1: Wednesday 24th May - 10.00 a.m. EATING FOR OPTIMAL ENERGY

What and when we eat has a huge effect on our energy levels.

In this session you will learn:

- What macronutrients are and their role in energy
- How to balance your plate for optimal energy
- Which are the key micronutrients for energy and where you find them
- The things that can interfere with extracting energy from your food
- Tips on how to eat so you sleep better and wake refreshed

Session 2: Wednesday 28th June - 10.00 a.m. NAVIGATING FOOD LABELS

Navigating the supermarket can be tricky. In this session you will learn:

- How to read food labels like a pro to make shopping for your health easier
- Learn the sneaky marketing tricks to watch out for
- How to save money at the supermarket.

Leopold Community & Learning Centre
Level 1, 31-39 Kensington Road, Leopold

Bookings are essential - Phone: 0352501301

Session 3: July Pantry Planning
Session 4: August Nourish your Gut



'Sing Out Strong' Community Choir

**Tuesday
afternoons**

2.00-3.00 pm

**During
school terms**

*It doesn't
matter if you
are a beginner
or a regular
performer we
would be
delighted to
hear from you!*

Bendigo Bank

Community Bank
Leopold



For more information phone us
on 52501301



Leopold Community &
Learning Centre

Bookmark Workshop



- Two or three different styles
- Great gift for Grandmas, Grandpas, Aunts, Uncles and children
- Wonderful range of fabrics
- Make as many as you like

**Thursday 18th May
10.00 a.m.**

Cost: \$15.00

Includes all materials

**BOOKINGS
ESSENTIAL**

Phone: 0352501301



IS YOUR CHILD TRAVELLING SAFELY?

**FREE CHILD CAR RESTRAINT FITTINGS
& SAFETY CHECKS**

Leopold Community & Learning Centre, Leopold on
Monday 10 October 2022 between 10.00am - 2.00pm
To book go to: www.safeseatssafekids.com.au



Leopold Community & Learning Centre
invites local parents and carers to book in
for a FREE child car restraint fitting or
safety check.

WHERE: 31-39 Kensington Road Leopold

WHEN: Thursday 11th May

HOW: Book on-line

<https://safeseatssafekids.com.au/venues>

Professional fitters will inspect child car seats to
make sure they're installed and being used
correctly. Parents and carers will also be provided
with information on how to check if their precious
cargo is travelling safely.

TRISTAN'S TECH TIPS

Opinion Article

Third Party Phone Charging Cables

There is no denying that third party charging cables are cheaper on average than the branded ones, but should I be buying them?

The short answer is as long as it's not too cheap, then feel free to use. But what should you look out for and avoid?

Any cheap product like a charging cable from the two-dollar store seems convenient but they may actually be harmful to your device. The quality control of these ultra-cheap cables can be questionable and things such as voltage, insulation and safety controls may be suspect. They also won't be able to "fast charge" so expect long wait times on your charges. In extreme cases these cables can damage your battery and cause you headaches in the long run.

So, what kind of cables should you buy? Brands like "Belkin" are expensive but are of exceptional quality. They are thick, insulated and work fast and reliably. Other brands in that price bracket are also high quality and offer similar or better quality than official cables often for cheaper prices.

"Energiser" brand cables are sold at supermarkets and go on sale often for 30-50% off their Recommended Retail Price. These are also higher quality, though not as good as Belkin and if bought on sale are an absolute bargain for a long-lasting reliable cable.

Finally for acceptable quality cables you can look at "Amazon Basics". As the name suggests it's a basic cable that is supposed to work well for a cheap price.

Leopold Garden Club



The April meeting of the Leopold Garden Club involved the attendees learning to sharpen their gardening tools. In particular secateurs, both styles.

Time was also spent on the various methods that could be used but the simplest was the honing/sharpening tool.

Other aspects of tool maintenance were also discussed from cleaning to sterilizing between plants being pruned.

Plant seedlings and bulbs were also available: Lilliums, daffodils and gladioli bulbs, lettuce seedlings and a range of plants including ginger, lemongrass and even swan bushes.

All this and a chance to ask your gardening questions are possible by coming along to the Leopold Community Centre on the third Monday of each month at 1.00 p.m.

Next meeting – 15th May 2023

Dimitrij Betz
Garden Club Co-ordinator

