

BALWYN COMMUNITY CENTRE

Languages
Health & Wellbeing
Arts & Crafts
Technology & Workskills
Special Interest
Child Care

Term
3 & 4
2016



Community Venture - Vegie Swap

Swap the excess from your garden with your neighbours.

All produce welcome including herbs, eggs, fruit, vegetables, honey, seedlings, flowers, compost or manure.

Third Sunday of each month from 9am:
17 July
21 August
18 September
16 October
20 November and
18 December.



Term already started? Many of our courses are able to be started mid term.

Call us to find out whether your interest is one of them!

5 Steps to a Work/Life Balance

Feel as if you don't have work/life balance? Learn how to identify your priorities, be progress-focussed, set boundaries, cultivate friendships and the end result will be a healthier and more meaningful work/life balance. The course is run by Dr. Bruce Wells, author of "Happiness Anywhere Anytime".

Tuesday 26 July
9.30am – 12.30pm \$50
(1 session)

Declutter & Downsize Your House Workshop

Learn practical tips to get ready to downsize your home – where to start and what positive steps to take.

Friday 9 September
9.30am – 12noon \$40 (1 session)

French Polishing and Furniture Restoration

Join this hands-on group and give a piece of furniture a second lease of life using traditional French Polishing methods. No experience required.

Wed 12.30pm – 3.30pm
Term 3 from 13 Jul \$273 (9wks)
Term 4 from 5 Oct \$273 (9wks)

Thu 9.15am – 11.45am
Term 3 from 14 Jul \$227 (9wks)
Term 4 from 6 Oct \$227 (9wks)

Thu 12.30pm – 3.30pm
Term 3 from 14 Jul \$273 (9wks)
Term 4 from 6 Oct \$273 (9wks)

Thu 7.30pm – 9.30pm
Term 3 from 14 Jul \$197 (9wks)
Term 4 from 6 Oct \$197 (9wks)

Grow Your Own Vegetables

Learn how to grow your own vegetables and keep your plants healthy and vigorous.

Mon 10am – 12pm
Term 3 from 15 Aug \$120 (5wks)

Gourmet Christmas Goodies

Learn to make a selection of delicious Christmas goodies – perfect for presents. Take home recipes and samples of all items cooked and learn how to wrap them all beautifully. These courses are always some of our most popular! Includes lunch, morning tea and a glass of champagne.

Friday 11 November
10am – 3pm \$95 (1 session)

Happiness in Retirement

Guarantee your happiness in retirement! Learn how to: stay motivated during retirement; remain physically healthy; remain mentally sharp; maintain an optimistic and sunny outlook; remain young at heart; and remain socially active. The course is run by Dr. Bruce Wells, author of "Happiness Anywhere Anytime".

Saturday 10 September
12pm – 3pm \$50 (1 session)

Laughter - the Best Medicine!

Is Laughter the best medicine? Come along and learn how a unique form of laughter is not only fun and good exercise but has an impressive list of scientifically proven mental, physical and emotional health benefits. Learn how to harness the power of laughter today!

Monday 1 August
7.30pm – 8.30pm FREE (1 session)

Located in a beautiful bushland setting, Balwyn Community Centre is a place to learn, grow, belong and escape. We offer a huge variety of courses and activities; a fully accredited childcare facility; light and airy function venue; tennis courts and a community garden.

& more...

Languages

Italian Beginners

Like to learn Italian? Start your grammar and language journey of this beautiful language. Suitable for beginners.

Mon 1pm- 3pm

Term 3 from 11 Jul \$180 (9wks)

Term 4 from 3 Oct \$180 (9wks)

Italian for Advanced Beginners

Develop basic grammar, conversation and comprehension of the Italian language. Assumes 12 months previous tuition.

Thu 1pm – 3pm

Term 3 from 14 Jul \$180 (9wks)

Term 4 from 6 Oct \$180 (9wks)

Italian Intermediate

Join this bright and bubbly class with Carmela to continue to build on your language skills with more challenging written and oral Italian. Assumes two years previous experience.

Fri 9.15am – 11.15am

Term 3 from 15 Jul \$180 (9wks)

Term 4 from 7 Oct \$180 (9wks)

Italian Conversation (Intermediate)

Challenge & develop your Italian language skills. Assumes three years previous experience.

Fri 11.30am – 1pm

Term 3 from 15 Jul \$135 (9wks)

Term 4 from 7 Oct \$135 (9wks)

Italian Conversation (Advanced)

Conducted completely in Italian, this class will enable students to grow their grammar and vocabulary. Assumes 3 – 4 years previous experience.

Fri 1.30pm – 3pm

Term 3 from 15 Jul \$135 (9wks)

Term 4 from 7 Oct \$135 (9wks)

French Beginners

Wed 7pm- 9pm

Term 3 from 13 Jul \$180 (9wks)

Term 4 from 5 Oct \$180 (9wks)

French for Advanced Beginners

Continue your language journey with our French tutor, Marie Baker, and establish an understanding of the grammar and the spoken language in this lively class. Assumes 12 months previous experience.

Wed 1pm – 3pm

Term 3 from 13 Jul \$180 (9wks)

Term 4 from 5 Oct \$180 (9wks)

French Intermediate

Challenge your grammar and language skills in this entertaining class which builds upon your previous knowledge. Assumes 2 years experience.

Thu 7.30pm – 9.30pm

Term 3 from 14 Jul \$180 (9wks)

Term 4 from 6 Oct \$180 (9wks)

French for Advanced Intermediate

Join this engaging intermediate French class and begin to challenge yourself with more complex reading comprehension, grammar and oral skills. Assumes 3 years experience.

Wed 10am – 12noon

Term 3 from 13 Jul \$180 (9wks)

Term 4 from 5 Oct \$180 (9wks)

Thu 10am – 12noon

Term 3 from 14 Jul \$180 (9wks)

Term 4 from 6 Oct \$180 (9wks)

French (For Year 11 Students)

Improve your French grammar and conversation and give yourself an advantage towards preparing for your VCE year.

Wed 4pm – 5.30pm

Term 3 from 13 Jul \$140 (9wks)

Term 4 from 5 Oct \$93 (6wks)

German Beginners

Interested in learning German? Learn basic sentence structures and acquire helpful cultural tips. Includes topics such as meeting people; talking about yourself and your interests; food; sightseeing; asking directions and shopping.

Wed 1pm – 3pm

Term 3 from 13 Jul \$180 (9wks)

Term 4 from 5 Oct \$180 (9wks)

German for Advanced Beginners

Assumes 12 months previous experience.

Wed 7pm – 9pm

Term 3 from 13 Jul \$180 (9wks)

Term 4 from 5 Oct \$180 (9wks)

“Gordon’s drawing classes are always challenging, interesting and fun. He allows for individual creativity while gently getting the best out of each students. Thanks to Gordon, Wednesday mornings are a highlight of my week!”

Jo Callegari

**Term
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2016**

“I have learnt a lot about furniture restoration and (French) polishing. Transforming my pieces under Robert’s expert guidance has been deeply satisfying.”

Sue Pitt,
French Polishing student

Technology & Workskills

iPad and Tablets

Got an iPad or Tablet but don’t feel like you’re making the most of it? This friendly course will give you the confidence to move beyond emailing and really learn how to use your Ipad or Tablet. Course requires you to bring your own ipad or Tablet to the class.

Mon 10am – 12pm

Term 3 from 18 Jul \$100 (5wks)

Term 4 from 10 Oct \$100 (5wks)

Laptops for Beginners

Learn the basics of your computer! Learn how to create a word document and upload photos, internet and emailing, file management, printing and more. Window 7, 8 or 10 is fine.

Fri 10am – 12pm

Term 3 from 22 Jul \$100 (5wks)

Term 4 from 14 Oct \$100 (5wks)

Google and Emailing

‘Just Google It!’ How often have you heard this?

Learn and practice accessing the internet and emailing in this interactive class.

Mon 10am – 12pm

Term 3 from 22 Aug \$65 (3wks)

Setting up your Facebook Page

Completely new to Facebook and like to set up an account? Must have an email address (if no email address do the Google and Emailing Course first). Learn how to develop your profile and upload a photo, find friends and interest groups, and find out about privacy settings and security. Suitable for iPads or laptops.

Fri 9.30pm – 12pm

Term 3: 26 Aug

\$40 (Non-members), \$30 (Members) (1 workshop)

Term 4: 18 Nov

\$40 (Non-members), \$30 (Members) (1 workshop)

Learning to Use Facebook

Got a Facebook account but like to learn how to write posts, private messages and both view and share photos? Then this workshop is for you.

Fri 9.30am – 12pm

Term 3: 2 Sep

\$40 (Non-members), \$30 (Members) (1 workshop)

Term 4: 25 Nov

\$40 (Non-members), \$30 (Members) (1 workshop)

Term already started? Many of our courses are able to be started mid term. Call us to find out whether your interest is one of them!

Health&Wellbeing

Fit for You - Early Morning Fitness Sessions

Join this early morning small group exercise class for an all body and cardio workout with our fitness trainer Robin. Suitable for all ages and fitness levels. Work at your own pace as you move from activity to activity.

Tue or Thu 6.15am – 7am

Term 3 from 12 Jul \$100 (10wks)

Term 4 from 4 Oct \$110 (11wks)

Tai Chi/Qi Gong

Improve your health and vitality with the gentle exercises of Tai Chi combined with Qi Gong breathing techniques.

Tue 10.30am – 11.30am

Term 3 from 12 Jul \$138 (10wks)

Term 4 from 4 Oct \$138 (10wks)

Yoga

Join one of our gentle Hatha Yoga classes incorporating breathing techniques, relaxation and meditation to help get back in touch with your body.

Mon 9.30am – 10.30am

Term 3 from 11 Jul \$138 (10wks)

Term 4 from 3 Oct \$138 (10wks)

Thu 7.00pm – 8.15pm

Term 3 from 14 Jul \$138 (10wks)

Term 4 from 6 Oct \$152 (11wks)

Fri 6.15am – 7.30am

Term 3 from 15 Jul \$138 (10wks)

Term 4 from 7 Oct \$152 (11wks)

Chair Yoga

This specially designed yoga program is for people with mobility issues and utilises a chair rather than the floor mat. Yoga exercises work to develop core strength, improve balance as well as providing techniques for relaxation without floor work.

Mon 10.45am – 11.45am

Term 3 from 11 Jul \$138 (10wks)

Term 4 from 3 Oct \$138 (10wks)

Exercise Classes

Choose from a dynamic Hi/Low exercise class incorporating aerobics (9.15am) or a Stretch & Strengthen class (10.30am & 7pm).

Stretch & Strengthen

Mon 7pm – 8pm

Term 3 from 11 Jul \$135 (10wks)

Term 4 from 3 Oct \$135 (10wks)

Thu 10.30am – 11.30am

Term 3 from 14 Jul \$135 (10wks)

Term 4 from 6 Oct \$149 (11wks)

“A wonderful class that stretches us appropriately – always checking that we are doing the exercises correctly. I have been doing this class for 7 years. Carmela always takes into account anyone’s injuries and gives options. A class I will do as long as I can.”

Carol McAllister
Stretch & Strengthen student

Hi/Low

Thu 9.15am – 10.15am

Term 3 from 14 Jul \$135 (10wks)

Term 4 from 6 Oct \$149 (11wks)

Pilates

This fitness class run by our instructor Bill Humphries will help improve your core strength and body tone whilst developing a balanced body to relieve tension and fatigue using Pilates techniques.

Tue 9.15am – 10.15am

Term 3 from 12 Jul \$138 (10wks)

Term 4 from 4 Oct \$138 (10wks)

Balance Back to Exercise

This new class designed for older adults, 50 plus, will help improve core strength, balance and flexibility using weights, resistance bands and stretching techniques. Ideal for those developing their base fitness.

Wed 2.15pm – 3.15pm or

3.15pm – 4.15pm

Term 3 from 13 Jul \$138 (10wks)

Term 4 from 5 Oct \$152 (11wks)

Zumba Gold

Try this fun Latin inspired dance-fitness class designed for active, older adults. Get fit with easy to follow, low impact dance steps with our Zumba instructor, Meredith.

Wed 6.30pm – 7.15pm

Term 3 from 13 Jul \$110 (10wks)

Term 4 from 5 Oct \$121 (11wks)

Meditation

Let go of stress and tension and move towards an experience of wellbeing and calm. Class includes some relaxation, breathing and visualisation. No meditation experience is needed.

Wed 7.30pm – 8.30pm

Term 3 from 3 Aug \$97 (7wks)

Term 4 from 5 Oct \$138 (10wks)

Tennis

Casual tennis court hire is available throughout the week, Monday to Friday. Weekend court usage is available for members only.

Court Hire: Mon to Fri 9am – 4pm

\$10 per hour. Annual memberships

are available for year round court

usage for \$200.

Child Care

Our excellent accredited child care service offers your child the opportunity to realise their potential in a small, warm, safe and caring family centred environment. Child care is available for children six weeks up to primary school age for up to 15 hours per week.

Child care commences **Monday 11 July (Term 3) and 3 October (Term 4).**

Monday to Friday 9am to 2pm

2 Hour Block (12pm – 2pm) \$24.00

3 Hour Block (9am – 12noon) \$36.00

5 Hour Block (9am – 2pm) \$60.00

Regular and casual care positions are subject to availability. Childcare is

offered 40 weeks per year, following

school terms. For bookings and

enquiries please call 9836 7942 or

9836 7833.

Special Interest

We have a variety of special interest groups that run throughout the week. Each session is \$5.00 per person plus an annual Centre membership fee (\$10). For more information please call 9836 7942.

Bridge

Intermediate to Advanced players, duplicate games so partners are required.

Tue, Thu & Sat afternoons

12noon – 4pm (ongoing) \$5 per session

Scrabble

All players welcome.

Mon 12noon – 4.30pm (ongoing)

\$5 per session

Solo (Experience required)

Wed 6.30pm – 10pm &

Fri 9am – 12noon (ongoing)

\$5 per session

Book Group

2nd Wed of the month 1pm – 3pm

(ongoing) \$5 per session

3rd Wed of the month 1pm – 3pm

(ongoing) CAE Group \$5 per session

Tapestry Workgroup

Tue 10am – 12pm (ongoing)

\$5 per session

Pergamano (Parchment) Workgroup

Tue 1pm – 3pm (ongoing) \$5 per

session

& more...

& more...

Arts&Crafts (Adults&Children)

Knit and Yarn with Instructor

Like to learn how to knit or crochet?
Bring your project along to our friendly class and get advice as needed. All standards welcome.
Thu 1pm – 3pm (ongoing)
\$15 per session

Thu 10am – 12noon &
7.30pm – 9.30pm
Term 3 from 14 Jul \$177 (9wks)
Term 4 from 6 Oct \$177 (9wks)

Fri 10am – 12noon
Term 3 from 15 Jul \$177 (9wks)
Term 4 from 7 Oct \$177 (9wks)

Decoupage

Join one of these friendly, creative groups and produce beautiful objects using paper and varnish with the traditional decoupage methods.

Mon 12.30pm – 2.30pm
Term 3 from 11 Jul \$198 (9wks)
Term 4 from 3 Oct \$198 (9wks)

Thurs 10am – 12pm
Term 3 from 14 Jul \$198 (9wks)
Term 4 from 6 Oct \$176 (8wks)

Botanical Painting & Drawing

These classes with Marg Castle will develop and challenge your technical drawing skills.

Wed 9.15am – 12.15pm
Term 3 from 13 Jul \$270 (9wks)
Term 4 from 5 Oct \$270 (9wks)

Wed 1.15pm – 3.45pm
Term 3 from 13 Jul \$225 (9wks)
Term 4 from 5 Oct \$225 (9wks)

Painting

Oil Painting with Farimah

Fri 10am – 12noon
Term 3 from 29 Jul \$157 (8wks)
Term 4 from 7 Oct \$177 (9wks)

Pastel Painting with Farimah

Tue 1.30pm – 3.30pm
Term 3 from 26 Jul \$158 (8wks)
Term 4 from 4 Oct \$177 (9wks)

Painting for Pleasure with Gordon (mixed mediums)

Tue 1pm – 3pm
Term 3 from 12 Jul \$177 (9wks)
Term 4 from 4 Oct \$158 (8wks)

Thu 1pm – 3pm
Term 3 from 14 Jul \$177 (9wks)
Term 4 from 6 Oct \$177 (9wks)

Watercolour Painting

Mon 10am – 12noon
Term 3 from 11 Jul \$177 (9wks)
Term 4 from 3 Oct \$177 (9wks)

Mon 1pm – 3pm
Term 3 from 18 Jul \$177 (9wks)
Term 4 from 3 Oct \$177 (9wks)

Drawing

Develop your creative drawing talents with Gordon Sonnenberg in these friendly classes using a variety of mediums and techniques.

Drawing & Portraits

Tue 10am – 12noon
Term 3 from 12 Jul \$177 (9wks)
Term 4 from 4 Oct \$158 (8wks)

Wed 10am – 12noon
Term 3 from 13 Jul \$177 (9wks)
Term 4 from 5 Oct \$177 (9wks)

Thu 10am – 12noon
Term 3 from 14 Jul \$177 (9wks)
Term 4 from 6 Oct \$177 (9wks)

Children's Art

Art class designed for primary school aged child in a small, friendly environment where they can learn to draw and paint in a variety of fun ways.

7-8 Years

Tue 3.45pm – 4.45pm
Term 3 from 26 Jul \$90 (8wks)
Term 4 from 11 Oct \$90 (8wks)

9-11 Years

Tue 5pm – 6.15pm
Term 3 from 26 Jul \$110 (8wks)
Term 4 from 11 Oct \$110 (8wks)

Centre Membership

All Centre users must be a member and are eligible to vote at our annual general meeting.

Any member is eligible to join the Committee of Management. The annual membership is valid to 31 December 2016.

Full year membership
Adult/Family \$10



Tutor Spotlight – Marg Castle, Botanical Art

How long have you been working at Balwyn Community Centre?
Nearly 3 years – and enjoyed every moment.

How would you describe yourself in five words?
Friendly, enthusiastic, energetic, outgoing and empathetic.

And when did you get into Botanical Art?

I've taught art in Private Schools in Melbourne, and have had artists in residence positions. I fell in love with plants and gardens in the gardens that I've built. The last one was a 25 acre garden in the Macedon Ranges. I've had many exhibitions, and have work in corporate and private collections both in Australia and overseas.

For the last 20 years I've taught Botanical Art running private classes and workshops at both Botanic Gardens in Ballarat and Melbourne.

Where did you grow up?
Country South Australia in the beautiful South East.

Why do you think people enjoy attending classes at Balwyn Community Centre?

Some come as they want to improve skills, and we do that well. Others come because they want to be involved in a creative activity, and we let them do that, and improve their skills. Also because we have fun being creative.

Where is your favourite place for a coffee in Melbourne?
Mr & Miss in Whitehorse Rd, Mont Albert.

Function Room Hire

Set in our beautiful grounds, Balwyn Community Centre has a light and airy Function Centre with kitchen facilities, liquor license and accessible bathroom. Accommodating up to 100 people, it is perfect for seminars, retreats, birthday celebrations, intimate weddings and workshops. See our website or call the office on 9836 7942 for further details. Smaller rooms are also available upon application.



How to enrol for a course

Bookings and payment can be made:

- Website: www.balwyncc.org.au
- Over the phone on 9836 7942
- In person Monday to Friday 9am – 4pm (Wed 9am – 1pm)

- Full payment is needed to secure your place in all classes, deposits are not accepted.
- No refunds are given once classes have commenced.
- Class fees cannot be transferred to payment for the following term.
- Classes are run subject to numbers. The Centre reserves the right to cancel classes due to insufficient attendees. Full refund of fees will be given if the class is cancelled by the Centre.

BALWYN COMMUNITY CENTRE

Balwyn Community Centre Inc
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