



Neighbourhood Houses Boroondara SHORT COURSE GUIDE

Semester Two: July to December 2018



Boroondara Community and Neighbourhood Houses Short Course Guide

The City of Boroondara is home to ten Community and Neighbourhood Houses.

Our Centres offer over 200 courses and activities; ranging from art groups, further education and personal development, friendly fully-accredited childcare facilities, child and youth activities, social groups to fitness classes – all conveniently located around Boroondara. You will be surprised at what is on offer and how close you are to one!

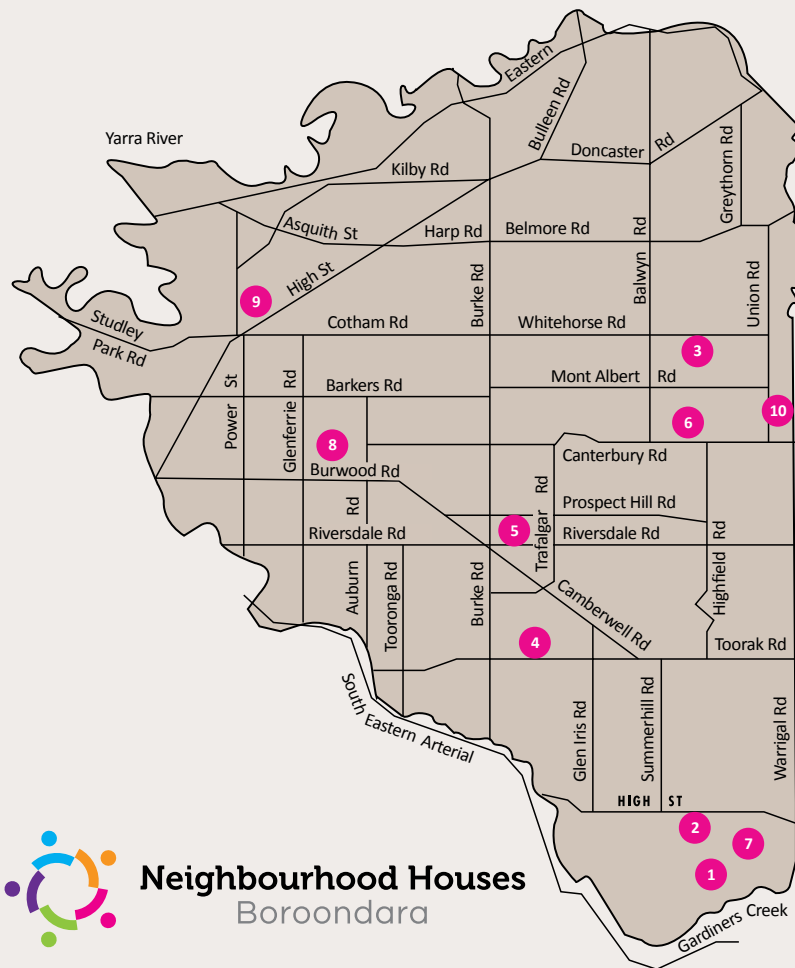
We have many years of experience with professional tutors and courses that are constantly evolving and growing to meet our community needs. Most importantly, there is something for everyone - from the very young to the most senior.

Courses are a mix of term based, short courses or one-off programs. Often activities can be joined mid-term. We try to keep the cost of our programs affordable and accessible, some are even free. Call our Centres for further details on any course that you are considering; we are happy to help.

Look up some of the wonderful activities we have on offer and enrol in a short course now. You can also keep up-to-date with our latest programmes and events by checking out our websites or following us on Facebook.

Centre Locations

The ten Boroondara Community and Neighbourhood Houses are located throughout the City of Boroondara.



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About our Centres

1. Alamein Neighbourhood and Learning Centre

49 Ashburn Grove, Ashburton 3147
Ph: 9885 9401
E: admin@alameinnlc.com.au
W: www.alameinnlc.com.au

Alamein Neighbourhood and Learning Centre offers adult classes in technology, vocation, English, fitness and creative pursuits. We have community activities including free computer access, men's shed and information sessions.

2. Ashburton Community Centre

160 High Street, Ashburton 3147
Ph: 9885 7952
E: office@ashburtoncc.org.au
W: www.ashburtoncc.org.au
[Facebook.com/ashburtoncc](https://www.facebook.com/ashburtoncc)
[Instagram.com/ashburtoncc](https://www.instagram.com/ashburtoncc)

Co-located with the Ashburton Library, the Ashburton Community Centre offers an array of short courses, activities and events to improve your skills, share interests and meet other people. Room hire is also available.

3. Balwyn Community Centre

412 Whitehorse Road,
Surrey Hills 3127
Ph: 9836 7942
E: reception@balwyncc.org.au
W: www.balwyncc.org.au

Located in a beautiful bush setting, Balwyn Community Centre is a place to learn and grow, to meet new people and explore. We offer different courses and workshops, as well as childcare, a function centre and community garden.

4. Bowen Street Community Centre, Camberwell

102 Bowen Street, Camberwell 3124
Ph: 9889 0791
E: info@bowenstreet.org.au
W: www.bowenstreet.org.au

Our core services: childcare, playgroups, community support, adults and children's courses, room hire.

5. Camberwell Community Centre

33 Fairholm Grove, Camberwell 3124
Ph: 9882 2611 / 0478 766 683
E: contact@camberwellcc.org.au
W: www.camberwellcommunitycentre.org.au

Camberwell Community Centre offers weekly classes and activities for children and adults in art, pottery, languages, creative writing, wellbeing and social groups.

6. Canterbury Neighbourhood Centre

2 Rochester Road, Canterbury 3126
Ph: 9830 4214
E: office@canterburynh.org.au
W: www.canterburynh.org.au

Canterbury Neighbourhood Centre (CNC) builds connections and wellbeing through learning, friendship and support. CNC classes include languages, literature, wellbeing, creativity and our unique walking tours. Get inspired, involved and learn something new.

7. The Craig Family Centre

7 Samarinda Avenue, Ashburton 3147
Ph: 9885 7789
F: 9885 6299
E: enquiries@craigfc.org.au
W: www.craigfc.org.au

The Craig Family Centre is a non-profit, community based organisation that provides services supporting individuals and families within the local community. With a strong community-development focus, we offer many programs including childcare, support programs and leisure activities.

8. Hawthorn Community House

32 Henry Street, Hawthorn 3122
584 Glenferrie Rd, Hawthorn 3122
Ph: 9819 2629
E: info@hch.org.au
W: www.hch.org.au

Hawthorn Community House is a friendly, vibrant and inclusive hub providing interesting programs for all members of the community.

9. Kew Neighbourhood Learning Centre

2-12 Derby Street, Kew 3101
Ph: 9853 3126
E: admin@kewnlc.org.au
W: www.kewnlc.org.au

KNLC provides socially inclusive educational, recreational, health and wellbeing and social support opportunities for our community. We also offer an inclusive communities program for marginalised members of the community. Come visit our Sparechair Café!

10. Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills 3127
Ph: 9890 2467
E: enquiries@surreyhillssnc.org.au
W: www.surreyhillssnc.org.au

Surrey Hills NC is a welcoming place where people come together to share interests and learn new skills. We offer a wide range of programs and activities, run by friendly and knowledgeable tutors and group leaders.

Trentwood at the Hub, Boorandara's newest community house, will be opening in mid-July!

Programs and activities will commence on 13 August with an official opening event and fun day on 1 September. The new community house will be a centre where members of the local community can meet, join a group, share a skill and participate in a variety of activities.

Look out for our new website for more information: trentwood.org.au

**Trentwood at the Hub
Greythorn Hub
2 Centreway
Balwyn North**

(Just behind Greythorn shops)

The following Centres provide sessional child care in a supportive, safe and fun setting where children learn through play. Qualified early childhood educators staff all sessions. Contact Centres directly for further details or to enquire about vacancies.

3-Year-Old Program

A 3-year old specific, double program (2 x 5hr-sessions per week).

Craig: Mon and Wed 9am - 2pm
16/7 (10wks); 8/10 (11wks) or
Tue and Thu 9am - 2pm
17/7 (10wks); 9/10 (11wks) \$735 per term

4-Year-Old Kindergarten

Craig: Mon Wed and Fri 9am - 2pm
16/7 (10wks); 8/10 (11wks)
\$550 per term, funded

Occasional/Sessional Childcare

Balwyn: Mon to Fri 9am - 12pm
16/7 (10wks); 8/10 (11wks)
\$36 per session or \$42 Casual
Mon to Fri 9am - 2pm 16/7 (10wks)
8/10 (11wks) \$60 per session or \$70 Casual
Mon to Fri 12pm - 2pm 16/7 (10wks)
8/10 (11wks) \$24 per session or \$28 Casual
Quality sessional childcare programs in line with the Early Years Framework.

Bowen Street: (1+ group)

Tue 9.15am - 12.15pm 17/7 (10wks)
9/10 (9wks) Call Centre for cost

(6mths - 5 years)

Wed and Fri 9.15am - 12.15pm
18/7 (10wks); 10/10 (10wks)

Call Centre for cost

(12mths - 5 years)

Wed and Fri 9.30am - 2.30pm 18/7 (10wks)
10/10 (10wks) Call Centre for cost
Call us to organise a visit.

Craig: Mon to Fri 9am - 1pm
16/7 (10wks); 8/10 (11wks)

\$50 per session plus an additional session on Fri 9am - 2pm

20/7 (10wks); 12/10 (11wks)
\$62 per session

Hawthorn: Mon Tue Wed 9.15am - 1.15pm
16/7 (10wks); 8/10 (10wks)
\$48 per session

Thu 9.15am - 2.15pm

19/7 (10wks); 11/10 (10wks)
\$60 per session

Shoestrung Occasional Care

Take a break while your children explore and investigate through play. Bookings and payment made on a school term basis.

Kew: Mon Tue Wed or Thu 9am - 12pm
16/7 (10wks); 8/10 (9wks)
\$36 per session

Shoestrung Plus (3 - 5 years)

Activities include art, cooking and science. Enrol for 1 or 2 afternoons.

Kew: Mon Tue or Thu 1pm - 4pm
16/7 (10wks); 8/10 (9wks)
\$36 per session



Preschool Birthday Parties

Room hire for preschool birthday parties. Virtual tour of facilities and details: www.bowenstreet.org.au

Bowen Street: Sat and Sun 9am - 1.30pm or 1.30pm - 5pm some weekdays available
\$140 (Members \$100)

Children's Art and Craft

After-school Art for Young People

Balwyn: (8 - 11 years)

Tue 4.15pm - 5.45pm
17/7 (9wks) \$148; 16/10 (8wks) \$132

Hawthorn: (6 - 10 years)

Thu 4.15pm - 5.45pm
19/7 (10wks); 11/10 (10wks) \$165

Clay Time for Kids @ The Clay Room

Camberwell: (8 - 12 years)

Wed 4pm - 5.30pm
18/7 (8wks); 10/10 (8wks) \$225
Fri 4.30pm - 6pm
20/7 (8wks); 12/10 (8wks) \$225

Messy Mornings

A fun morning for pre-schoolers (3 - 5 years) and their parents. Enjoy stories, art and craft with a qualified kindergarten teacher.

Ashburton: Tue 10.15am - 11.30am
17/7 (10wks) \$215; 9/10 (9wks) \$195

Mixed Media Art for Primary students (Grades 3 - 6)

A fun class exploring different mediums including drawing, painting, construction and sewing.

Kew: Wed 4pm - 5.30pm
18/7 (10wks) \$200; 10/10 (9wks) \$180

Young at ART with Toshi

Camberwell: (8 - 13 years)
Tue 4pm - 5.30pm
17/7 (8wks) \$160; 9/10 (4wks) \$80;
20/11 (4wks) \$80

Dance, Music and Yoga

Caroline's Little Stars - Kids' Music (8 months - 5 years)

Ashburton: Mon 9.30am - 10.15am
16/7 (10wks); 8/10 (10wks) \$135 (sibling discount available)
Mon 10.30am - 11.15am
16/7 (10wks); 8/10 (10wks) \$135 (sibling discount available)

Children's Dance Class

Dance with Rockin Robyn

A fun and active class where children can learn the basics of dance.

Bowen Street: (2 - 3.5 years)

Mon 11.15am - 11.45am
16/7 (8wks); 8/10 (8wks) \$88
(3-6 years) Mon 12pm - 12.30pm
16/7 (8wks); 8/10 (8wks) \$88

Kew: (2 - 5 years)

Thu 9.30am - 10am
19/7 (10wks) \$100; 11/10 (9wks) \$90

Mini Groovers (18 mths - 5 years)

Fun and creative dance classes for pre-schoolers.

Ashburton: Thu 9.45am - 10.15am
19/7 (10wks); 11/10 (10wks) \$135
(3 - 5 years) Thu 10.30am - 11am
19/7 (10wks); 11/10 (10wks) \$135

Fun Brain Training for Kids (6 - 9 years) NEW

Enhance learning and memory in this program set to music.

Ashburton: Tue 4pm - 4.45pm
7/8 (6wks) \$80; 23/10 (6wks) \$80

Rhythm and Rumble Music (2 - 5 years)

Surrey Hills: Fri 9.45am - 10am
Taking expressions of interest.

Exploring and Education

The Brick Kit NEW

Structured Lego junior robotics workshops.

Bowen Street: Thu 4pm - 5.30pm
19/7 (5wks); 23/8 (5wks)
11/10 (5wks) \$125

The Brick Kit (6+ years) NEW

Father's Day Lego robotics junior workshop.

Bowen Street: Sat 10am - 12pm
1/9 (1session) \$50

Coderdojo

For young people from aged 7 - 17, learn how to code, develop websites, apps, programs and games. BYO parent and laptop.

Hawthorn: 2nd Sun of month
11am - 12.30pm 8/7, 12/8, 9/9,
14/10, 11/11, 9/12 FREE

Doodling Art for Children (10+ years) NEW

Doodle your way to increased creativity, focus, relaxation and fun.

Surrey Hills: Mon 4pm - 5.15pm
6/8 (4wks); 12/11 (4wks) \$80/\$70
SHNC members

Homework Group

Upper Primary and Secondary school assistance with Maths and English homework. Intake criteria applies. Operates during school terms.

Craig: Wed 4pm - 5.30pm
25/7 (9wks); 17/10 (10wks) **FREE**

Mandarin Class (4+ years)

Fun and effective play-based class. Free trial provided.

Craig: Wed 4.15pm - 5.45pm
18/7 (10wks); 10/10 (11wks)
\$60 per lesson for 1 child & \$40 per lesson for siblings plus \$25 per term for text books

Panda Mandarin for Kids (2 to 6 years)

Panda Mandarin provides a play based Chinese learning program.

Kew: Sat 10am - 12pm
21/7(10wks) \$450; 13/10 (9wks) \$405

Playgroups

Dads'

Unstructured, open-age, for dads. Please register your Expression of Interest.

Bowen Street: Mon 11am - 1pm
16/7 Membership fees apply

Facilitated (0 - 5 years)

Facilitated by our Early Childhood Educator. Free trial.

Craig: Mon 12pm - 2pm
(16/7) (10wks); 8/10 (11wks)
\$16.50 per session

Kew: Wed 12.30pm - 2pm
18/7 (ongoing); Fri 10am - 12pm
20/10 (ongoing) \$5.50 per session

Grandparents'

Facilitated open-age playgroup for grandparents and carers.

Bowen Street: (0 - 5 years)
Mon 9am - 11am during school terms
\$4 per session

Organised activities for children with their grandparents

Kew: (0 - 5 years) Wed 11am - 1pm
18/7 (ongoing) \$3.50 per session

Mandarin - facilitated (0 - 5 years)

Mandarin immersion activities: storytelling, music, games, handicraft and free play.

Free trial. Email: playgroup@craigfc.org.au

Craig: Tue 10am - 12pm
17/7 (10wks); 9/10 (11wks)
\$165 per term

Thu 4pm - 6pm 19/7 (10wks)
11/10 (11wks) \$165 per term

New to the Area

Unstructured, open-age, for new families.

Bowen Street: Thu 9am - 11am
Membership fees apply

Parent Lead (0 - 5 years)

Join other parents and carers in a community playgroup. Free trial

Craig: Mon Wed Fri 9.30am - 11.30am
16/7 (10wks); 8/10 (11wks)
\$5.50 per session

Fun playgroup activities for children with their parents or carers.

Hawthorn: Fri 9.15am - 10.45am
1pm - 2.30pm 20/7 (10wks)
12/10 (10wks) \$74

Surrey Hills: Thu 9.30am - 11.30am
19/7 (10wks); 11/10 (10wks) \$50
Fri 9.30am - 11.30am
20/7 (10wks) \$50; 12/10 (9wks) \$45

Structured (1 - 5 years)

Facilitator led playgroups to develop new skills through play, stories and music.

Parents, grandparents and carers are encouraged to join in, make new friends and socialise in a relaxed environment.

Canterbury: Mon 9.30am - 11.30am
23/7 (9wks) \$122; 8/10 (10wks) \$135
Tue 9.30am - 11.30am
24/07 (9wks) \$122; 09/10 (10wks) \$135

Supported (0 - 5 years)

Our supported playgroup provides an opportunity for families who may need extra support to participate in a community playgroup in a welcoming and supportive environment. Phone for details.

Hawthorn: Fri 11am - 12.30pm
20/7 (10wks); 12/10 (10wks) **FREE**

Open (with Specialist Guest Speaker) **NEW**

Morning tea provided. Ring to book.

Dental Therapist

Learn about dental health. Voluntary dental checks for children willing to participate with parent/guardian consent.

Bowen Street: Thu 9.30am - 10.30am
2/8 **FREE**

Thu from 9.30am 16/8 Dental Checks **FREE**

Unstructured

New to the area and looking for a playgroup? Secure playground and access to kitchen facilities.

Bowen Street: Membership fees apply.
Virtual tour and details:
www.bowenstreet.org.au

For Teens

Boroondara Youth Foundation

Based at the Craig Family Centre, the Boroondara Youth Foundation (BYF) is a local foundation which aims to empower young people to create and lead their own community projects that they believe will positively impact their communities.

We do this by providing grants of up to \$1,500 to individuals and groups aged 14 to 25 from local schools, tertiary

institutions, community groups, not-for-profit organisations and social enterprises with a 'community-focused' idea.

If you are aged 14-25 and have a great idea for a project (or event) that will benefit your community - we have grants to help bring your idea to life!

E: byf@supportingourcommunity.com.au
Ph: 9885 7789 M: 0435 530 525

W: www.byf.org.au

Craig: For more information please visit our website or contact our Program Facilitator directly.

VCE Y12 French programs – refer to Languages and Literacy

Workshops & School Holiday Activities

The Brick Kit **NEW**

Structured Lego activities program.

Bowen Street: Tue 10am - 12pm and
1pm - 3pm 25/9 (1session) \$32
Wed 10am - 12pm & 1pm - 3pm
26/9 (1session) \$32
Fri 10am - 12pm & 1pm - 3pm
28/9 (1session) \$32

Clay Time (8-12 years) **NEW**

Camberwell: Thu 1.30pm - 3.30pm
27/9 (2wks) \$65

Macrame Workshop (10+ years)

Have fun learning this ancient craft making individual bracelets.

Surrey Hills: Thu 9.30am - 11am
12/7 (1session) \$45/\$40 for 2+ children

Music with Melinda – Children's Week

Morning tea provided.
Bowen Street: Mon 9am - 11am
22/10 (1session) **FREE**

Mystery Writing Workshop (8 - 13 years) **NEW**

Solve the clues to make your own intriguing story.

Camberwell: Tue 1pm - 3.30pm
10/7 (1session) \$35
Wed 1pm - 3.30pm 11/7 (1session) \$35

Oodles of Doodles (6+ years)

Explore the wonderful world of patterns and doodling.

Surrey Hills: Tue 9.30am - 11am
10/7 (1session) \$45/\$40 for 2+ children

Toshi Recycled Art (8 - 12 years) **NEW**

Camberwell: Thu 10am - 12pm
5/7 (1session) \$25

Treehouse Writing Workshop (8 - 13 years) **NEW**

Join Cath to help create your own treehouse story.

Camberwell: Tue 10am - 12.30pm
10/7 (1session) \$35
Wed 10am - 12.30pm 11/7 (1session) \$35

Community Activities



Afghan Women's Group

Social meetings, cooking, information sessions and excursions for the Afghan female community.

Craig: Wed 11.30am - 1.30pm during term dates **FREE**

Alamein Men's Shed

Located at Alamein railway station. Open to Boroondara men, all ages.

Alamein: Tue and Thu 9.15am - 12pm \$25 per term. Call for details

Charity Knitting Group

Knit to help others in need.

Surrey Hills: Mon 7pm - 9pm 16/7; 8/10 (ongoing) **FREE**

Chinese Activity Group

Recreational, educational and support activities for Chinese speaking community.

Kew: Tue 10am - 1pm from 17/7 Contact Reception

Community Library

FREE – books on assorted topics.

Bowen Street: Mon to Fri
Alamein: Mon to Sun

Community Singing Group

This singing group is for people of all music and singing abilities who are seeking fun and social interaction.

Surrey Hills: Fri 11am - 12.45pm 20/7 (10wks) \$100; 12/10 (9wks) \$90

Cooking Club

Demonstrate your favourite recipe and eat something tasty.

Alamein: Thu 1pm - 2.30pm 5/7, 2/8, 6/9 \$5 plus food cost per session

Country Women's Association

Join the largest women's organisation in Australia. Create new friendships and connections within your local community.

Craig: 1st Tue of month 7pm - 9pm 3/7 (ongoing)

Cultures Together

We match mentors with learners for English conversation practice.

Kew: Contact Reception

Dial a Shopping Bus

Service for older adults (CHSP funded). Pick up and drop off from your home in local area.

Alamein: Mon and Fri weekly \$3 Contact Centre for details

Drop In Morning Tea

Surrey Hills: Mon 9.30am - 11.30am 16/7; 8/10 (ongoing) \$3 per session

Eastern Community Legal Service

Free legal advice and guidance on legal matters pertaining to family law, intervention orders, fines, motor vehicle accidents, minor criminal matters and neighbourhood disputes.

Hawthorn: 2nd Mon of month 1pm - 5pm Appointments essential

The Edge Community Fund

A community volunteer group providing last resort funding for families to support children attend kindergarten, school camps, sporting clubs and activities the children may otherwise be unable to participate in. For details email: edgefund@craigfc.org.au

Craig: Mon and Thu 10am - 11am

Food Forest Ashburton

FFA is looking for new volunteers! Interested in closing the food gap? Pick up some perma-culture skills and meet others in the Ashburton community: join us for our info session.

Craig: RSVP 9885 7789 Date TBC

Garden Club

Share in the fun of nurturing plants.

Alamein: Mon 10.30am - 12.30pm 16/7 (fortnightly ongoing)

Get the Buzz on Native Bees

Identify common native bees, their importance, create bee-friendly gardens and make a native bee hotel. Bookings essential: boroondara.vic.gov.au/sustainability-events

Alamein: Sat 11am - 12pm or 1.30pm - 2.30pm 18/8 (1session) **FREE**

GOLD (Growing Older Living Dangerously)

GOLD Group is a social support and recreational group for women over 55 living in the City of Boroondara. predominantly self-directed – organising talks, excursions, sporting and social activities that address the interests of participants. Aims at promoting healthy lifestyles, social networking and friendship.

Craig: Every 2nd Thu 10.45am - 12.15pm 19/7 (5wks); 11/10 (6wks) Annual membership fee of \$50

Growing Together

Join the Growing Together Project, a community garden project held at the Ashburton Community Garden. Plant and harvest ingredients to make soups, salads, stir fries and more!

Craig: Fri 10.30am - 12.30pm (ongoing) **FREE**

Hearing Voices

A welcoming, supportive group for people who hear voices.

Hawthorn: 1st and 3rd Fri of month 1pm - 3pm (ongoing) **FREE**

Henny Penny Hatching - Children's Week

From egg to chick - watch the chickens hatching!

Bowen Street: Mon to Fri 9am - 3pm 15/10 (2wks) **FREE**

Inclusive Communities Program (NDIS accessible)

Provides activities and programs for people with a disability and those recovering from mental health illness

Kew: Mon to Thu Contact reception for further details

Men's Discussion Group

Surrey Hills: Fri 9.30am - 11.30am fortnightly 27/7; 12/10 \$4.50 per session

Men's OM:NI Group

A lively discussion group where men can chat, share their knowledge and experiences.

Hawthorn: 1st and 3rd Fri of month
10am - 12pm Gold coin donation

Men's Shed - "Q" Workshop

A place to work individually or to contribute to special projects around KNLC.

Kew: Mon 16/7 1pm - 3pm
Wed 18/7 10am - 3pm
Thu 17/7 9am - 12pm \$25 per term

Senior Citizens Groups

Multi-Cultural, Greek and Italian Seniors meet at Chambly Hall.

Camberwell: Contact Centre for details

Social Support Groups (Disability)

Ace Space and A Crew are fun, social activities for adults with intellectual disabilities who may be socially isolated, or looking to learn new skills, or would just like to get to know some cool people.

Ace Space

A social/ friendship group. Friends get together to hang out and cook a meal. Also enjoy meditation and relaxation, board, card games and conversation.

Craig: Tue 4pm - 7pm
17/7 (10wks); 9/10 (11wks)
\$10 per session

A Crew

Get together and enjoy an adventure into the community: movies, exhibitions, restaurants, bowling, mini golf and BBQ's. The choice is yours!

Fee assistance provided on request.
Craig: Sat time TBD \$50 term fee applies

Understanding Aged Care Packages

Free information session.
RSVP by 22 August.

Alamein: Wed 1pm - 2pm
29/8 (1session)

Veggie Swap

Come and swap your excess produce for free! Get some tomatoes for your potatoes and meet other green thumbs in the community.

Balwyn: 3rd Sun of month from
9am - 10am 15/7, 19/8, 16/9, 21/10,
18/11, 16/12

Victorian Egg Decorators Guild

Meet, discuss and practice this delicate art.

Craig: 1st Sat of month 9.30am - 3pm
4/8 (ongoing)

Victorian Guild of China Painters

Meet, discuss and practice this fine art.

Craig: 3rd Sat of month 9.30am - 3.30pm
21/7 (ongoing)

Ashburton Seed Swap & Coffee Grounds

Visit our seed swap table or collect coffee grounds for your garden.

Ashburton: Weekdays 9am - 2.30pm

Landscape Gardening

Dianne Beddison presents an introductory seminar to designing your own garden step-by-step. Participants are encouraged to share their own design issues.

Bowen Street: Wed 7pm - 8.30pm
Contact Centre for date \$10

Lifelong Gardening

Are you finding gardening more challenging as you age or due to a disability? A 2-part workshop presenting practical tips, techniques and opportunity to trial tools to remain active in your garden.

Hawthorn: Thu 1pm - 3pm
26/7 and 2/8 (2wks) \$50

Spring into Spring!

Learn about what and where to plant in spring and garden maintenance.

Alamein: Wed 10am - 3pm
5/9 (5sessions) \$85

Terrarium Workshop **NEW**

A practical workshop with a qualified horticulturist.

Ashburton: Call 9885 7952 to register your interest

Cooking



Afghan Cookbook

Produced by the ladies of the Afghan Women's Group, this cookbook shares the secrets of the Afghan Kitchen for your enjoyment at home.

Craig: \$10

Cooking Small Eating Well Kitchen Demo

For older people to explore new recipes and learn to cook for one or two people.

Hawthorn: Tue fortnightly 1pm - 3pm
17/7 (ongoing) \$8 per session

Kitchen to the World DVD

The Afghan Women's Cooking Group share their culture and amazing cuisine in this short film.

Craig: \$9 incl. postage

Short Course on Fermenting

Learn all the ins and outs of great gut health! Covering probiotic and prebiotic food, this six week course covers the basics of fermentation, how to make kombucha, sauerkraut, yoghurt and kefir.

Hawthorn: Wed 6.30pm - 8.30pm
25/7 (6wks) \$150

Sri Lankan Cooking Workshop

Learn to cook two different curries, coconut sambal and an authentic side salad. Afterwards, you'll sit down and enjoy a Sri Lankan feast!

Balwyn: Tue 6pm - 9pm
4/9 (1session) \$85

Turkish Cooking with Arzu

Join Arzu for this entertaining cooking and culture evening.

Surrey Hills: Fri 7pm - 9.30pm 17/8
(1session) \$80/\$70 SHNC members

Winter Soups with Arzu

Join Arzu to make three different comforting winter soups and cornbread.

Surrey Hills: Tue 11.30am - 1.30pm
14/8 (1session) \$80/\$70 SHNC members



Visual Art

Acrylic Painting

Learn about mediums and colours from a professional artist. Beginners and experienced artists welcome.

Ashburton: Mon 10.30am - 12.30pm
16/7 (10wks) \$240; 8/10 (9wks) \$215

Surrey Hills: Mon 1pm - 3pm
16/7 (10wks) \$180; 8/10 (9wks) \$162

The Art of Painting (Beginners to Advanced)

Join this exciting class with Jenny who will encourage you to explore your imagination, creativity and unique style of expression.

Kew: Thu 9am - 12pm
19/7 (10wks) \$325; 11/10 (9wks) \$290

Botanical Art

Create observational drawings and colour studies of various plant elements found in nature. Prerequisite: must have basic drawing skills.

Kew: Wed 1pm - 3pm
19/7 (8wks); 11/10 (8wks) \$200

Botanical Painting and Drawing

Balwyn: Wed 9.15am - 12.15pm
18/7 (9wks); 17/10 (9wks) \$287
Wed 1.15pm - 3.45pm
18/7 (9wks); 17/10 (9wks) \$239

Chinese Painting

Learn different techniques and compositions along with Chinese calligraphy.

Ashburton: Wed 10am - 12pm
18/7 (10wks); 10/10 (10wks) \$205

The Clay Room **NEW**

Classes in ceramics, hand-building and wheel work. Includes all materials.

Camberwell: Mon 1pm - 3pm
30/7 (8wks) \$340; 15/10 (7wks) \$298
Wed 6.30pm - 8.30pm

1/8 (8wks); 17/10 (8wks) \$340
Thu 6.30pm - 8.30pm
19/7 (8wks); 11/10 (8wks) \$340
Sat 10am - 12pm
21/7 (8wks); 13/10 (8wks) \$340
Sat 1pm - 3pm
21/7 (8wks); 13/10 (8wks) \$340

The Clay Room Workshop **NEW**

Camberwell: Sat 1pm - 3pm
30/6; 7/7; 14/7 (1session) \$40
Sat 10am - 12pm
29/9; 6/10 (1session) \$40
Sat 1pm - 3pm
29/9; 6/10 (1 session) \$40

Crafternoon

Cardmaking, scrapbooking, mandalas, crochet, knitting and more.

Alamein: Thu 1pm - 2.30pm
19/7, 16/8, 20/9 Gold Coin donation



Creative Arts to Inspire

Learn drama, singing and writing.

Alamein: Thu 7.15pm - 9pm
26/7 (4wks) \$30/\$20

Decoupage

Balwyn: Mon 12.30pm - 2.30pm
16/7 (9wks) \$200.50
15/10 (8wks) \$178.50
Thu 10am - 12pm 19/7 (9wks)
18/10 (9wks) \$200.50

Intro to Drawing with It Hao Pheh **NEW**

Camberwell: Mon 7pm - 9pm
27/8 (4wks) \$88

Drawing

Balwyn: Tue 10am - 12pm
17/7 (9wks) \$197; 16/10 (8wks) \$175
Wed 10am - 12pm
18/7 (9wks); 17/10 (9wks) \$197
Thu 10am - 12pm
19/7 (9wks); 18/10 (9wks) \$197
Camberwell: Wed 1pm - 3pm
18/7 (10wks); 10/10 (10wks) \$215
Thu 4.30pm - 6.30pm
19/7 (10wks); 11/10 (10wks) \$215
Surrey Hills: Tue 2.30pm - 4.30pm
17/7 (10wks) \$180; 9/10 (9wks) \$162

Drawing and Thinking

Develop your drawing skills and confidence. From beginners to experienced artists.

Ashburton: Fri 10am - 12pm
20/7 (8wks); 12/10 (8wks) \$150
Ashburton: Fri 12.30pm - 2.30pm
20/7 (8wks); 12/10 (8wks) \$150

Advanced Drawing Workshop

Aimed at those wishing to take their skills to the next level, this workshop will look at graphic techniques to convey surface, texture and light to better portray various subjects.

Balwyn: Sun 10am - 4.30pm
29/7 (1session) \$150

Floor Talks at Victorian Galleries with Catherine Bainbridge

Talks last for 1 to 1.5 hours, held at different galleries in and around Melbourne. Contact Catherine for further details on 9421 3450.

Ashburton: Fri 12.45pm for a 1pm start,
3/8; 12/10, \$35 per session
(plus gallery entry fee).

Modern Floristry **NEW**

Learn designs that are trendy and lush using a range of interesting materials.

Ashburton: Thu 4pm - 6pm
2/8 (4wks); 11/10 (4wks) \$185

Introduction to Contemporary Floristry

Ashburton: Call to register your interest
9885 7952

Kokedama Balls

Learn the Japanese practice of binding plants into hanging works of art.

Alamein: Sat 2pm - 4.30pm
8/9 (1session) \$60

Life Drawing

Ashburton: Sat 10am - 12pm
21/7 (9wks) \$225; 13/10 (10wks) \$250

Mandala Magic

Includes all materials

Camberwell: Fri 9.30am - 12.30pm
10/8 (7wks) \$294; 12/10 (8wks) \$336
Fri 1pm - 3pm
10/8 (7wks) \$196; 12/10 (8wks) \$224

Mixed Mediums (Friday Painters)

Camberwell: Fri 9.30am - 12.30pm
20/7 (9wks) \$275; 12/10 (10wks) \$305
Fri 1pm - 4pm
20/7 (6wks) \$185; 12/10 (8wks) \$245

Mosaics

Create beautiful arts from tiles and ceramics. BYO tiles.

Alamein: Fri 1pm - 3pm
27/7 (8wks) \$150/\$140
12/10 (8wks) \$150/\$140

Transparent Glass Mosaic Workshop

Create a unique hanging mosaic. Beginners welcome.

Ashburton: Sat 9.30am - 4.30pm
7/7 (1session) \$140

Nature in Art

Specific watercolour techniques to illustrate the natural world. All Levels.

Canterbury: Mon 9.30am - 12pm or
12.30pm - 3pm
16/7 (9wks) \$243; 8/10 (8wks) \$216

Oil Painting

Balwyn: Fri 10am - 12pm
20/7 (9wks); 19/10 (9wks) \$197

Painting for Pleasure

Balwyn: Tue 1pm - 3pm
17/7 (9wks) \$197; 16/10 (8wks) \$175
Thu 1pm - 3pm
19/7 (9wks); 18/10 (9wks) \$197

Pastel Painting

Balwyn: Tue 1.30pm - 3.30pm
17/7 (9wks) \$197; 16/10 (8wks) \$175
Camberwell: Tue 10am - 12pm
17/7 (8wks); 9/10 (8wks) \$170

Pergamano (Parchment) Workgroup

Balwyn: Tue 1pm - 3pm (ongoing)
\$5.00 per session

Pottery - Create your Teapot in Three Weeks **NEW**

Camberwell: Sat 10am - 12pm
30/6 (3 sessions) \$120

Watercolour for Absolute Beginners **NEW**

Camberwell: Thu 1.30pm - 3.30pm 19/7
(4wks) \$90

Watercolour Painting

Ashburton: Mon 1pm - 3pm
Experienced 16/7 (8wks)
8/10 (8wks) \$145
Balwyn: Mon 10am - 12pm
16/7 (9wks) \$197; 15/10 (8wks) \$175
Mon 1pm - 3pm
16/7 (9wks) \$197; 15/10 (8wks) \$175
Wed **NEW** 1pm - 3pm
18/7 (9wks); 17/10 (9wks) \$197
Thu 10am - 12pm
19/7 (9wks); 18/10 (9wks) \$197
Thu 7.30pm - 9.30pm
19/7 (9wks); 18/10 (9wks) \$197
Fri 10am - 12pm
20/7 (9wks); 19/10 (9wks) \$197
Camberwell: Mon 10am - 12pm
16/7 (10wks); 8/10 (10wks) \$215
Tue 1pm - 3pm
17/7 (8wks); 9/10 (8wks) \$170
Wed 10am - 12pm
18/7 (9wks); 10/10 (9wks) \$196
Thu 10am - 12pm
26/7 (8wks); 18/10 (8wks) \$170
Thu 7pm - 9pm
19/7 (10wks); 11/10 (10wks) \$215
Sat 1.30pm - 3.30pm
21/7 (8wks); 13/10 (8wks) \$170
Canterbury: Tue 9.30am - 11.30am
17/7 (8wks); 9/10 (8wks) \$200
Tue 12.45pm - 2.45pm
17/7 (8wks); 9/10 (8wks) \$200
Surrey Hills: Wed 10am - 12pm
16/7(10wks); 10/10 (10wks) \$180
Wed 1pm - 3pm
16/7 (10wks); 10/10 (10wks) \$180

Watercolour Painting & Mixed Media

Combine traditional watercolour methods with collage, pastel and texturing paste to create dynamic colour combinations.

Ashburton: Tue 1pm - 3pm
Beginner/Experienced 17/7 (10wks)
\$180; 9/10 (9wks) \$160

Textiles, Jewellery & Furniture

Ashy Sewing Lounge **NEW**

BYO sewing machine - all levels welcome.

Ashburton: 3rd Sun of month 10am - 1pm \$10 per session

Beeswax Wraps workshop

Learn how to make your own beeswax wraps for keeping food fresh and hygienic without the use of single-use plastics such as cling wrap. Take home two wraps.

Surrey Hills: Fri 7pm - 9.30pm
27/7 (1session) \$85/\$75 SHNC members

Bobbin Lace

Ashburton: Tue 1pm - 3pm
17/7 (10wks) \$185; 9/10 (9wks) \$165

Crochet and Knitting Class

Balwyn: Thu 1pm - 3pm (ongoing)
\$10 per session

French Polishing and Furniture Restoration

Balwyn: Wed 12.30pm - 3.30pm
18/7 (9wks); 17/10 (9wks) \$294
Thu 9.15am - 11.45am
19/7 (9wks); 18/10 (9wks) \$246
Thu 12.30pm - 3.30pm
19/7 (9wks); 18/10 (9wks) \$294
Thu 7.30pm - 9.30pm
19/7 (9wks); 18/10 (9wks) \$199

Patchwork and Quilting Group

Ashburton: Thu 1pm - 3pm
5/7 (ongoing) \$5 per session

Sewing - Learn to use your Machine

Got a brand new machine and don't know how to use it? Learn how to thread your machine, wind the bobbin, and learn a variety of stitches and various types of seams.

Bowen Street: Fri 9.30am - 12pm
20/7 (1session); 12/10 (1session) \$50

Sewing - Beginners

Learn techniques to start you off on your sewing journey.

Bowen Street: Fri 9.30am - 12pm
27/7 (6wks) \$230; 19/10 (6wks) \$230

Sewing - Intermediate Class: How to Upcycle a Garment **NEW**

Will cover skills in how to alter, refashion and reinvent a shirt. Sewing experience required.

Bowen Street: Fri 12.30pm - 3pm
27/7 (6wks) \$230; 19/10 (6wks) \$230

Spinners and Knitters Group

Ashburton: 2nd and 4th Wed of the month 1pm - 3pm
11/7 (ongoing) \$5 per session

Stitch and Chat

Camberwell: Thu 10.30am - 12.30pm (ongoing) \$5 per session
Surrey Hills: Mon fortnightly
1.30pm - 3.30pm
12/2 (4wks); 23/4 (5wks)
\$4.50 per session

Tapestry Workgroup

Balwyn: Tue 10am - 12pm (ongoing) \$5 per session

Upholstery and Soft Furnishing

Reinvigorate that old piece of furniture or create cushions and soft furnishings.

Canterbury: Tue 9.45am - 12.45pm or 12.45pm - 3.45pm
17/7 (9wks); 9/10 (9wks) \$270



Active Living 60 Plus

Surrey Hills: Mon 8.45am - 9.45am 16/7 (10wks) \$160; 8/10 (9wks) \$144

Ageless Grace - Fun, uplifting fitness for the brain and body

A chair-based body and brain exercise program done to uplifting music.

Surrey Hills: Mon 10am - 10.45am 16/7 (10wks) \$160; 8/10 (9wks) \$144

Al-Anon

Do you need help coping with the effects of someone else's drinking? Al-Anon's purpose is to help families and friends of alcoholics recover from the effects of living with someone with a drinking problem. The program of recovery is adapted from Alcoholics Anonymous and is based on the twelve steps.

Craig: Sun 6pm - 7pm (ongoing)

Balance Back to Exercise **NEW**

A fun class particularly suitable for people coming back to exercise at a later stage of life.

Ashburton: Wed 12pm - 1pm 1/8 (ongoing) \$7 per class

Balance Back to Exercise (50+)

Especially for older adults beginning or returning to exercise.

Balwyn: Wed 1.30pm - 2.30pm 18/7 (10wks); 17/10 (10wks) \$152.50
Wed 2.30pm - 3.30pm 18/7 (10wks); 17/10 (10wks) \$152.50

Bike Riding Groups

Surrey Hills: Mon Tue Wed and Thu mornings (ongoing) **FREE**

Buff Bones for Osteoporosis

Pilates based full body workout for bone strengthening and balance, integrating Pilates with strength training, functional and rehabilitative exercises. Safe for osteoporosis.

Canterbury: Mon 9.30am - 10.30am or 10.45am - 11.45am 16/7 (10wks); 8/10 (10wks) \$160
Thu 9.30am - 10.30am or 10.45am - 11.45am 19/7 (10wks); 11/10 (10wks) \$160

Dance and Movement **NEW**

Creative dance and movement.

Camberwell: Thu 6.45pm - 8pm 19/7 (8wks) \$96; 11/10 (10wks) \$120

Exercise to Music Classes (50+)

Ashburton: Mon 11.30am - 12.30pm 16/7 (ongoing) \$7 per class
Tue 9.30am - 10.30am 3/7 (ongoing) \$7 per class
Fri 9.30am - 10.30am 6/7 (ongoing) \$7 per class

Fit for You - Early Morning Sessions

Balwyn: Tue 6.15am - 7am 17/7 (10wks) \$115; 16/10 (9wks) \$104
Thu 6.15am - 7am 19/7 (10wks) 18/10 (10wks) \$115

Fun Fitness for the Brain and Body

A chair-based body and brain exercise program done to uplifting music.

Ashburton: Thu 10am - 10.45am 19/7 (8wks); 11/10 (8wks) \$110
Canterbury: Fri 10am - 10.45am 20/7 (10wks); 12/10 (10wks) \$130

Hi/Lo Exercise

Balwyn: Thu 9.15am - 10.15am 19/7 (10wks); 18/10 (10wks) \$152.50

Keep Fit (Strength and Conditioning)

Ashburton: Tue 10.45am - 11.45am 3/7 (ongoing) \$7 per class
Fri 10.45am - 11.45am 6/7 (ongoing) \$7 per class

Laughter Club

Surrey Hills: Wed 8.30am - 8.50am 18/7 (ongoing) **FREE**

Buddhist Meditation

Improve both your personal and working relationships as well as your enjoyment of life. Discover simple meditations and ways of thinking to maintain a peaceful, positive mind. Classes consist of two guided meditations and practical teaching. No bookings required.

Craig: Wed 7.30pm - 9pm \$15 per session

Introduction to Meditation and Mindfulness

This 4-week course focusses on a range of techniques and practice of relaxation.

Hawthorn: Mon 7pm - 8pm 16/8 (4wks) \$64

Meditation

Ashburton: Wed 1.30pm - 2.30pm 18/7 (8wks); 10/10 (8wks) \$135
Balwyn: Wed 7.45pm - 8.45pm 18/7 (10wks); 17/10 (10wks) \$152.50

Meditation and Guided Relaxation

Alamein: Thu 5.45pm - 6.45pm 26/7 (9wks) \$113; 18/10 (8wks) \$100

Mindful Meditation

A way to pause and pay attention in our lives, enabling us to be less reactive, calmer and more present. Bookings essential.

Craig: 2nd Tue of month 7.30pm - 8.30pm 10/7 (ongoing) \$15 per session

Introduction to Pilates

Alamein: Tue 5.45pm - 6.15pm 18/9 (1session) \$7

Pilates

Control, precision, movement, balance; a mind body workout.

Alamein: Tue 6.20pm - 7.20pm 24/7 (9wks) \$113; 16/10 (8wks) \$100
Tue 7.30pm - 8.30pm 24/7 (9wks) \$113; 16/10 (8wks) \$100;
Tue 7pm - 8pm 25/9 (2wks) \$25

Balwyn: Tue 9.15am - 10.15am 17/7 (10wks) \$152.50; 16/10 (9wks) \$137.50

Camberwell: Thu 5.45pm - 6.30pm 19/7 (10wks); 11/10 (10wks) \$155

Hawthorn: Mon 8.30am - 9.30am, 9.45am - 10.45am, 12pm - 1pm 16/7 (10wks) \$80

Tue 8.30am - 9.30am 17/7, 9/10 (7wks) \$56
Thu 8.30am - 9.30am, 9.30am - 10.30am 17/7, 11/10 (10wks) \$80
Fri 9am - 10am, 10am - 11am 20/7, 12/10 (10wks) \$80

Surrey Hills: Mon 10am - 11am 16/7 (10wks) \$160; 8/10 (9wks) \$144
Tue 11am - 12pm 17/7 (10wks) \$160; 9/10 (9wks) \$144

Thu 6pm - 7pm 19/7 (10wks); 11/10 (10wks) \$160

Qigong

A simpler form of Tai Chi with low impact meditative exercises.

Camberwell: Tue 8am - 9am 31/7 (8wks); 16/10 (8wks) \$96

Surrey Hills: Wed 10am - 11.15am 18/7; 10/10 (ongoing) \$8 per session

Relax, Breathe, Meditate

Let go of stresses, bring relaxation and clarity into your life. This class helps release tension, bring calm and optimise health and well-being.

Canterbury: Tue 10.45am - 11.45am 17/7 (10wks); 9/10 (10wks) \$130

Your Healthy Spine

Ashburton: Wed 12pm - 1.30pm 18/7 (10wks); 10/10 (10wks) \$175
Thu 7.30pm - 9pm 19/7 (10wks); 11/10 (10wks) \$175

Strength and Balance

Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.

Hawthorn: Mon 11am - 12pm 16/7, 8/10 (10wks) \$70
Wed 9.15am - 10.15am 18/7, 10/10 (10wks) \$70

Stretch and Core Strength

Camberwell: Tue 11.30pm - 12.30pm, 17/7 (10wks); 9/10 (10wks) \$115

Stretch and Strengthen

Increase your strength and flexibility in this supportive, low-impact exercise class. Suitable for beginners and people of all ages.

(Check out the Arts for more ways of looking after your health and wellbeing!)

Balwyn: Mon 7pm - 8pm
16/7 (10wks) \$152.50; 15/10 (9wks)
\$137.50
Thu 10.30am - 11.30am
19/7 (10wks), 18/10 (10wks) \$152.50

Strength Training

Facilitated by YMCA instructors: exercise core muscles using weights. Medical clearance certificate required from GP.
Surrey Hills: Mon Wed and Fri
8.15am - 9.15am; Tue 8.30am - 9.30am
Tue and Thu 7.15pm - 8.15pm
Tue and Fri 12.30pm - 1.30pm
\$5.50 per class (over 65years)
\$7.50 per class (under 65years), (ongoing)
Paid by term

Table Tennis

Ashburton: Mon 2pm - 4pm
2/7 (ongoing) \$5 per session
Social table tennis.
Surrey Hills: Thu 1.30pm - 3pm
19/7; 11/10 (ongoing) \$4.50 per session

Tai Chi

A traditional Chinese mind-body relaxation exercise performed in slow, gentle movements enabling harmony in mind and body. Improve mobility suppleness and mental alertness. Suitable for all ages.

Camberwell: Thu 7.45am - 8.45am
Thu 9am - 10am, Thu 10am - 11am
Thu 11am - 12pm
2/8 (8wks) \$96; 11/10 (10wks) \$120
Tue 9am - 10am
31/7 (8wks); 16/10 (8wks) \$96
Canterbury: Fri 9.30am - 10.30am
27/7 (9wks) \$117; 12/10(10wks) \$130
Kew: Beginners Mon 1pm - 2pm
16/7 (10wks) \$155; 8/10 (9wks) \$140
Surrey Hills: Tue Thu and Fri
8.15am - 9am (ongoing)
\$25/single weekly session or
\$45/multiple weekly sessions

Tai Chi/Qi Gong

Balwyn: Tue 10.30am - 11.30am
17/7 (10wks) \$152.50
16/10 (9wks) \$137.50
Wed 10.45am - 11.45am
18/7 (10wks) \$152.50
17/10 (9wks) \$137.50
Hawthorn: Thu 11am - 12pm
12.05pm - 1pm 19/7 (10wks)
11/10 (10wks) \$63

Tango - Argentinian

Learn Argentinian Tango with our beginners' class.
Hawthorn: Thu 6.30pm - 8pm
25/7 (10wks) \$145

Tennis/Court Hire

Balwyn: Casual Court Hire:
Mon to Fri 9am - 4pm \$10 per hour

Walking Groups

Ashburton: Wed 10am - 11am
4/7 (ongoing) \$1 per session
Camberwell: Tue 9.30am - 10.30am **FREE**
Wed **NEW** 9.30am - 10.30am
(For people who want a slower pace)
FREE
Thu 9.30am - 10.30am **FREE**
Canterbury: Thu 9.30am
19/7; 11/10 (ongoing) **FREE** with
membership
Hawthorn: Fri 10am - 11.30am
(ongoing) \$2 per session
Surrey Hills: Mon 9am - 10.30am
16/7; 8/10 (ongoing) **FREE**
Fri 8.30am - 10.00am 20/7 (ongoing)
FREE
Fri 8.00am - 9.30am 12/10 (ongoing)
FREE

Women's Only Swimming

At Ashburton YMCA. Phone for details
Craig: 1st and 3rd Sun evening of each
month 8pm - 10pm

Yoga

Ashburton: Beginners
Tue 10.45am - 11.45am
17/7 (6wks); 9/10 (6wks) \$95
Balwyn: Mon 9.30am - 10.30am
16/7 (10wks) \$152.50
15/10 (9wks) \$137.50
Thu 7pm - 8:15pm
19/7 (10wks) \$152.50
18/10 (10wks) \$152.50
Fri 6.15am - 7.30am
20/7 (10wks) \$152.50
19/10 (10wks) \$152.50
Hatha yoga - suitable for all levels.
Bowen Street: Wed 6.30pm - 7.30pm
18/7 Contact Katy Plymin 0418 537 845
Casual \$18, Concession \$16
Camberwell: Mon 6.30pm - 7.45pm and
7.45pm - 9pm 16/7 (10wks); 8/10 (10wks)
\$155
Tue 9.15am - 10.30am and
10.30am - 11.45am
17/7 (10wks) \$155; 9/10 (9wks) \$140
Thu 7.00pm - 8.15pm
19/7 (10wks); 11/10 (10wks) \$155
Fri 10.30am - 11.45am
20/7 (10wks); 12/10 (10wks) \$155
Canterbury: Tue 9.30am - 10.30am
17/7 (10wks); 9/10 (10wks) \$130
Craig: Wed 7.30pm - 8.30pm
Casual \$12 per session
Hawthorn: Beginners
Wed 6.30pm - 7.30pm 25/7 (10wks) \$145
Kew: Tue 8.15am - 9.15am
17/7 (10wks) \$155; 9/10 (9wks) \$140;
Fri 10.30am - 11.30am
20/7 (10wks) \$155; 12/10 (9wks) \$140
Surrey Hills: Mon 7.30pm - 8.30pm
16/7 (10wks) \$160; 10/10 (9wks) \$144

Wed 5.45pm - 6.45pm
18/7 (10wks); 10/10 (10wks) \$160
Thu 9.30am - 10.30am
19/7 (10wks); 11/10 (10ws) \$160

Yoga: Chair Based

Balwyn: Mon 10.45am - 11.45am
16/7 (10wks) \$152.50
15/10 (9wks) \$137.50
A mostly chair based yoga practice
suitable for elderly. Includes morning tea.
Hawthorn: Tue 10am - 11.30am
17/7 (10wks) \$70

Yoga: Continuing

Alamein: Mon 7pm - 8pm
23/7 (9wks) \$113; 15/10 (8wks) \$100
Ashburton: Mon 9.30am - 10.30am
16/7 (10wks) \$155; 8/10 (9wks) \$140
Tue 9.30am - 10.30am
17/7 (10wks) \$155; 9/10 (9wks) \$140

Yoga: Freestyle / Vinyasa

Intermediate class suitable for those
familiar with yoga basics.
Hawthorn: Thu 7.05pm - 8.05pm
19/7 (10wks) \$155

Yoga: Gentle

Alamein: Mon 5.45pm - 6.45pm
23/7 (9wks) \$113
15/10 (8wks) \$100
Thu 11.10am - 12pm
2/8 (8wks) \$100; 18/10 (8wks) \$100

Yoga and Pilates Combo

Ashburton: Tue 2pm - 3pm
17/7 (10wks) \$150
9/10 (9wks) \$135 (Casual \$15 per class)

Yoga with Meditation, Pranayama and Relaxation Techniques

Alamein: Thu 9.30am - 11am
12/7 (1session) \$19
Thu 9.30am - 11am
27/9 (2wks) \$38
Thu 9.30am - 11am
19/7 (10wks); 11/10 (10wks) \$188

Yoga: Seniors

Poses are modified to adapt to your body.
Suitable for those above 60 years of age.
Hawthorn: Thu 6pm - 7pm 19/7 (10wks)
\$155

Zumba Gold

Fabulous dance-fitness for active, older
adults.
Balwyn: Wed 9.30am - 10.15am
18/7 (10wks) \$152.50
17/10 (10wks) \$152.50
Wed 6.30pm - 7.15pm
18/7 (10wks) \$152.50
17/10 (10wks) \$152.50
A Latin inspired dance fitness class for
seniors, all abilities welcome.
Hawthorn: Tue 9am - 10am
17/7 (10wks); 11/10 (10wks) \$114

English

Basic Literacy and Numeracy

Contact centre for interview and cost.

Alamein: Mon 9.30am - 12pm
16/7 (ongoing)

English as an Additional Language - Beginners, Intermediate & Advanced

ACFE Program. Practise speaking, listening, reading and writing in English. Contact Reception for details.

Kew: Mon and Wed commences
16/7 (10wks), 8/10 (9wks)
Permanent residents: \$70 per term
Non-residents \$270 per term

English Communication Skills (Pre-intermediate English)

Contact centre for interview and cost.

Alamein: Tue 9.30am - 12pm
17/7 (ongoing)

English for Work and Study (Upper-intermediate English)

Contact centre for interview and cost.

Alamein: Wed 9.30am - 12pm
18/7 (ongoing)

Introduction to iPads for ESL speakers (Intermediate English and above)

Alamein: Fri 12.30pm - 3pm
3/8 (8wks) \$85

Language and iPad Activity Group

For older people to practice their English while learning to use an iPad.

Hawthorn: Wed 1pm - 3pm
18/7 (10wks) \$30; 10/10 (10wks) \$35

Literacy and ESL through Computers

Contact centre for interview and course cost.

Alamein: Fri 9.30am - 12pm
20/7 (ongoing)

Living English (Beginners English)

Contact centre for interview and cost.

Alamein: Tue 12.30pm - 3pm
17/7 (ongoing)

The following Centres have small group classes where students can develop their conversation, grammar, and comprehension of the French, German, Italian, Mandarin or Spanish language. Classes range from absolute beginners through to advanced, and some classes are continuing. For any foreign language class enquiry, please contact the Centres directly.

French

French for Students (VCE Year 12)

Balwyn: Wed 4pm - 5.30pm
18/7 (10wks) \$167; 17/10 (5wks) \$85

Travellers/Conversation

A practical class for travellers and beginners.

Ashburton: Mon 9.30am - 11.30am
16/7 (8wks); 8/10 (8wks) \$180

An informal conversation class
Ring to book

Bowen Street: Thu 10am - 11.30am
19/7 (ongoing) Gold Coin donation
Camberwell: **NEW** Mon 3.30pm - 5.30pm
23/7 (9wks) \$196; 8/10 (8wks) \$175

Beginners

Absolute beginners up to 12-months' experience

Camberwell: Mon 10am - 12pm
23/7 (9wks); 8/10 (9wks) \$196

Mon 1pm - 3pm

23/7 (9wks) \$196; 8/10 (8wks) \$175

Mon 3pm - 5pm

23/7 (9wks); 8/10 (9wks) \$196

Canterbury: Absolute Beginners

Fri 10.30am - 12.30pm
20/7 (9wks); 12/10 (9wks) \$207

Canterbury: Fri 1pm - 3pm

20/7 (9wks); 12/10 (9wks) \$207

Tue 1.15pm - 3.15pm

17/7 (9wks); 9/10 (9wks) \$207

Hawthorn: Fri 9.30am - 11.30am

20/7 (10wks) \$178

Intermediate

Ranges from one to three years' experience.

Ashburton: Fri 10.30am - 12.30pm

20/7 (8wks); 12/10 (8wks) \$180

Balwyn: Thu 1pm - 3pm

19/7 (9wks); 18/10 (9wks) \$200

Wed 7pm - 9pm

18/7 (9wks); 17/10 (9wks) \$200

Wed 1pm - 3pm

18/7 (9wks); 17/10 (9wks) \$200

Thu 7pm - 9pm

19/7 (9wks); 18/10 (9wks) \$200

Camberwell: Mon 1pm - 3pm

23/7 (9wks); 8/10 (9wks) \$196

Canterbury: Mon 1pm - 3pm

16/7 (9wks); 8/10 (9wks) \$207

Mon 7pm - 9pm

16/7 (9wks); 8/10 (9wks) \$207

Advanced

Three years plus experience

Balwyn: Wed 10am - 12pm

18/7 (9wks); 17/10 (9wks) \$200

Thu 10am - 12pm 19/7 (9wks); 18/10

(9wks) \$200

Camberwell: Thu 10am - 12pm

26/7 (9wks); 11/10 (9wks) \$196

Canterbury: Mon 10.45am - 12.45pm

16/7 (9wks); 8/10 (9wks) \$207

German

Beginners

Absolute beginners up to 12-months' experience

Camberwell: Tue 10am - 12pm
17/7 (9wks); 9/10 (9wks) \$196
Sat 10am - 12pm
21/7 (9wks) \$196; 13/10 (8wks) \$175

Intermediate

Ranges from one to three years' experience

Balwyn: Wed 7pm - 9pm
18/7 (9wks); 17/10 (9wks) \$200

Camberwell: Tue 7pm - 9pm

17/7 (9wks); 9/10 (9wks) \$196

Hawthorn: Wed 9.15am - 11am

18/7 (10wks) \$178

Italian

Travellers/Conversation

An informal conversation class.

Ring to book.

Bowen Street: Thu 2pm - 3.30pm
19/7 (ongoing) Gold Coin donation

Beginners

Absolute beginners through to 12 months' experience

Bowen Street: Tue 1.30pm - 3pm

17/7 (10wks) \$180; 9/10 (9wks) \$162

Canterbury: Absolute Beginners

Thu 9.45am - 11.45am

19/7 (9wks);

11/10 (9wks) \$207

Thu 12.30pm - 2.30pm

19/7 (9wks); 11/10 (9wks) \$207

Hawthorn: Wed 11am - 12.30pm

18/7 (10wks) \$178

Intermediate

Ranges from one to three years' experience

Ashburton: Mon 1pm - 2.30pm

16/7 (7wks) \$145; 8/10 (8wks) \$165

Balwyn: Mon 1pm - 3pm

16/7 (9wks); 15/10 (9wks) \$200

Fri 9.15am - 11.15am

20/7 (9wks); 19/10 (9wks) \$200

Fri 11.30am - 1pm

20/7 (9wks); 19/10 (9wks) \$151

Bowen Street: Tue 11.30am - 1pm

17/7 (10wks) \$180; 9/10 (9wks) \$162

Canterbury: Wed 12.45pm - 2.45pm

18/7 (9wks); 10/10 (9wks) \$207

Wed 3pm - 5pm 18/7 (9wks); 10/10

(9wks) \$207

Thu 12.20pm - 2.20pm

19/7 (9wks); 11/10 (9wks) \$207

Advanced

Three years plus experience

Balwyn: Fri 1.30pm - 3pm

20/7 (9wks) \$151; 19/10 (9wks) \$151

General Interest

Bowen Street: Tue 10am - 11.30am
17/7 (10wks) \$180; 9/10 (9wks) \$162
Canterbury: Wed 9.30am - 11.30am
18/7 (9wks); 10/10 (9wks) \$207
Thu 10am - 12pm
20/7 (9wks); 20/4 (9wks) \$207

Spanish

Conversation

An informal conversation class.
Ring to book.

Bowen Street: Thu 12pm - 1.30pm
19/7 (ongoing) Gold Coin donation

Beginners

Absolute beginners up to 12-months' experience

Camberwell: Thu 7pm - 9pm
19/7 (8wks); 11/10 (8wks) \$175

Canterbury: Absolute Beginners
Tue 1pm - 3pm

17/7 (9wks); 9/10 (9wks) \$207

Canterbury: Mon 1pm - 3pm
16/7 (9wks); 8/10 (9wks) \$207

Intermediate

Ranges from one to three years' experience

Canterbury: Mon 10.30am - 12.30pm
16/7 (9wks); 8/10 (9wks) \$207

General Interest

Book groups, Cards and Games

Book Groups

Ashburton: 1st Thu of month 7.30pm - 9.30pm 5/7 (ongoing) \$5 per session

Balwyn: 2nd Wed of month 1pm - 3pm (ongoing) \$5 per session

Camberwell: New members welcome
3rd Mon of month 1.30pm - 3pm (ongoing) \$5 per session

Kew: Last Thu of month 12pm - 1.30pm
Contact reception for details. Gold coin donation

Surrey Hills: 4th Tue 7pm - 8.30pm
24/7; 23/10 (ongoing) \$4.50 per session

CAE Book Groups

Ashburton: 1st Thu of month 2pm - 4pm
5/7 (ongoing) \$5 per session

Balwyn: 3rd Wed of month 1pm - 3pm (ongoing) \$5 per session

Bridge

Intermediate to advanced players, duplicate games, partners required.

Balwyn: Tue Thu and Sat 12.30pm - 4pm (ongoing) \$5 per session

Camberwell: Wed 12pm - 3.30pm (ongoing) \$5 per session

Kew: Mon 1pm - 4pm

Contact Centre for details \$3 per session

Cryptic Crosswords

Ashburton: Mon 10.30am - 11.30am
16/7 (6wks); 12/11 (6wks) \$30

Friday 500 Social Cards

Camberwell: Fri 1pm - 3pm (ongoing)
\$2 per session

Learn to Play Mah-jong

Ashburton: Fri 12.30pm - 3.30pm
7/9 (4wks) \$20. Call for details

Mah-jong (Western)

Ashburton: Fri 12.30pm - 4pm
6/7 (ongoing) \$5 per session

Camberwell: Thu 1pm - 4pm (ongoing)
\$5 per session

Surrey Hills: Fri 1.30pm - 4pm
20/7; 12/10 (ongoing) \$4.50 per session

Scrabble

Balwyn: Mon 12.30pm - 4.30pm (ongoing) \$5 per session

Surrey Hills: 1st 3rd 5th Tue 1pm - 4pm
17/7; 15/10 (ongoing) \$4.50 per session

Learn to Play Solo **NEW**

Camberwell: Wed 9.30am - 11.30am
6/6 (4wks) \$20 book plus \$7 per session

Solo

Balwyn: Wed 6.30pm - 10pm (ongoing)
\$5 per session

Fri 9am - 12pm (ongoing) \$5.00 per session

Very experienced group

New people welcome for a trial session.

Camberwell: Tue 12.30pm - 3.30pm (ongoing) \$5 per session

Supervised Solo

Camberwell: Wed 9.30am - 11.30am (ongoing) \$7 per session

General Interest

Archibald Prize and Geelong Walking Tour

Travel by train to Geelong, explore sites of significance and view the Archibald Prize exhibition.

Canterbury: Thu 23/10 \$15 for members, \$20 for non-members. Call the Centre for full details

Building Marvellous Melbourne

Discover the architecture and history of Melbourne's most important buildings and their architects. From the Old Treasury Building, famous 'rag trade' area of Flinders Lane, the interiors of St Michael's Church, the Athenaeum Library and the Antiquarian Bookshop.

Canterbury: Tue 8/11 \$15 for members, \$20 for non-members. Call the Centre for full details

Create your own Vision Board for your Extraordinary Life!

Alamein: Sun 10am - 4pm
5/8 (1session) \$87

Family Budgeting **NEW**

Learn how to manage day-to-day expenses and make the most of your income.

Ashburton: Call 9885 7952 to register your interest.

Florins

A women's social group meet fortnightly to chat and enjoy excursions.

Surrey Hills: Thu 2pm - 4pm
26/7 (ongoing) \$4.50 per session

Get Organised - move from I'm so busy to a life that you love

Perfect for busy mums trying to squeeze in work, kids' school commitments, volunteering and even running their own business.

Bowen Street: Wed 7pm - 9pm 5/9 \$20

Japanese Tea Workshop

See a traditional tea ceremony and learn how to make matcha.

Alamein: Sat 10.30am - 11.30am
8/9 (1session) \$30

Kombucha Gut Health

Learn all the ins and outs of obtaining great gut health and how to make Kombucha.

Surrey Hills: Fri 7pm - 9.30pm
27/7 (1session) \$50/\$40 SHNC members

Life Long Learning Meetings (LLM)

A program for older people learning, sharing ideas and makin new friends. Includes guest speakers, discussion and afternoon tea.

Hawthorn: Glenferrie Thu 1.30pm - 3.30pm 19/7 (10wks); 11/10 (10wks) \$35
Henry St every 2nd Fri 1.30pm - 3.30pm
20/7 (10wks) \$35

Support Network for Parents of Children with Disabilities

For parents of children with disabilities (just for parents).

Bowen Street: 3rd Mon of month
10am - 12pm

Toy Decluttering

An interactive session - how to decide to keep an item or not.

Bowen Street: Wed 7pm - 9pm
22/8 (1session) \$20

Travelogue Club

Armchair travellers welcome.
Contact: 9889 7509

Camberwell: Last Fri of month
1pm - 4.30pm (except Dec)

Wardrobe Decluttering

Focus on sorting, organising and storing your clothes and accessories.

Bowen Street: Wed 12.30pm - 2.30pm
29/8 (1session) \$20

Wiser Walker

A 3-week program providing information on a wide range of public transport options and support services for older people to remain mobile.

Hawthorn: Tue 10.30am - 12.30pm
Call for dates (3wks) **FREE**

Technology and Workskills

Computers, Tablets and IT

Introduction to Computers (Windows 10)

Alamein: Thu 12.45pm - 3.30pm
11/10 (9wks) \$122

Excel 2016: Introduction to

Alamein: Tue to Fri 9.30am - 3pm
3/7 (4days) \$105;
Mon 6.30pm - 9pm 8/10 (8wks) \$105

iPad or iPhone (Beginners)

Learn how to use your Ipad/Iphone and all its features.

Surrey Hills: Tue 10am - 12.30pm
31/7 (3wks) \$100

iPad (Beginners and Seniors)

Learn how to use apps and functions on your iPad.

Bowen Street: Fri 10am - 12.30pm
3/8 (4wks) \$130

iPad – The Next Step

Bowen Street: Fri 10am - 12.30pm
31/8 (4wks) \$130

iPads (Level II)

Learn about iPads for sharing information, videos, podcasts, connecting and synching to devices, important apps.

Alamein: Wed 12.30pm - 3pm
25/7 (8wks) \$85

iPad (Advanced)

Get more out of your iPad. A working email account compulsory

Kew: Mon 9am - 11.30pm
16/7 (5wks); 8/10 (5wks) \$120

Microsoft Office Skills

Covers Publisher, Word, Excel, files and folders.

Alamein: Thu 12.45pm - 3.15pm
19/7 (10wks) \$95

Photography Basics using a DSLR Camera

Just bought a DSLR? Gain skills and confidence.

Camberwell: Taking Expressions of Interest

Learn all the basics of a DSLR camera, including tips on how to make a good photo.

Surrey Hills: Sun 1pm - 3pm
19/8 \$50/\$40 SHNC members

Protect Your Computer

Protect from viruses, back up valuable data.

Alamein: Mon 12.30pm - 3pm
27/8 (1session) \$40

Website Design and Maintenance: Introduction to

Gain understanding of basic design, updating and maintenance of WordPress websites.

Alamein: Wed 12.30pm - 3pm
17/10 (8wks) \$90

Word 2016: Introduction to

Alamein: Tue to Fri 9.30am - 3pm
2/10 (4 days) \$105

Exploring the Internet

Buy and Sell Online – eBay on iPad

Learn how to use eBay on iPad and start selling and buying online.

Bowen Street: Fri 1pm - 4pm
24/8 (1session) \$70

eBay

Learn how to buy and sell on-line.

Alamein: Mon 12.30pm - 3pm
13/8 (2wks) \$80

Facebook Advertising for Businesses

Learn how to target advertise on Facebook.

Alamein: Wed 9.30am - 12pm
22/8 (1session) \$40

Google Analytics: Introduction

Alamein: Wed 9.30am - 12pm
29/8 (1session) \$40

i-Anything NEW

Considering purchasing an 'i device' or just purchased one?

Bowen Street: Sat 9.30am - 12.30pm
4/8 (those considering purchase) \$20
Sat 9.30am - 12.30pm
15/9 (those who have purchased) \$20

Marketing through Digital Media

Learn Facebook, Twitter, Instagram and Mail Chimp to market your company online.

Alamein: Thu 9.30am - 12pm
2/8 (8wks) \$85; Tue 6.30pm - 9pm
9/10 (8wks) \$85

NBN Basics

Learn about the NBN, how it will affect your landline and Internet, plans to choose.

Alamein: Mon 1pm - 3pm
10/9 (1session) \$25

YouTube for Business

Learn how to add videos to YouTube to promote.

Alamein: Wed 9.30pm - 12pm
8/8 (1session) \$40

Individual Support

Individual iPad/iPhone/Mac Support/PC/Laptop

Need more skills in using your Mac/iPad?

Bowen Street: Various times and days
\$10/session

Upskill for Work

Introduction to Barista Skills and the Service Industry

Learn coffee making, customer service, teamwork, merchandising and more.

Alamein: Fri 9.30am - 3pm
19/10 (4wks) \$100/\$50

Barista Training

This course provides a solid foundation in how to make coffee; providing skills to find work in the café industry.

ACFE funded places.

Kew: Please contact reception 9853 3126

ESL Tutoring: Introduction to

Learn English grammar rules, teaching strategies, macro language approaches and more.

Alamein: Wed 10am - 12.30pm
15/8 (10wks) \$85/\$20



The Arts



Event Management

Learn event management skills, including organising, promotion, budgeting, ticketing, safety.

Alamein: Tue 6.30pm - 9pm
31/7 (8wks) \$85

Find a Job or Change Your Career: Pathways to Employment

Covers employability and transferable skills, 21 century job searching, resumes.

Alamein: Tue 12.30pm - 3pm
14/8 (8wks) \$70/\$20; Tue and Thu
12.30pm - 3pm 13/11 (4wks) \$70/\$20

Taster in Floristry

This course is an introduction into the Floristry industry. Students will have the opportunity to learn theory and practical aspects. This course is designed as a pathway to Certificate II in Floristry, volunteering or employment.

Kew: Thu 7pm - 9pm
19/7 (10wks) \$300

IT for the Office

Improve your IT skills and get up to date with various office programs. This course is a pathway to paid employment or further study.

Kew: Thu 1pm - 3.30pm
19/7 (10wks) \$140; 11/10 (9wks) \$125

LinkedIn

Join this popular business networking tool.

Alamein: Tue 12.30pm - 3pm
7/8 (1session) \$40

Marketing 101

Learn marketing basics, creating a plan, branding, promotional tools, psychology.

Alamein: Wed 6.30pm - 9pm
1/8 (8wks) \$85

Promoting your Business on Google

Alamein: Mon 12.30pm - 3pm
17/9 (1session) \$40

Volunteering and Beyond: Introduction

Gain skills and knowledge for particular volunteer roles, rights and responsibilities and pathways available through volunteering.

Alamein: Thu 12.30pm - 3pm
23/8 (8wks) \$20/\$10

Literature and History

Bellevue Book Circle

Coffee shop meetings, lively discussion on books, films and events. Call for details.

Canterbury: 3rd Tue of month
10am - 11am, **FREE** with membership

Heritage Collection

Volunteers curating local items of heritage value: viewed Mondays.

Surrey Hills: Mon 9am - 3pm
(during term dates) **FREE**

Historical Society

Surrey Hills: 3rd Tue 8pm - 10pm
17/7 (ongoing) \$4.50 per session

The Joy of Good Books

Part book group, part literature class. Tutor led discussion.

Ashburton: Tue 1pm - 3pm
17/7 (6wks); 30/10 (6wks) \$105

Literature

Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.

Canterbury: Wed 1pm - 3pm
18/7 (9wks); 10/10 (9wks) \$207

Maling Road Book Circle

Coffee shop meetings, lively discussion on books, films and events. Call for details.

Canterbury: 1st or 2nd Tue of month
10am - 11am **FREE** with membership

Music and Movies

Camberwell Film Society

@ 25 Ingelsby Road Camberwell.
Phone for details 9347 6969

Camberwell: 3rd Wed of month 7pm
(except Dec 2nd)

Chinese Choir

Sing songs from around the globe. New members welcome anytime.

Kew: Every Sun except Public Holidays
3.30pm - 5.30pm Gold Coin donation

Foreign Film Group

Enjoy a foreign film followed by a discussion.

Ashburton: 1st Wed of the month
7pm for a 7.30pm

4/7 (ongoing) \$10 per session
Enjoy a foreign film followed by a discussion.

Surrey Hills: 3rd Wed 7.30pm - 10.30pm
18/7 (ongoing) \$10 per session

Guitar (Beginners)

Learn basic guitar skills from a qualified professional. If you know nothing about the guitar except that you want to play then this is the course for you.

Kew: Tue 1pm - 3pm
17/7 (10wks) \$175; 9/10 (9wks) \$155

We are creating a beginners' community guitar group. Course notes and materials provided. BYO guitar.

Hawthorn: Tue 7pm - 8pm
17/7, 9/10 (10wks) \$114

Ukulele

For beginners and intermediate players.

Ashburton: Wed 2pm - 3pm
18/7 (10wks); 10/10 (10wks) \$140

Learn to play and have fun with the Ukulele.

Surrey Hills: Beginners

Wed 12.15pm - 1.15pm
18/7 (10wks) \$160; 10/10 (10wks) \$160

Ukulele Ongoing

Surrey Hills: Tue 7pm - 8pm
17/7 (10wks) \$160; 9/10 (9wks) \$144

Wed 1.30pm - 2.30pm
18/7 (10wks); 10/10 (10wks) \$160

The Written Word

Life Writing

Write recollections from your life and family history. Record and share these valuable memories and anecdotes.

Canterbury: Tue 10am - 12pm
17/7 (9wks); 9/10 (9wks) \$207

Hawthorn: \$36 per semester

Rendezvous to Write

Receive guidance with current projects and develop your writing skills.

Hawthorn: 3rd Tue of month
1pm - 3pm (5wks) \$50

What Word is That?

Have you ever suffered from pteronophonia? What links the words dinghy and shampoo? Join us for a fascinating trip through word origins and meanings!

Canterbury: Tue 10am - 12pm
13/11 (4wks) \$92

Writing Historical Fiction

Start your journey of writing fiction set in history.

Camberwell: Tue 10am - 12pm
17/7 (5wks); 9/10 (5wks) \$160

Writing for Pleasure

Like writing but need encouragement? Share the fun of stringing words together in all sorts of ways.

Kew: Tue 1pm - 3pm
17/7 (10wks) \$210; 9/10 (9wks) \$190

Volunteer Activities

Volunteering at your Community and Neighbourhood House is a fantastic way of making a real difference in your community. There are great opportunities to share your skills and participate in a variety of ways; from administration, event planning, facilitating a group, tutoring and more. You will meet like-minded people and have a lot of fun. Contact your local Neighbourhood House or Centre for more details.

Volunteer Opportunities at Craig Family Centre

Engage and make a difference within your community. The Craig Family Centre is recruiting volunteers for its community programs. Volunteer opportunities exist in our Disability, Homework Playgroups and Youth Foundation.

Craig: Community Development
nhco-ordinator@craigfc.org.au

Memberships and Enrolments

Most Centres have a small membership fee; this helps cover the Centre's day-to-day running costs, administration overheads and hospitality expenses. All courses are subject to sufficient enrolments and may be cancelled at the discretion of the Centre's management. Dates and costs are correct at time of printing and may change occasionally.

Room Hire

Many of our Centres have rooms to hire at very competitive rates. Contact the Centres directly for further information or to make a booking.

Ashburton Community Centre

Our modern centre has various sized rooms and a registered kitchen available for hire for community, not-for-profit and commercial use. Our rooms are suitable for meetings, classes and workshops. Visit our www.ashburtoncc.org.au for more details.

Balwyn Community Centre

Set in beautiful bushland, our function centre is a large, inviting space with plenty of natural light and room for up to 100 guests. Smaller meeting rooms are also available for hire.

Bowen Street Community Centre, Camberwell

Meeting and party rooms available.
For virtual tour of facilities and details - www.bowenstreet.org.au

Camberwell Community Centre

Art studio, hall and carpeted meeting rooms. No parties. Phone 9882 2611 for costs.

Craig Family Centre

Rooms suitable for meetings, seminars and parties. Enjoy full use of our facilities including BBQ, kitchen and secure playground. Special rates for not-for-profit organisations.

Hawthorn Community House

Our well-equipped childcare centre and Art Room are available for hire for birthday parties and functions. Weekends 9.30am - 1.30pm or 1.30pm - 5.30pm, \$95 per session.

Kew Neighbourhood Learning Centre

If you have a course or an activity that meets the vision of the Centre, we have rooms available for hire at very competitive rates. Harrier's Pavilion is also available for event or party hire. Contact us for further information.

Surrey Hills Neighbourhood Centre

The Chandler Room is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area. The Cottage is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops, seminars. All facilities are wheelchair accessible.

Workshops



Parkside Pop Ups

The Parkside Pop Ups run every third Tuesday of the month, it is an affordable way to gain some insight into a variety of topics.

Sauerkraut & Gut Health

A workshop on health and the benefits of lacto-fermented foods, especially sauerkraut.

Hawthorn: Tue 7pm - 8.30pm 24/7 \$20
www.trybooking.com/355190

Scrapbooking Made Simple

Create beautiful keepsakes, learn how to organise your photos.

Hawthorn: Tue 7pm - 8.30pm 21/8 \$20
www.trybooking.com/355192

Backyard Beekeeping

Learn what's involved in keeping bees in suburban Melbourne.

Hawthorn: Tue 7pm - 8.30pm 18/9 \$20
www.trybooking.com/355193

Meditation & Mindfulness

Trial meditation and mindfulness. No prior experience required.

Hawthorn: Tue 7pm - 8.30pm 23/10 \$20
www.trybooking.com/355195

Christmas Wreath Making

A popular workshop where you create your own Christmas wreath.

Hawthorn: Tue 7pm - 8.30pm 20/11 \$20
www.trybooking.com/355196
Tue 7pm - 8.30pm 11/12 \$20
www.trybooking.com/355198