

BALWYN COMMUNITY CENTRE

Languages
Health & Fitness
Arts & Crafts
Sustainable Living
& Garden
Special Interest
Computers
Child care

Term
1 & 2
2019



&
more...

Special Interest Groups

We have a variety of special interest groups that run throughout the week. Each session is \$5 per person, as well as an annual Centre membership fee of \$10. For more information please call 9836 7942.

Community Venture - Surrey Hills / Balwyn Produce Swap

Come and swap your excess home-grown vegies and produce for free! Get some tomatoes for your potatoes and meet other green thumbs in the community. All produce welcome including herbs, eggs, fruit, vegetables, honey, seedlings, flowers, compost or manure.

Third Sunday of each month from
9.00am – 10.00am
21 January
17 February
17 March
21 April
19 May and
16 June.

Bridge

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

Tue, Thu & Sat afternoons
12:30pm – 4:00pm (ongoing)
\$5 per session

Scrabble

All players welcome.
Mon 12:30pm – 4:30pm (ongoing)
\$5 per session

Solo - all levels welcome

Wed 6.30pm – 10:00pm and
Fri 9:00am – 12:00pm (ongoing)
\$5 per session

Tapestry Workgroup

Tue 10:00am – 12:00pm (ongoing)
\$5 per session

Pergamano (Parchment) Workgroup

Tue 1:00pm – 3:00pm (ongoing)
\$5 per session

Crochet and Knitting Class

Thu 1:00pm – 3:00pm (ongoing)
\$10 per session

Creative Journaling

NEW CLASS

Express who you are, what is important to you and find meaning in your everyday world. Taught by qualified Art Therapist, Sandy Buchanan. Bring your own journal or purchase on the day.

Term 1

Wednesday 13 March (4 sessions)
7:00pm – 9:00pm \$140 (4 sessions)
Journal cost: \$10 (optional)

A Men's Discussion Evening

NEW CLASS

Developed and conducted by male volunteers from COTA (Vic), this one-off event will provide opportunities to meet, talk, "chew the fat" about challenges you face as you grow older, and enjoy some time with other local men over the age of 55. Light supper provided. Cost for the evening \$5.

Term 2

Thursday 2 May 7.00pm – 9.30pm

Located in a beautiful bush setting, Balwyn Community Centre is a place to learn and grow, to meet new people and explore. In 2019, we are getting an upgrade at Whitehorse Road and are making the most of our temporary location at 230 Balwyn Road, Balwyn North. We offer different courses and workshops, as well as childcare, a function centre and community garden.

& more...

**Term
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“As a first time student of **Balance Back to Exercise**, I’m finding it a most enjoyable program. Robin, my instructor, fills the room with fun, laughter and exercise. I’m sure if more people knew of the benefits of this program they would flock to **Balwyn Community Centre** to join.”

Balance Back to Exercise, student

“I’m very interested in learning about sustainable living and excited to attend the new eco-friendly courses at the Centre.”

Alex, student

Health&Fitness

Fit for You - Early Morning Fitness Sessions

Make the most of the morning with this small group exercise class! Our fitness trainer, Robin leads a whole-body, cardio workout. Suitable for all ages and fitness levels.

Tue 6:15am – 7:00am
Term 1 from 5 Feb \$104 (9wks)
Term 2 from 23 Apr \$115 (10wks)

Thu 6:15am – 7:00am
Term 1 from 7 Feb \$104 (9wks)
Term 2 from 2 May \$104 (9wks)

Tai Chi/Qi Gong

Improve your health and vitality with this gentle exercise class. You’ll leave feeling calm, focused and newly energised.

Tue 10:30am – 11:30am
Term 1 from 5 Feb \$137.50 (9wks)
Term 2 from 23 Apr \$152.50 (10wks)

Tai Chi / Qi Gong for Beginners

Wed 10:45am – 11:45am
Term 1 from 6 Feb \$137.50 (9wks)
Term 2 from 24 Apr \$152.50 (10wks)

Yoga

Our gentle Yoga classes incorporate breathing techniques, stretching and meditation to help you get in touch with your body.

Mon 9:30am – 10:30am
Term 1 from 4 Feb \$122.50 (8wks)
Term 2 from 29 Apr \$122.50 (8wks)

Thu 7:00pm – 8:15pm
Term 1 from 7 Feb \$137.50 (9wks)
Term 2 from 2 May \$137.50 (9wks)

Fri 6:15am – 7:30am
Term 1 from 8 Feb \$137.50 (9wks)
Term 2 from 26 Apr \$152.50 (10wks)

Chair Yoga

This specially designed yoga program is for people with mobility issues and utilises a chair rather than a floor mat.

Mon 10:45am – 11:45am
Term 1 from 4 Feb \$122.50 (8wks)
Term 2 from 29 Apr \$122.50 (8wks)

Exercise Classes

We offer a dynamic Hi/Low exercise class incorporating aerobics and a Stretch & Strengthen class.

Stretch & Strengthen
Mon 7:00pm – 8:00pm
Term 1 from 4 Feb \$122.50 (8wks)
Term 2 from 29 Apr \$122.50 (8wks)

Thu 10:30am – 11:30am
Term 1 from 7 Feb \$137.50 (9wks)
Term 2 from 2 May \$137.50 (9wks)

Hi/Low

Thu 9:15am – 10:15am
Term 1 from 7 Feb \$137.5 (9wks)
Term 2 from 2 May \$137.5 (9wks)

Pilates

Improve your core strength and body tone to relieve tension and fatigue. Pilates is taught all over the world to all ages and levels of experience.

Tue 9:15am – 10:15am
Term 1 from 5 Feb \$137.5 (9wks)
Term 2 from 23 Apr \$152.5 (10wks)

Balance Back to Exercise

Improve core strength, balance and flexibility using weights, resistance bands and stretching techniques. This class is ideal for older adults new to exercise or recovering from injury.

Wed 1:30pm – 2:30pm
Term 1 from 6 Feb \$137.5 (9wks)
Term 2 from 24 Apr \$152.5 (10wks)

Wed 2:30pm – 3:30pm
Term 1 from 6 Feb \$137.5 (9wks)
Term 2 from 24 Apr \$152.5 (10wks)

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 lead by our Zumba instructor, Meredith.

Wed 9:30am – 10:15am
Term 1 from 6 Feb \$137.50 (9wks)
Term 2 from 24 Apr \$152.50 (10wks)

Wed 6:30pm – 7:15pm
Term 1 from 6 Feb \$137.50 (9wks)
Term 2 from 24 Apr \$152.50 (10wks)

Meditation

Let go of stress and tension and move towards an experience of wellbeing and calm.

Class includes relaxation, breathing and visualisation. No meditation experience is required.

Wed 7:45pm – 8:45pm
Term 1 from 6 Feb \$137.50 (9wks)
Term 2 from 24 Apr \$152.50 (10wks)

Replenish and Restore - Slow Flow and Restorative Yoga Workshop

Attendees will learn a gentle way to invigorate the body using Slow Flow and Restorative Yoga, followed by a practice to relax the mind and restore the spirit. This half day wellness workshop is suitable for people of all ages and levels of experience.

Sunday 7 April
1:00pm – 4:00pm \$70 (1 session)

Sustainable Living& Gardening

Greening Your Kitchen

Make your kitchen more environmentally friendly! In this informative workshop you’ll make waxed fabric food covers, waxed fabric bags, sheer fruit and vegetable bags, a cotton grocery bag and a cotton sling bag. Great for the green-thumb or environmentally conscious! BYO sewing machine. Not suitable for children.

Term 1
Saturday 23 February and
Saturday 2 March 1:00pm – 4:00pm
\$70 + \$30 materials (2 sessions)

Gardening at an Older Age

This workshop focuses on gardening in older age and is taught by qualified Occupational Therapist, Lisa Wade. Learn about the health benefits of gardening, tips for gardening safely, how to conserve energy and reduce risk of injury while gardening, ideas for adaptive tools and where they can be purchased, common issues with ageing and solutions to try.

Term 2
Sunday 17 March 1:00pm – 3:30pm
\$60 (1 session)

Term already started? There’s no need to miss out! You can join many of our courses mid-term. Enrol online or call the office.

Art&Crafts

Decoupage

Get creative and have fun with this friendly, artistic group. Make beautiful ornaments using paper and varnish with traditional decoupage methods.

Mon 12:30pm – 2:30pm

Term 1 from 4 Feb \$178.5 (8wks)
Term 2 from 29 Apr \$178.5 (8wks)
Thu 10:00am – 12:00pm
Term 1 from 7 Feb \$200.5 (9wks)
Term 2 from 2 May \$200.5 (9wks)

Botanical Painting & Drawing

Learn to paint or draw plants in a very friendly environment. Beginners welcome.

Wed 9:15am – 12:15pm
Term 1 from 6 Feb \$287 (9wks)
Term 2 from 1 May \$287 (9wks)
Wed 1:15pm – 3:45pm
Term 1 from 6 Feb \$239 (9wks)
Term 2 from 1 May \$239 (9wks)

French Polishing and Furniture Restoration

Revive old furniture using traditional French Polishing and restoration methods. Minor repairs can be made under supervision. All skill levels accommodated.

Wed 12:30pm – 3:30pm
Term 1 from 6 Feb \$294 (9wks)
Term 2 from 1 May \$294 (9wks)
Thu 12:30pm – 3:30pm
Term 1 from 7 Feb \$294 (9wks)
Term 2 from 2 May \$294 (9wks)
Thu 7:30pm – 9:30pm
Term 1 from 7 Feb \$199 (9wks)
Term 2 from 2 May \$199 (9wks)

Painting

Oil Painting with Farimah

Fri 10:00am – 12:00pm
Term 1 from 8 Feb \$197 (9wks)
Term 2 from 3 May \$197 (9wks)

Pastel Painting with Farimah

Tue 1:30pm – 3:30pm
Term 1 from 5 Feb \$197 (9wks)
Term 2 from 30 Apr \$197 (9wks)

Painting for Pleasure with Gordon (mixed mediums)

Tue 1:00pm – 3:00pm
Term 1 from 5 Feb \$197 (9wks)
Term 2 from 30 Apr \$197 (9wks)

Thu 1:00pm – 3:00pm
Term 1 from 7 Feb \$197 (9wks)
Term 2 from 2 May \$197 (9wks)

Watercolour Painting

Mon 10:00am – 12:00pm
Term 1 from 4 Feb \$175 (8wks)
Term 2 from 29 Apr \$175 (8wks)
Mon 1:00pm – 3:00pm
Term 1 from 4 Feb \$175 (8wks)
Term 2 from 29 Apr \$175 (8wks)
Thu 10:00am – 12:00pm
Term 1 from 7 Feb \$197 (9wks)
Term 2 from 2 May \$197 (9wks)
Thu 7:30pm – 9:30pm
Term 1 from 7 Feb \$197 (9wks)
Term 2 from 2 May \$197 (9wks)
Fri 10:00am – 12:00pm
Term 1 from 8 Feb \$197 (9wks)
Term 2 from 3 May \$197 (9wks)

Drawing

Develop your creative drawing talents with Gordon Sonnenberg. This is a small, friendly class using a variety of mediums and techniques.

Tue 10:00am – 12:00pm
Term 1 from 5 Feb \$197 (9wks)
Term 2 from 30 Apr \$197 (9wks)
Wed 10:00am – 12:00pm
Term 1 from 6 Feb \$197 (9wks)
Term 2 from 1 May \$197 (9wks)
Thu 10:00am – 12:00pm
Term 1 from 7 Feb \$197 (9wks)
Term 2 from 2 May \$197 (9wks)

Beginners Drawing Workshop

Learn to draw and see the world in a different way! Taught by our experienced tutor Gordon Sonnenberg, this workshop will focus on three keystones of artistic creation.

Term 1 Sunday 3 March
10:00am – 4:30pm \$160 (1 session)

Advanced Drawing Workshop

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

Term 2 Sunday 26 May
10:00am – 4:30pm \$160 (1 session)

Sinamay Hats

Learn to make your own stylish headwear with one of Melbourne's most experienced milliners. You will make a fascinator and a two-piece cloche or brimmed hat. This workshop runs over 2-days and participants are given a list of materials to purchase beforehand.

Term 2
Saturday 4 May and Sunday 5 May
1:00pm – 5:00pm \$165 (2 sessions)

“We have used Balwyn Occasional Care for the last 5 and a half years and I am completely confident of their care. I can't recommend the Centre highly enough.”

Fiona,
Child care parent

“I loved the Drawing Workshop. Gordon is an excellent tutor!! Very engaging and explains well.”

Sarah, student

Term 1 & 2 2019

Child Care

Child care at Balwyn Community Centre lets your child thrive! They'll feel safe and happy in this small, caring environment. Child care is available for children six weeks up to primary school age for a maximum of 15 hours per week.

Our licensed facility offers occasional care – making it easier for you to attend a daytime course or activity if you have little ones! Our 'Lunchtime Special' is a popular option. Your child will be looked after between 12pm - 2pm and costs just \$24, or \$28 casual.

Child care commences the week of Monday 4 February (Term 1) and Tuesday 23 April (Term 2).

Hours: Monday to Friday
9.00am to 2.00pm

Sessional Child care – Term bookings
2 Hour block (12pm – 2pm) \$24.00
Casual: \$28.00 per session
3 Hour block (9am – 12noon) \$36.00
Casual: \$42.00 per session
5 Hour block (9am – 2pm) \$60.00
Casual: \$70.00 per session

Regular & casual care positions are subject to availability. For bookings and enquiries please call 9836 7942.

For the Children

Children's Art

Learn to draw and paint in a variety of ways in this small, friendly class. Designed for the primary school aged child (8 – 11 years).

Tue 4:15pm – 5:45pm
Term 1 from 5 Feb \$148 (9wks)
Term 2 from 30 Apr \$148 (9wks)

& more...

& more...

Languages

Italian Intermediate 1

Join this enthusiastic class and continue to build on your language skills! You'll study written and oral Italian. Assumes 3 years' experience.

Mon 1:00pm – 3:00pm
Term 1 from 4 Feb \$178 (8wks)
Term 2 from 29 Apr \$178 (8wks)

Italian Intermediate 3

Continue to build on your language skills with our experienced tutor, Carmela. Assumes 3 years' previous experience.

Fri 9:15am – 11:15am
Term 1 from 8 Feb \$178 (8wks) – no class 29/3
Term 2 from 3 May \$200 (9wks)

Italian Intermediate Conversation and Grammar 5

Challenge and develop your Italian language skills. Assumes 4 years' previous experience.

Fri 11:30am – 1:00pm
Term 1 from 8 Feb \$134 (8wks) – no class 29/3
Term 2 from 3 May \$151 (9wks)

Italian Advanced Conversation

Conducted completely in Italian, this class allows students to broaden their vocabulary and improve their language skills. Assumes 4+ years' experience.

Fri 1:30pm – 3:00pm
Term 1 from 8 Feb \$134 (8wks) – no class 29/3
Term 2 from 3 May \$151 (9wks)

French Intermediate 1 Assumes 2 years' experience

Wed 7:00pm – 9:00pm
Term 1 from 6 Feb \$200 (9wks)
Term 2 from 1 May \$200 (9wks)
Thu 1:00pm – 3:00pm
Term 1 from 7 Feb \$200 (9wks)
Term 2 from 2 May \$200 (9wks)

French for Intermediate 3

Continue your language journey with our French tutor, Marie. This lively class covers grammar, reading, writing and French conversation. Assumes 3 years' experience.

Wed 1:00pm – 3:00pm
Term 1 from 6 Feb \$200 (9wks)
Term 2 from 1 May \$200 (9wks)

French Advanced 1

Assumes 4 years' experience

Thu 7:00pm – 9:00pm
Term 1 from 7 Feb \$200 (9wks)
Term 2 from 2 May \$200 (9wks)

French Advanced 3

Challenge your grammar and language skills as you build on previous knowledge. Assumes 5 years' experience.

Thu 10:00am – 12:00pm
Term 1 from 7 Feb \$200 (9wks)
Term 2 from 2 May \$200 (9wks)

French for VCE Year 12 students

Give yourself a head start! Improve your language and speaking skills to boost your marks. Year 12 students only.

Wed 4:00pm – 5:30pm
Term 1 from 6 Feb \$150 (9wks)
Term 2 from 1 May \$150 (9wks)

German for Beginners

A fun and engaging introduction to the German Language for absolute beginners. No prior knowledge required.

Fri 10:00am – 12:00pm
Term 1 from 8 Feb \$200 (9wks)
Term 2 from 3 May \$200 (9wks)

Meet our team



Pop in and say hello to our office staff, Andrea (left) and Jo (right) and Centre Director, Deb.

Room Hire

Smaller meeting rooms are available for hire but may be limited due to scheduling. To enquire please call the office on 9836 7942 for details.

Centre Membership

As a member you can enrol in any course or workshop at the Centre. Members are eligible to vote at our Annual General Meeting and may join the Committee of Management. Membership is \$10 for attendance groups or included in class fees. The annual membership is valid until 31 December 2019.

How to enrol for a course

Bookings and payment can be made via:

- Our website: www.balwyncc.org.au
- Over the phone on 9836 7942
- In person Monday to Friday 9am – 4pm, Wednesday 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

Where to find us

230 Balwyn Road, Balwyn North
Phone: 9836 7942
Website: www.balwyncc.org.au



Term
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