

BALWYN COMMUNITY CENTRE

TERM 4 BROCHURE

Balwyn Community Centre is a place to learn and grow, replenish and to meet new people. The Centre offers a range of courses and workshops, child care, a community garden and a function centre. Term 4 will run online and if possible, in-Centre.



OVERVIEW:

ONLINE COURSES AND WORKSHOPS

The following courses will be delivered online, via Zoom in Term 4. If you are unsure of how to use Zoom and need help getting set up, we have technical support available at the Centre to help. If you would like more information about our online classes, please contact us.

Languages

ITALIAN

Italian for Beginners

FREE Come and try class: Mon 28 Sept 1pm-2pm

Start your language journey! Class covers reading, writing, grammar and conversation.

Monday 1:00pm – 2:00pm

12 Oct – 7 Dec \$95 (8 wks) no class 2 Nov

Italian Intermediate 5

Continue to build on your language skills with our

- Languages
- Health & Fitness
- Arts & Crafts
- Sustainable Living & Garden
- Cooking
- Special Interests
- Child Care

To enrol in a course or workshop, or to sign up for a free come and try class, please visit the Balwyn Community Centre website or call the office.

412 Whitehorse Road

Surrey Hills 3127

Ph: 9836 7942

E: reception@balwyncc.org.au

W: balwyncc.org.au

experienced tutor, Carmela. Assumes 3 years previous experience.

FREE Come and try class: Fri 2 Oct 9:30am-10:30am

Friday 9:30am – 10:30am

9 Oct – 11 Dec \$106 (9wks) - no class 23 Oct

Italian Intermediate 7

Challenge and develop your Italian language skills.

Assumes 4 years previous experience.

Friday 10:45am – 12:00pm

9 Oct – 11 Dec \$127 (9wks) - no class 23 Oct

Italian Discussion Group

Join Carmela to discuss a set topic each week. Suitable for intermediate to advanced students.

Thursday 11:30am – 12:15pm

15 Oct – 10 Dec \$85 (9wks)

French Intermediate

Assumes 3-4 years experience.

Thursday 3:15pm – 4:30pm

15 Oct – 3 Dec \$120 (8wks)

Health and Wellbeing

Tai Chi / Qi Gong (all levels)

FREE Come and try class: Wed 30 Sept 10am-11am

Improve your health and vitality with this gentle exercise class. No experience required.

Wednesday 10:00am – 11:00am

7 Oct - 9 Dec \$117 (10wks)

Tai Chi/Qi Gong Intermediate

FREE Come and try class: Tues 29 Sept 11am-12pm

Assumes 1-2+ year/s experience.

Tuesday 11:00am – 12:00pm

6 Oct – 15 Dec \$117 (10wks) no class 3 Nov



Yoga

FREE Come try class: Mon 28 Sept 9:30am-10:30am

Our gentle Yoga class incorporates breathing techniques, stretching and meditation to help you get in touch with your body. Suitable for all levels of experience.

Monday 9:30am – 10:30am

5 Oct – 14 Dec \$117 (10wks) no class 2 Nov

Yoga for Teenagers

FREE Come and try class: Thurs 8 Oct 5:15pm-6:00pm

This class is specially designed for teenagers and incorporates a range of different yoga styles to improve strength, flexibility and reduce stress. All levels of experience welcome.

Thursday 5:15pm – 6:00pm

15 Oct – 10 Dec \$86 (9wks)

Yoga Nidra – for sleep

FREE Come and try class: Thurs 8 Oct 9pm-10pm

This specialised yoga class focuses on relaxation and breathing techniques to assist with and improve sleep. Class is held online, late at night. Participants are welcome to attend from their bed.

Thursday 9:00pm - 10:00pm

15 Oct – 10 Dec \$117 (9wks)

Meditation

FREE Come try class: Wed 30 Sept 7:45pm-8:45pm

Let go of stress and tension and move towards an experience of wellbeing and calm. Class includes relaxation, breathing and visualization. No experience required.

Wednesday 7:45pm – 8:45pm

7 Oct – 9 Dec \$117 (10wks)

Healthy Ageing and Wellness Information Session with a Registered Dietician

Hear from registered dietician, Alain on the best ways to eat to promote healthy ageing, and to improve your wellbeing. This session has practical take-aways and easy-to-understand advice.

Alain has many years clinical experience and will cover a range of topics to include weight loss, healthy cooking, stress reduction and reading food labels. Suitable for all ages, including parents and seniors.

Tuesday October 13

2:00pm – 2:45pm

Cost: FREE

Exercise Classes

Exercise with Carmela

FREE Come and try class: Mon 28 Sep 3pm-4pm

Join 'Exercise with Carmela' for a dynamic, full body workout! Carmela's class is like none other and will improve your strength, fitness, and flexibility.

Monday 3:00pm – 4:00pm

5 Oct – 14 Dec \$117 (10wks) no class 2 Nov

Monday 7:00pm – 8:00pm

5 Oct – 14 Dec \$117 (10wks) no class 2 Nov

Thursday 10:00am – 11:00am

8 Oct – 10 Dec \$117 (10wks)

Pilates

FREE Come try class: Tues 29 Sep 9:30am-10:30am

Pilates will improve your core strength and body tone. This class is taught by qualified instructor, Bill. Suitable for all ages and levels of experience.

Tuesday 9:30am – 10:30am

6 Oct – 15 Dec \$117 (10wks) no class 3 Nov

Balance Back to Exercise

FREE Come and try class: Wed 30 Sep 1:30pm-2:30pm

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

Wednesday 1:30pm - 2:30pm

7 Oct – 9 Dec \$117 (10wks)

Arts and Crafts

Acrylic Painting

FREE Come try class: Wed 30 Sep 11:30am-12:30pm

Taught by artist and tutor, Carla Tucker. Learn proper technique and art theory. All levels of experience welcome.

Wednesday 11:30am – 12:30pm

7 Oct – 2 Dec \$100 (9wks)

Pastel Painting with Farimah

Discover the versatility and vibrant colour of pastel! All levels of experience welcome.

Tuesday 1:00pm – 2:00pm

13 Oct – 8 Dec \$89 (8wks) no class 3 Nov

Drawing with Gordon

This weekly art class is delivered via an online tutorial video and (optional) collaborative Facebook group. All levels of experience welcome.

Weekly tutorial made available on Wednesday

7 Oct – 2 Dec \$85 (9-week syllabus)

Painting for Pleasure with Gordon (mixed mediums)

This weekly art class is delivered via an online tutorial video and (optional) collaborative Facebook group. All levels of experience welcome.

Weekly tutorial made available on Tuesday

6 Oct – 2 Dec \$85 (9-week syllabus)

Please enquire for a FREE trial of Gordon's tutorials

Watercolour Painting

FREE come and try class: Mon 5 Oct 1:30pm-2:30pm

Discover the lush colour and pleasure of painting with Watercolour. Taught by artist and experienced tutor, Chris. All levels of experience welcome.

Monday 1:30pm – 2:30pm

12 Oct – 7 Dec \$89 (8wks)

Cooking

Online Sri Lankan Cooking Class

Our cooking tutor, Harshini will show you step-by-step how to make authentic Sri Lankan dhal and a curry. Participants will receive a print-off pdf with the recipes, cooking instructions and top tips for cooking Sri Lankan cuisine at home. This workshop is delivered via Zoom.

Tuesday 27 October

2pm – 3pm

Cost: \$25



TERM 4 2020

IN-CENTRE WORKSHOPS

The following workshops are scheduled to run in-Centre. Workshop cancellations will be guided by recommendations from the Victorian State Government and participants will be notified and refunded. For more information please contact us.



STAY IN TOUCH:

- Our website
- Facebook
- Newsletter
- Email
- Give us a call!

Keep up with the latest news from the Centre and sign up to our monthly newsletter. It features current workshops, courses and what's going on at the Centre. To sign up, visit our website: www.balwyncc.org.au.

Stay in touch by liking Balwyn Community Centre on Facebook. If you have a question, call the office on 9836 7942.

Arts and Crafts

Colour Mixing Masterclass

Taught by artist and experienced tutor, Carla Tucker. In this workshop you will cover colour theory and a simple 3-step approach to colour mixing. Suitable for the more experienced artist.

Saturday 21 November

1pm – 4pm

Cost: \$85 per person



Paint and Sip Workshop

Enjoy wine and cheese at our Paint and Sip Workshop! Learn correct technique and expert tips as you paint a piece inspired by a famous artist. Suitable for all experience levels.

Tuesday 8 December

7:00pm – 9:30pm

Cost: \$85

Expressive Painting Workshop

Learn how to paint in a bold, loose and expressive way. Gain an insight into the techniques that underpin an expressive painting. Suitable for all experience levels.

Saturday 14 November

1:00pm – 4:00pm

Cost: \$85 per person



Jewellery Making Workshop

Create unique jewellery using textiles, to wear yourself or to give as a thoughtful gift. Learn how to make a beautiful brooch and earrings.

All materials and equipment are provided.

Friday 27 November

10:00am – 2:00pm

Cost: \$75 (includes materials)



Scrapbooking Workshop Series

Preserve your precious memories and photographs with scrapbooking. In this series of guided workshops, you will learn top tips and creative techniques.

All scrapbooking materials and equipment supplied.

Thursday 19 November – 10 December

1:00pm – 2:30pm

Cost: \$25 per workshop (includes cost of materials)

Attend one workshop or all.

Cooking

Sri Lankan Cooking Class

Experience the wonderful tastes, smells and sounds of Sri Lankan cooking. In this cooking class you will make two different curries, coconut sambal and an authentic Sri Lankan side dish. Afterwards, sit down and enjoy a Sri Lankan feast!

Tuesday 1 December

6:00pm – 9:00pm

Cost: \$85 (cost includes ingredients and glass of wine)

Italian Kids Cooking Class

In this hands-on cooking class, your child will make authentic Italian pasta from scratch and afterwards sit down to enjoy their home-cooked dinner.

Thursday 19 November

4:30pm – 6:30pm

Cost: \$30 (cost includes ingredients and drink)



Gluten Free and FODMAP Friendly Cooking for Christmas with Dietician Megan Sanders

Join Megan in this hands-on workshop to cook tasty, nutritious festive food that is gluten free and FODMAP friendly. Hear helpful advice, tips and afterwards, sit down and eat what you have cooked.

Date: Saturday, December 5

Time: 1pm - 4pm

Cost: \$85

Special Interest

Tea Making Workshop

Learn how to propagate, cultivate, and brew your own herbal teas at home. Taught by qualified horticulturists Nicola and Harriet.

Cost includes workshop notes, instructions and supplies to make a batch of tea.

Saturday 21 November

1:00pm – 3:00pm

Cost: \$56 (cost includes ingredients and coffee/tea)



iPad for Beginners

Learn how to use your device in this short 4-week course. Topics covered include accessing the internet, sending an email, editing photos and social media. Suitable for older adults.

Mon 10:00am – 12:00pm

16 Nov – 7 Dec Cost: \$65 (4wks)

Summer Yoga

Half-Day Yoga Retreat with Carolyn

Summer is upon us – we are almost at the end of a monumental year which has affected all of us in varying ways – mentally, emotionally and physically. Join Carolyn in a 3 hour retreat to reflect, move and discover practices to help balance our output with this upcoming social season and our input to look after our well-being. Suitable for all levels of experience.

Sunday 29 November
1:00pm – 4:00pm
Cost: \$70



Community Venture



Surrey Hills / Balwyn Produce Swap

Come and swap your excess home-grown veggies and produce for free! Get some basil for your tomatoes 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

Term 4 dates: 18/10, 15/11 and 20/12

Room Hire at Balwyn Community Centre

Room hire bookings in Term 4 will be made available pending recommendations from the Victorian State Government. If you would like to enquire about room hire, please contact reception. To enquire or book a tour visit our website or call 9836 7942.

Function Centre

Set in a beautiful park-like setting, our bright and spacious Function Centre is a versatile and comfortable space. It can accommodate up to 120 people for a range

of different events and occasions, to include professional workshops, seminars, health and wellbeing retreats, parties and weddings. The Function Centre is newly refurbished and features full kitchen facilities, an accessible bathroom and large carpark. If required, a BYO liquor license is included in the cost.

Small Room Hire

Smaller meeting rooms are available for hire and can accommodate a broad range of activities. They provide a



a comfortable and bright space for you to work, meet with a study group or to conduct interviews. Hirers have access to toilets, a good Wi-Fi connection, the surrounding outdoor areas, and facilities to make tea and coffee. To enquire about room hire or to arrange a tour please call the office on 9836 7942.

How to enrol for a course

Bookings and payment can be made via:

- Our website: www.balwyncc.org.au
- In person Monday to Friday 9.00am – 4.00pm, Wednesday 9.00am – 1.00pm
- Full payment is needed to secure your place in all classes, we are unable to accept deposits.
- 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.



LOOKING AHEAD AT BCC

It has been a year of growth and learning. We have faced many challenges, but have stuck together. We appreciate all the members who supported us in 2020 and look forward to starting Term 1, 2021 reinvigorated and ready to make the most of it.

HOW TO FIND US

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Surrey Hills 3127

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E: reception@balwyncc.org.au
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