

# BALWYN

## COMMUNITY CENTRE

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### Semester 1 - Course Brochure 2021

Languages

Health & Fitness

Arts & Crafts

Sustainable Living & Garden

Special Interest

Child Care



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

We are excited to start 2021 back at our Home on Whitehorse Road.  
Browse the Semester 1 brochure to find a course or workshop and join us!

412 Whitehorse Road, Surrey Hills 3127

P 9836 7942 E [reception@balwyncc.org.au](mailto:reception@balwyncc.org.au) W [balwyncc.org.au](http://balwyncc.org.au)





## Child Care

### **Child care commences the week of:**

Monday 25 January and will operate Monday to Friday.  
Term bookings and school holiday program offered.

### **Hours:**

Monday to Friday 9.00am to 4.00pm

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### **Sessional Child Care**

#### **Term bookings:**

3 Hour Block (9am – 12noon)  
\$30.00 per session  
\$46.50 casual

5 Hour Block (9am – 2pm)  
\$78.00 per session  
\$93.00 casual

7 Hour Block (9am – 4pm)  
\$91 per session  
\$108.50 casual

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

BCC Child Care is Child Care Subsidy (CCS) approved. For more information about CCS visit [bccchildcare.org.au](http://bccchildcare.org.au).

The Balwyn Community Centre Child Care is registered to care for up to 25 children each day aged between six weeks to five years of age. Our child care program fosters creativity, friendship and play. From drop-off to pick-up, your child will be happy and feel safe.

At Balwyn Community Centre, we offer Occasional Care in the form of short, flexible sessions that can be purchased on a casual or term-by-term basis. Our staff are qualified and hold a Diploma in Children's Services. They're passionate about caring for your child and work hard to create a nurturing environment.

# Languages

## Italian

### Italian Beginners

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

#### Mon 1:00pm – 3:00pm

Term 1 from 8 Feb \$156  
(7 wks) - no class on 8/3

Term 2 from 19 Apr \$200  
(9 wks) - no class on 14/6

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### 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 12 Feb \$156  
(7 wks) - no class on 2/4

Term 2 from 23 Apr \$200  
(9 wks)

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### 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 12 Feb \$118  
(7 wks) - no class on 2/4

Term 2 from 23 Apr \$151 (9 wks)

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### 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 12 Feb \$118 (7wks) - no class 2/4

Term 2 from 23 Apr \$151 (9wks)

## French

### French for Beginners

Class covers reading, writing and speaking, as well as the history of the French language. Suitable for the complete beginner.

#### Monday 9:45am – 11:45am

Term 1 from 8 Feb \$144.5  
(7wks) - no class 8/3

Term 2 from 19 Apr \$200  
(9wks) - no class 14/6

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### French Intermediate 1

Assumes 2 years experience

#### Wed 7:00pm – 9:00pm

Term 1 from 10 Feb \$178 (8wks)

Term 2 from 21 Apr \$200 (9wks)

#### Thu 1:00pm – 3:00pm

Term 1 from 11 Feb \$178 (8wks)

Term 2 from 22 Apr \$200 (9wks)

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### French 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 10 Feb \$178 (8wks)

Term 2 from 21 Apr \$200 (9wks)

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### 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 11 Feb \$178 (8wks)

Term 2 from 22 Apr \$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 10 Feb \$134 (8wks)  
Term 2 from 21 Apr \$150 (9wks)

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## German

### German for the Beginner

A fun and engaging introduction to the German language.

#### Wed 9:45am – 11:45am

Term 1 from 10 Feb \$178 (8wks)

Term 2 from 21 Apr \$200 (9wks)

### German Beginners 3

Continue your language journey!  
Covers writing, grammar and conversation. Assumes 1-3 years experience.

#### Friday 9:45am-11:45am

Term 1 from 12 Feb \$157 (7wks) - no class on 2/4

Term 2 from 23 Apr \$200 (9wks)

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### German Intermediate 1

An enthusiastic class that will continue to build on your language skills. Assumes 1-3 years experience.

#### Tues 9:45am – 11:45am

Term 1 from 9 Feb \$178 (8wks)

Term 2 from 20 Apr \$200 (9wks)

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### 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.**

# Special Interest Groups

We have a variety of special interest groups that run throughout the week. Each session is \$5.00 per person, as well as an annual Centre membership fee of \$10. For more information visit our website [www.balwyncc.org.au](http://www.balwyncc.org.au) or call 9836 7942.

## Bridge

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

### Tue, Thu & Sat afternoons

12:45pm – 4:00pm (ongoing)  
\$5.00 per session

## Learn to Play Bridge

NEW in 2021! Please contact the Centre for details.

## Scrabble

All players welcome.

### Mon 12:30pm – 4:30pm

(ongoing) \$5.00 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) \$5.00 per session

## Crochet and Knitting

### Class with Tutor

Thu 1:15pm – 3:15pm (ongoing)  
\$10 per session

## iPad for Beginners

This friendly 4-week course will give you the confidence to move beyond emailing and really learn how to use your iPad. Please bring your own iPad to the class.

Cost: \$100 (4 sessions)

## Term 1

Mon 22 Feb – 22 Mar  
at 10am-12pm (4wks)  
– No class 8/3

## Term 2

Mon 10 May – 31 May  
at 10am-12pm (4wks)



# Health and Fitness

## Tai Chi /Qi Gong

Improve your health and vitality with this gentle exercise class.

### Tue 11:00am – 12:00pm

Term 1 from 2 Feb \$137.5 (9wks)

Term 2 from 20 Apr \$152.5 (10wks)

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## Tai Chi / Qi Gong for Beginners

No experience required.

### Wed 10:45am – 11:45am

Term 1 from 3 Feb \$137.5 (9wks)

Term 2 from 21 Apr \$152.5 (10wks)

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## Yoga

Gentle Yoga classes incorporate breathing techniques, stretching and meditation.

### Mon 9:30am – 10:30am

Term 1 from 1 Feb \$122.5 (8wks) – no class 8/3

Term 2 from 19 Apr \$137.5 (9wks) – no class 14/6

### Wed 7:00am – 8:15am

Term 1 from 3 Feb \$137.5 (9wks)

Term 2 from 21 Apr \$152.5 (10wks)

### Thu 7:00pm – 8:15pm

Term 1 from 4 Feb \$137.5 (9wks)

Term 2 from 22 Apr \$152.5 (10wks)

## Chair Yoga

Specially designed yoga for people with mobility issues. Utilises a chair rather than a floor mat.

### Mon 10:45am – 11:45am

Term 1 from 1 Feb \$122.5 (8wks) – no class 8/3

Term 2 from 19 Apr \$137.5 (9wks) – no class 14/6

## Meditation

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

### Wed 7:45pm – 8:45pm

Term 1 from 3 Feb \$137.5 (9wks)

Term 2 from 21 April \$152.5 (10wks)

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## Mindfulness: Based Stress Reduction Workshop

Practising Mindfulness is an increasingly popular, evidence-based method for relieving stress and improving well-being. This workshop is a 'taster session' for our upcoming mindfulness course in term 3.

Cost: \$25

### TASTER SESSION

Friday 12 March 10am – 11:30am

### Term 2 (course)

Friday 9:30am – 11:45am  
30 April to 18 June (8 wks)

Cost: \$240

## Garden Dwelling and a Wonder Wander

Enjoy this opportunity to be in the present moment and to appreciate the beauty of nature by practicing mindfulness outdoors. Held at the Maranoa Gardens.

Cost: \$20

### Term 1

Friday 5 Feb 9:30am – 10:40am

### Term 2

Friday 7 May 9:30am – 10:40am

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## Half Day Yoga Retreat

Explore and improve your yoga practice with Carolyn. Her yoga workshops are themed and build upon seasonal energy. Suitable for all levels of experience. All yoga equipment provided.

Cost: \$70 per person

### Term 1

Saturday 27 Feb 1pm-4pm

### Term 2

Saturday 29 May 1pm-4pm



### **FREE Healthy Ageing and Wellness Information Session**

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.

#### **Term 2**

Tuesday 18 May 2pm-3pm

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## **Exercise Classes**

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

### **Fit for You – Early Morning Fitness Sessions**

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

#### **Thu 6:15am – 7:00am**

Term 1 from 4 Feb \$104 (9wks)

Term 2 from 22 Apr \$116 (10wks)

### **Stretch & Strengthen**

#### **Mon 3:00pm – 4:00pm**

Term 1 from 1 Feb \$122.5 (8wks) – no class 8/3

Term 2 from 19 Apr \$137.5 (9wks) – no class 14/6

#### **Thu 10:30am – 11:30am**

Term 1 from 4 Feb \$137.5 (9wks)

Term 2 from 22 Apr \$152.5 (10wks)

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### **Hi/Low**

#### **Thu 9:15am – 10:15am**

Term 1 from 4 Feb \$137.5 (9wks)

Term 2 from 22 Apr \$152.5 (10wks)

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### **Pilates**

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

#### **Tue 9:30am – 10:30am**

Term 1 from 2 Feb \$137.5 (9wks)

Term 2 from 20 Apr \$152.5 (10wks)

### **Balance Back to Exercise**

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.

#### **Tue 1:30pm – 2:30pm**

(online delivery available)

Term 1 from 2 Feb \$137.5 (9wks)

Term 2 from 20 Apr \$152.5 (10wks)

#### **Thur 1:30pm – 2:30pm**

Term 1 from 4 Feb \$137.5 (9wks)

Term 2 from 22 Apr \$152.5 (10wks)

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### **Zumba Gold**

Try this fun, Latin-inspired dance-fitness class designed for active, older adults.

#### **Wed 9:30am – 10:15am**

Term 1 from 3 Feb \$137.5 (9wks)

Term 2 from 21 Apr \$152.5 (10wks)

#### **Wed 6:30pm – 7:15pm**

Term 1 from 3 Feb \$137.5 (9wks)

Term 2 from 21 Apr \$152.5 (10wks)



# Arts and 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 8 Feb \$156.5 (7wks)  
– no class 8/3

Term 2 from 19 Apr \$200.5 (9wks)  
– no class 14/6

### Thu 10:15am – 12:15pm

Term 1 from 11 Feb \$178.5 (8wks)  
  
Term 2 from 22 Apr \$200.5 (9wks)

## Botanical Painting & Drawing

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

### Wed 9:30am – 12:00pm

Term 1 from 10 Feb \$213 (8wks)  
  
Term 2 from 21 Apr \$239 (9wks)

### Wed 1pm – 3:30pm

Term 1 from 10 Feb \$213 (8wks)  
  
Term 2 from 21 Apr \$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 10 Feb \$262 (8wks)  
  
Term 2 from 21 Apr \$294 (9wks)

### Thu 12:30pm – 3:30pm

Term 1 from 11 Feb \$262 (8wks)  
  
Term 2 from 22 Apr \$294 (9wks)

### Thu 7:30pm – 9:30pm

Term 1 from 11 Feb \$177.5 (8wks)  
  
Term 2 from 22 Apr \$199 (9wks)

# Painting

## Acrylic Painting

### Wed 12:45pm – 2:45pm

Term 1 from 10 Feb \$175 (8wks)  
  
Term 2 from 21 Apr \$197 (9wks)

## Oil Painting

### Tues 9:45am – 11:45am

Term 1 from 9 Feb \$175 (8wks)  
  
Term 2 from 20 Apr \$197 (9wks)

## Pastel Painting with Farimah

### Tue 1:30pm – 3:30pm

Term 1 from 9 Feb \$175 (8wks)  
  
Term 2 from 20 Apr \$197 (9wks)

## Painting for Pleasure with Gordon (mixed mediums)

### Tue 1:00pm – 3:00pm

Term 1 from 9 Feb \$175 (8wks)  
  
Term 2 from 20 Apr \$197 (9wks)

### Thu 1:00pm – 3:00pm

Term 1 from 11 Feb \$175 (8wks)  
  
Term 2 from 22 Apr \$197 (9wks)

## Watercolour Painting

### Mon 10:00am – 12:00pm

Term 1 from 8 Feb \$154 (7wks)  
– no class 8/3  
  
Term 2 from 19 Apr \$197 (9wks)  
– no class 14/6

### Mon 1:00pm – 3:00pm

Term 1 from 8 Feb \$154 (7wks)  
– no class 8/3

Term 2 from 19 Apr \$197 (9wks)  
– no class 14/6

### Thu 9:30am – 11:30am

Term 1 from 11 Feb \$175 (8wks)  
  
Term 2 from 22 Apr \$197 (9wks)

### Fri 9:30am – 11:30am

Term 1 from 12 Feb \$154 (7wks)  
– no class 2/4  
  
Term 2 from 23 Apr \$197 (9wks)

# Drawing

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

## Drawing

### Tue 10:00am – 12:00pm

Term 1 from 9 Feb \$175 (8wks)  
  
Term 2 from 20 Apr \$197 (9wks)

### Wed 10:00am – 12:00pm

Term 1 from 10 Feb \$175 (8wks)  
  
Term 2 from 21 Apr \$197 (9wks)

### Thu 10:00am – 12:00pm

Term 1 from 11 Feb \$175 (8wks)  
  
Term 2 from 22 Apr \$197 (9wks)



### **Introduction to Acrylics Workshop**

Find out if acrylic painting is right for you in this one-off introductory workshop. You'll learn proper technique and foundation knowledge with our experienced tutor Carla. All materials and paints are provided.

Cost: \$85 per person

#### **Term 1**

Saturday 13 Feb 1pm-4pm

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### **Paint and Sip Workshop**

Enjoy wine and cheese while you learn how to paint! Taught by artist and tutor, Carla. You will learn correct technique and paint a piece inspired by a famous artist.

Cost: \$75 per person or \$270 group of 4

#### **Term 1**

Tuesday 2 Mar 7pm-9:30pm

#### **Term 2**

Tuesday 8 Jun 7pm-9:30pm

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### **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. Taught by artist and tutor, Carla Tucker.

Cost: \$85

#### **Term 1**

Saturday 20 Mar 1pm-4pm

### **Colour Mixing Masterclass**

Taught by our experienced tutor and artist, Carla Tucker. This workshop is designed to improve your colour mixing skills and will cover colour theory and a simple 3-step approach to colour mixing.

Cost: \$85 per person

#### **Term 2**

Saturday 8 May 1pm-4pm

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### **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.

Cost: \$25 per session – attend as many sessions as you like

#### **Term 1**

Friday 5 Mar – 26 Mar (4 sessions)  
1pm-2:30pm

#### **Term 2**

Friday 21 May – 11 Jun (4 sessions)  
1pm-2:30pm

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### **Bound Books (2-part book binding workshop)**

Learn the art of book binding in this two-part, hands on workshop. All materials and supplies are included in the cost.

Cost: \$140 (2 sessions)

#### **Term 1**

Saturday 20 Mar and Saturday 27 Mar at 10am – 2pm

### **Textile Jewellery Making Workshop**

Create unique jewellery to wear yourself or to give as a thoughtful gift. In this creative workshop you will learn how to make a beautiful fabric brooch and earrings. All materials and equipment are provided.

Cost: \$75 (includes materials and equipment)

#### **Term 1**

Friday 26 Mar 10am-2pm

#### **Term 2**

Sunday 16 May 10am-2pm

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### **Make a Rag Book Workshop**

Rag Books, or textile books are a tactile treasure that will be cherished for the love and time you put into it. The initial workshop is followed by fortnightly workshops as required.

Cost: \$60

#### **Term 1**

Friday 23 April 10am-1pm

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### **Finger Cushions Workshop**

Good things come in small packages, even cushions. These tiny 2 inch (5cm) square cushions are fun to make, also a great way to give a little bit of love to family and friends.

Cost: \$40

#### **Term 2**

Friday 21 May 10am – 12pm

# Cooking

## 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.

Cost: \$80

### Term 1

Sat 13 Mar 1pm-3pm

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## Sri Lankan Cooking Class

Learn how to cook Sri Lankan cuisine with our tutor, Harshini. Two main courses and side dishes will be taught on the night. Afterwards, you will enjoy the meal that has been prepared. Cost of workshop includes ingredients, glass of wine and an information book with recipes.

Cost: \$90 per person (includes ingredients and a glass of wine)

### Term 1

Tuesday 16 Mar 6pm-9pm

### Term 2

Tuesday 25 May 6pm-9pm

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## Dumplings Workshop

Learn how to make delicious dumplings from scratch! Afterwards, sit down and enjoy the dumplings you made for lunch. Cost includes ingredients and recipes.

Cost: \$90

### Term 1

Fri 12 Mar 10am-12:30pm

### Term 2

Friday 14 May 10am-12:30pm

## Preserves Workshop

Learn how to make tomato relish, berry jam, marinated feta and olives, preserved lemons, and pickled cucumber. Lunch and morning tea provided. Cost includes workshop notes, ingredients, and a sample of what you've made to take home.

Cost: \$105

### Term 1

Wed 31 March 10am - 1pm

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## Sourdough Breadmaking Workshop

Learn how to make sourdough at home. Taught by chef and culinary teacher, Sandy Bennett.

Cost: \$90

### Term 1

Wed 28 Apr 10am-1pm

### Term 2

Wednesday 9 Jun 10am-1pm



# Sustainable Living, Gardening and Community

## **Introduction to Growing Vegetables**

Learn all the requirements for establishing a productive veggie plot at home so you can be harvesting food this summer! This one-day course will provide you with all the information needed to prepare your soil, plant the right vegetables, care for them accordingly and manage pest and disease issues as they arise. Led by qualified horticulturists, Nic and Harry.

Cost: \$115

### **Term 2**

Saturday 22 May 10am-3pm

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## **Surrey Hills / Balwyn Produce Swap**

Come and swap your excess home-grown veggies and produce for free! Get some tomatoes for fresh herbs 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 1: 21/2, 21/3

Term 2: 18/4, 16/5, 20/6

## **Tennis Court Hire**

The tennis court at Balwyn Community Centre is available to hire. Casual bookings cost \$20 per hour and can be made via an online form on the Balwyn Community Centre website ([www.balwyncc.org.au](http://www.balwyncc.org.au)) and the Book a Court website (<https://www.tennis.com.au/clubs/book-a-court>). You do not need to be a member of the Centre to use the tennis court.

Please be aware that we are unable to take bookings over the phone. To hire the tennis court you will need to use the online form.



## Room Hire

### 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 100 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 permit is included in the cost. To enquire or book a tour visit our website: [www.balwyncc.org.au](http://www.balwyncc.org.au) or call 9836 7942.

### Small Room Hire

Smaller meeting rooms are available for hire and can accommodate a broad range of activities. They provide a comfortable and bright space for you to work, meet with a study group or to conduct interviews. Hirers will have full access to toilets and wifi. To enquire please call the office on 9836 7942.

## 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 2021.

## How to find us

Address:  
412 Whitehorse Road,  
Surrey Hills 3127

## Contact

Ph: 9836 7942  
E: [reception@balwyncc.org.au](mailto:reception@balwyncc.org.au)  
W: [www.balwyncc.org.au](http://www.balwyncc.org.au)

## How to enrol for a course

Bookings and payment can be made via:

- Our website: [www.balwyncc.org.au](http://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.

