

Short Course Guide

SHORT COURSES, WORKSHOPS, ACTIVITIES & SOCIAL GROUPS @ BOROONDARA'S NEIGHBOURHOOD HOUSES

Semester 1: January to June 2021



Neighbourhood Houses
Boroondara

WHO WE ARE & WHERE WE ARE

The City of Boroondara is home to eleven Community and Neighbourhood Houses, bringing the community together to connect, learn and contribute in their local area through social, educational and support activities.

In April last year many of our Neighbourhood Houses moved to deliver programs online. This year, restrictions permitting, we are open to onsite classes and activities under strict COVID-safe guidelines, including hygiene and cleaning processes and capacity regulations that are in place. As we enter 2021, many of the Centres will continue to include online offerings for their members so we can provide a wide range of options for our members to remain active and engaged.

So whether you are keen to continue learning online, or if you are looking forward to returning to our Centres, please take a look through our Short Course Guide to see what we have on offer.

The following guide provides you with a summary of all the classes and activities on offer across the Boroondara Neighbourhood House network.

We would encourage you to enquire further at each Centre and support your local Neighbourhood House.

At Your Local Neighbourhood House

To ensure the safety of our members, there are strict cleaning and hygiene processes in place at each Centre. Depending on the level of restrictions, activities may also have capacity limits. Given the unpredictable nature of COVID, please be aware that the details provided in this guide may change. Please contact the Neighbourhood House that is delivering the class or activity you would like to attend if there are changes made to restrictions. In some cases, online delivery can be an option if we find ourselves unable to operate onsite. Contact details, including website addresses are included on the following page for the most up to date details.

Online and Remote Delivery

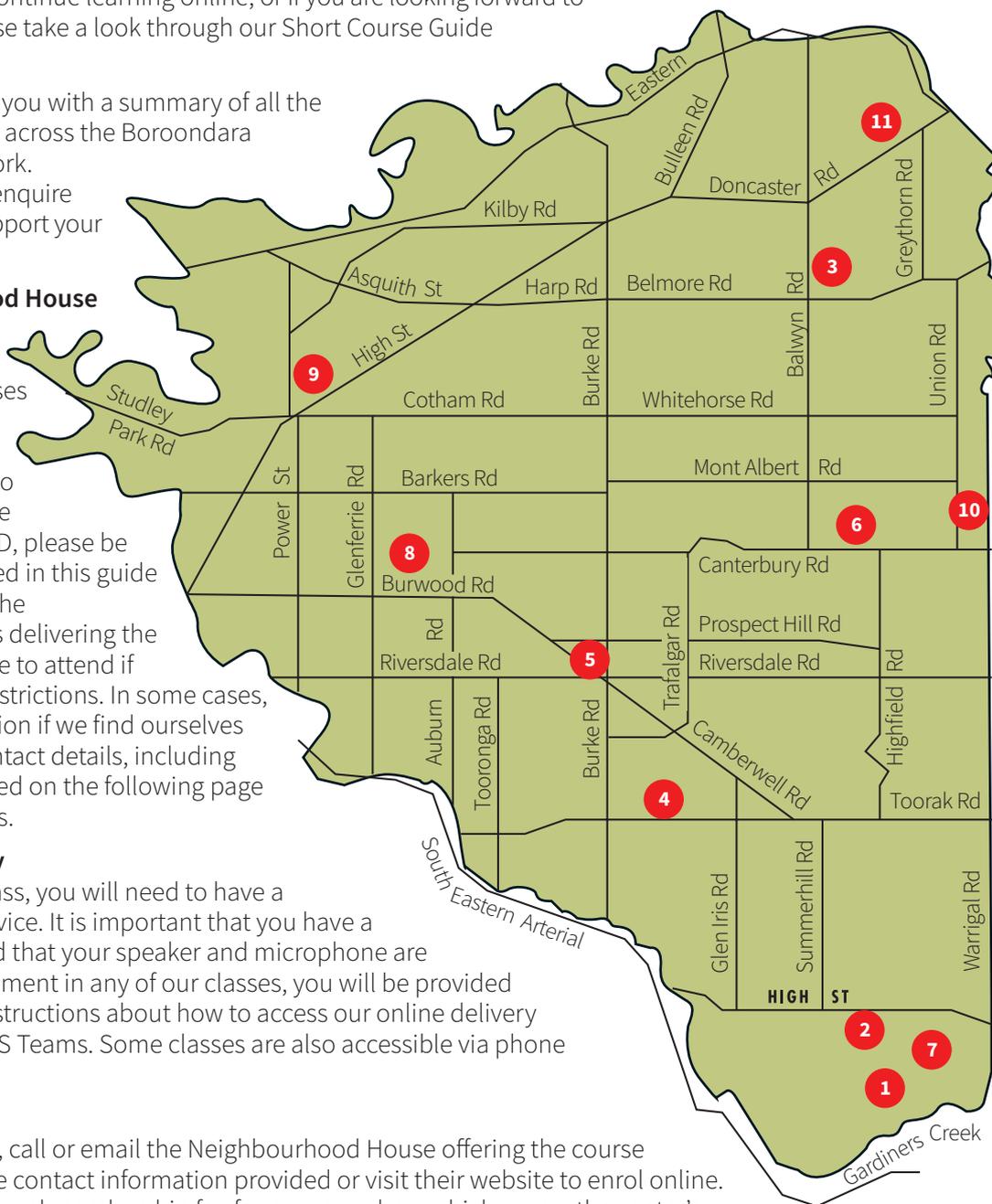
To participate in an online class, you will need to have a computer, smartphone or device. It is important that you have a good internet connection and that your speaker and microphone are working. As part of your enrolment in any of our classes, you will be provided assistance with set up and instructions about how to access our online delivery platforms such as Zoom or MS Teams. Some classes are also accessible via phone using Telelink.

Enrolments

To enrol in one of our classes, call or email the Neighbourhood House offering the course you are considering, using the contact information provided or visit their website to enrol online. Most Centres have a small annual membership fee for new members which covers the centre's running costs, overheads and expenses. Fees are also charged for individual courses.

We try to keep the cost of our programs affordable and accessible, and some are even free.

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 publishing and are subject to change.



Neighbourhood Houses
Boroondara



1 Alamein Neighbourhood and Learning Centre

1-3 Samarinda Avenue, Ashburton 3147
Ph: 9885 9401 E: admin@alameinnlc.com.au
W: www.alameinnlc.com.au
FB: Alamein Neighbourhood and Learning Centre

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 Instagram.com/ashburtoncc

3 Balwyn Community Centre

230 Balwyn Road, Balwyn North 3104
Ph: 9836 7942 E: reception@balwyncc.org.au
W: www.balwyncc.org.au

4 Bowen Street Community Centre

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

5 Camberwell Community Centre

Level 1, 519-525 Riversdale Road, Camberwell 3124
Ph: 9882 2611 / 0478 766 683
E: contact@camberwellcc.org.au
W: www.camberwellcc.org.au
W: www.theclayroom.org.au

6 Canterbury Neighbourhood Centre

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

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

8 Hawthorn Community House

32 Henry Street, Hawthorn 3122
584 Glenferrie Rd, Hawthorn 3122
Ph: 9819 5758 E: info@hch.org.au W: www.hch.org.au

9 Kew Neighbourhood Learning Centre

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

10 Surrey Hills Neighbourhood Centre

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

11 Trentwood at the Hub

Greythorn Hub, 2 Centre Way, Balwyn North 3104
(Just behind Greythorn shops)
Ph: 9006 6590 E: info@trentwood.org.au
W: www.trentwood.org.au

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■ Ashburton Handcrafted

Browse the Artisan Market where you can talk to the makers and find that unique gift, book into an art & craft activity, enjoy refreshments and entertainment on the day. For full details visit www.ashburtoncc.org.au

Ashburton: Sat 10am - 2pm; quarterly event, check our website for dates.

■ Australian Breastfeeding Assoc. Boroondara Group via Zoom

Information and support to help mothers to breastfeed. Everyone is welcome. Facilitated by trained volunteers.

Craig: Bookings and enquires: aba.boroondara@gmail.com
Helpline: 1800 686 268

■ Chinese Seniors Group **FREE**

A friendly social and recreational group for Mandarin-speaking seniors. Develop and practice your English skills. Make new social connections and share new skills through weekly classes and highlight incursions. Led by experienced Mandarin/English teachers. Delivered online via Zoom.

Craig: Tues 10.30am - 12pm
2/2 (9wks); 20/4 (10 wks)

■ Cinema and Chat

Watch a movie from the extensive SBS on Demand catalogue at home. The group then get together for an after-movie chat. Connect with others and participate in engaging discussions.

Hawthorn: Mon fortnightly
3pm - 4pm 8/2 (3wks) \$56*
26/4 (5wks) \$94*

■ Community Library **FREE**

Books on assorted topics to borrow.

Bowen Street: Mon to Fri 9am - 3pm

Surrey Hills: Help yourself to our little library in our forecourt.

■ 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 and monthly Sat meetings.
Email cwa.ashburton@gmail.com

■ 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 \$4
Contact the Centre for details.
<http://www.alameinnlc.com.au/community-activities/>



■ Discussion Group

Join this informal group discussing interesting topics, movies, books and current events.

Alamein: Contact the Centre for details <http://www.alameinnlc.com.au/community-activities/The Edge Community Fund>
A community volunteer group providing last resort funding for families.

Craig: For all enquiries email: edgefund@craigfc.org.au

■ Foreign Film Group **FREE**

Enjoy a foreign film and discussion.

Ashburton: First Wed/month
7.30pm - 10pm 3/2 (ongoing) Free
<https://acc.asapconnected.com/#CourseID=193200>

■ Garden Club

Share in the fun of nurturing plants in the International Year of Plant Health.

Alamein: Contact the Centre for details. <http://www.alameinnlc.com.au/community-activities/>

■ Lions Club of Boroondara-Gardiners Creek

A friendly and active Lions Club engaged in community services within the Boroondara area. All welcome. Enquiries to Bev Patterson bpatterson@netspace.net.au or 0418 565 273

Craig: Second Mon/month (unless a public holiday) 8pm - 9.30pm

■ Men's Shed

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

Alamein: Call the Centre for details <http://www.alameinnlc.com.au/community-activities/>
A place to work individually or to contribute to special projects around KNLC.

Kew: Mon, Tue, Wed & Fri
10am - 12pm or 1pm - 3pm
contact Centre.

<https://kewnlc.org.au/mens-shed/>
Hawthorn: Mon - Fri, 10am - 2pm
5/10 Call for details 9840 1681.
41 Whetherby Rd, Doncaster East

■ Senior Citizens Club

Camberwell: Multi-Cultural Club
Meets Mon 10am - 12pm weekly.
Phone for details 0418 523 215

Camberwell: Greek Club meets
Wed 10am - 12pm weekly.
Phone for details 0409 564 411

Camberwell: Italian Club meets
Thu 1.30pm - 4.30pm weekly.
Phone for details 0412 840 703

■ Surrey Hills / Balwyn Produce Swap **FREE**

Come and swap your excess home-grown veggies and produce for free!

Balwyn: Third Sun/month
9am - 10am (ongoing) **FREE**

■ Tiny Library

Take a book, leave a book.
Bowen Street: Mon to Fri

■ Toilet Coaching Workshop **FREE**

This session aims to give you practical steps that will assist in helping your child achieve toileting independence in a non-confrontational way.

Bowen Street: Thu 9am - 11am
10/6 (1 session)

- **Occasional/Sessional Childcare**
Facilitated by qualified early childhood educators. Children enjoy a range of activities. Child Care Subsidy available (CCS).

Craig: Mon to Fri 9am - 2pm (9wks)
9/4 (10wks) \$72 per session

- **Occasional Childcare**
We provide CCS approved Occasional Care within a safe and nurturing environment. Our program is based on the Victorian Department of Education guidelines.

Balwyn: Mon to Fri 9am - 12pm
9am - 2pm, 9am - 4pm.
From 25/1 (10wks)

Call Centre for costs. For children aged 6 weeks to 5 years.
<https://bccchildcare.org.au>

- **Occasional/Sessional Childcare**
Quality CCS Approved sessional childcare programs in line with the Early Years Framework.

Bowen Street: (6 months to 5 years)
Wed and Fri 9.15am - 12.15pm
27/1 (10/9wks); 21/4 (10wks)
Call Centre for cost

Bowen Street: (12 months to 5 years)
Wed and Fri 9.30am - 2.30pm
27/1 (10/9wks); 21/4 (10wks)

Bowen Street: Extra term break sessions Wed 9.30am - 2.30pm
20/1, 7/4, 14/4, 30/6, 7/7
Call Centre for cost

- **3-Year-Old Program/Occasional Care**
Facilitated by qualified early childhood educators, enhances children's development with a combination of structured and unstructured activities. Includes a weekly 1/2hr Mandarin session. Child Care Subsidy (CCS) available.

Craig: Tue & Thu 9am - 2pm
2/2 (9wks); 20/4 (10wks) \$820 per term

- **3-Year-Old Kindergarten**

A kindergarten program for 3-year-old children turning 4 by April 2021. Facilitated by an early childhood teacher and qualified early childhood educator. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin. Early Start Funding available.

Craig: Mon & Wed 9am - 2pm
1/2 (9wks); 19/4 (10wks) \$835 per term

- **Funded 4-Year-Old Kindergarten**

A funded kindergarten program for children turning 5 by April 30, 2021. Allows children to develop skills for a smooth transition to formal learning. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin.

Craig: Mon, Wed & Fri 9am - 2pm
28/1 (9wks); 19/4 (10wks)

FREE for families in 2021

- **Holiday Program**

Craig: Wed 7/4, Fri 9/4, Mon 12/4,
Wed 14/4, Fri 16/4. 9am - 2pm
\$72 per session (CCS available).
Call for details

- **Shoestring Occasional Care**

Take a break while your children explore and investigate through play. Bookings and payment made on a school term basis. Virtual tours of Centre being offered, please contact the centre on 9853 3126.

Kew: Mon, Tue, Wed or
Thu 9am - 12pm 1/2 (9wks);
19/4 (10wks) \$36 per session

- **Shoestring Plus (3-5 years)**

Activities include art, cooking and science. Enrol for 1 or 2 afternoons. Virtual tours of Centre being offered – please contact us on 9853 3126.

Kew: Mon, Tue or Thu 1pm - 4pm
1/2 (9wks); 19/4 (10wks)
\$36 per session

CHILDREN & TEEN ACTIVITIES

- **Drawing & Painting workshop (6-9 years) NEW**

With parents, draw and paint objects from nature such as leaves, feathers and fruit using pencil and watercolour. Kids will complete your own mini still-life painting!

Trentwood: Tue 1.30pm - 3.30pm
19/1 \$35
<https://www.trybooking.com/BNADB>

- **Drawing & Printmaking Workshop (10-13 years)**

Learn how to make a series of relief prints and experiment with various monoprint techniques in this fun hands-on art workshop! Bring an art smock.

Trentwood: Thu 1.30pm - 3.30pm
21/1 \$35
<https://www.trybooking.com/BNADG>

- **Games Day at the Hub (10-14 years) NEW**

You will find there's lots to do at this drop-in session with the Boroondara Youth Services team

Trentwood: Mon 1.30 - 3.30pm
18/1 **FREE**

- **Italian Kids Cooking Class**

Your child will make authentic Italian pasta from scratch and afterwards, sit down to enjoy their home-cooked dinner. Cost includes ingredients and drink.

Balwyn: Thu 4.30pm - 6.30pm
10/6 (1 session) \$30

- **Junior Aprons cooking workshop (9 -12 years) NEW**

Interactive workshop with our nutritionist Fathima.

Trentwood: Wed 11am - 12.30pm
20/1 \$20
<https://www.trybooking.com/BNADC>

- **Preschool Birthday Parties**

Room hire for preschool birthday parties from 2021. Virtual tour of facilities and details:
www.bowenstreet.org.au.
Call to enquire.

Bowen Street: Sat & Sun
10am - 3pm Some weekdays available
\$150 (Members \$110)

- **Sing and Play with Captain Adam the Pirate (5-11 years)**

Ahoy mates! It's time to meet the most fearsome Pirate of the Seven Seas, Captain Adam! Have fun making a treasure map, with drama activities, interactive stories and games. Dress as a pirate if you like and join the fun.

Trentwood: Fri 2pm - 3.30pm
22/1 \$35
<https://www.trybooking.com/BNADK>

- **Study Space**

Run in partnership with the City of Boroondara. A great space to do homework and study.

Trentwood: Weekdays 3.30pm - 6pm (ongoing)

- **Table Tennis**

Come after school with a friend. We have the table, bat and balls!

Trentwood: Thu 3.30pm - 5pm
\$3 per session
(Also available in holidays)

- **Yarn Bombing Activation (12-18 years) NEW**

Trentwood: Fri 10.30am - 12.30pm
15/1 **FREE**
<https://www.eventbrite.com.au/e/128393585671>

Playgroups

- **Bilingual Playgroup (English/ Mandarin), Facilitated (2-4 years)**

Play-based activities to facilitate children's English development and readiness for kindergarten and school

Craig: Class times and fees vary according to age, following school terms

- **Multiple Birth Playgroup**

Bowen Street: All ages
Tue 9.30am - 11.30am

- **Friday Playgroup, Parent-Led (0-5 years)**
A friendly and relaxed, parent-led playgroup. Meet other families, participate in play-based activities with your child. Indoor & outdoor play. Bookings essential.
Craig: Fri 9am - 11am 5/2 (9wks) 23/4 (10wks) \$55 per term, per family
- **Grandparents Playgroup (0-5 years)**
Facilitated open-age playgroup for grandparents and carers. Through our Grandparents playgroup we aim to meet the needs of families with pre-school children cared for by grandparents, providing them with an opportunity to connect with local community.
Bowen Street: Mon 9am - 11am during school terms \$5 per session.
- **Mandarin Playgroup, Facilitated (2-4 years)**
Mandarin immersion activities: storytelling, music, games, handicraft.
Craig: Class times and fees vary according to age, following school terms
- **New to the Area**
Unstructured, open-age, for new families.
Bowen Street: Thu 9am - 11am Membership fees apply.
- **Playgroup (0-5 years)**
Playgroup activities for babies, toddlers and preschoolers with parents, grandparents or carers. Parent led.
Hawthorn: Fri 9.30am - 11am, 5/2 (8wks) \$58; 23/4 (10wks) \$58
Kew: Play based activities in a friendly and welcoming environment. Contact centre for further details <https://kewnnc.org.au/course/FacilitatedPlaygroup/>
Surrey Hills: Thu 9.30am - 11.30am 28/1 (10wks); 22/4 (10wks) \$45 <https://surreyhillsnc.org.au/course-category/children/>
- **Supported Playgroup (under 5 years) FREE**
For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.
Hawthorn: Fri 1pm - 3pm 5/2 (8wks); 23/4 (8wks) **FREE**
- **Structured Playgroup (1-5 years)**
Facilitated led playgroups to develop skills through play, stories and music. Under 12 months **FREE**.
Canterbury: Mon 9.30am - 11.30am 1/2 (8wks) \$128; 19/4 (9wks) \$144
Canterbury: Tue 9.30am - 11.30am 2/2 (9wks) \$144; 20/4 (10wks) \$160
- **Tuesday Morning Music - Facilitated Playgroup (0-5 years) NEW**
Actively engaging babies & toddlers in music and storytelling. Discover the rhythms and sounds of drums and percussion instruments. Indoor & outdoor play. Bookings essential.
Craig: Tue 9.15am - 10.45am (9wks) 20/4 (10wks) \$85 per term, per family
- **Unstructured Playgroup**
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
- **Wednesday Playgroup, Parent-Led (0-5 years)**
A friendly and relaxed, parent-led playgroup. Meet other families, participate in play-based activities with your child. Indoor & outdoor play. Bookings essential.
Craig: Wed 9am - 11am 3/2 (9wks); 21/4 (10wks) \$55 per term, per family

Dance, Music & Yoga

- **Acting & Singing for Teens (Year 7-10)**
For teens wishing to learn or further their performance skills for stage and screen. Develop skills in acting, voice and movement, and gain the confidence through rehearsals to present a short performance by the end of term. Facilitated by NIDA graduate and performing arts teacher Belinda Jenkin.
Craig: Mon 5.45pm - 6.45pm 8/2 (7wks) \$140; 26/4 (8wks) \$160
- **Mini Groovers (18 months-5 years)**
Fun and creative dance classes.
Ashburton: Thu 9.45am - 10.15am 4/2 (9wks) \$135; 22/4 (10wks) \$150 (sibling discount available) <https://acc.asapconnected.com/#CourseID=187870>
- **Movies, Musicals & Popstars! (Grade 4-6)**
Unleash your inner pop star! Learn the fundamentals of acting, singing and dance. Develop the confidence to sing out loud and perform! Create a short performance by end of term. Facilitated by NIDA graduate/performing arts teacher Belinda Jenkin.
Craig: Mon 4.30pm - 5.30pm 8/2 (7wks) \$140; 26/4 (8wks) \$160

- **Yoga for Kids (5-8 years) NEW**
Create a special space for your child. Help them to develop tools to connect them with their emotions and their breath. Help build balance, flexibility, spatial awareness and physical strength. Facilitated by industry leaders Hello Yoga Kids.
Craig: Tues 4.15pm - 5pm 16/2 (6wks) \$100; 4/5 (8wks) \$120
- **Yoga for Kids (9-12 years) NEW**
Create a special space for your child. Help them to develop tools to connect them with their emotions and their breath. Help build balance, flexibility, spatial awareness and physical strength. Facilitated by industry leaders Hello Yoga Kids.
Craig: Tues 5.15pm - 6pm 16/2 (6wks) \$100; 4/5 (8wks) \$120

Languages

- **English Class (4+ years)**
School readiness program. An English class for Mandarin-speaking children, facilitated by bi-lingual facilitators for best learning outcomes.
Craig: Mon to Sun; times vary according to age, Term 1 (8wks) \$495; Term 2 (10wks) \$605
- **Mandarin Class (4+ Years)**
Fun and effective play-based Mandarin class. 1st language and 2nd language streams.
Craig: Mon to Sun; times vary according to age. Term 1 (8wks) \$495; Term 2 (10wks) \$605
- **Mandarin Storytime (All Ages)**
Mandarin book reading at bedtime via Zoom. A fun and effective program to increase children's interest in Mandarin.
Craig: Mon, Thu & Sat 8pm - 8.30pm \$20 per month

Arts & Crafts

- **After School Art (11-14 years)**
Learn and develop drawing skills, explore painting techniques and have fun with printmaking using a variety of mediums. Materials included
Trentwood: Wed 3.45pm - 5.15pm 10/2 (6wks) \$125; 28/4 (8wks) \$165
- **Comic Art for Kids**
Learn the fundamentals of illustration & drawing using a comic style, suitable for 8-12 years.
Ashburton: Taking expressions of interest. Call the Centre for details or visit <https://acc.asapconnected.com/#CourseID=221953>

Arts & Crafts continued

- Kids Art with Toshi (3-4 years) NEW**
A fun class for children and parents. A mixture of art and a little science including creating musical instruments, glow in the art box and your own kite. Other activities with drawing, painting and decorating to make the class lots of fun! Included materials.
Trentwood: Tue 10am - 11am
17/2 (6wks) \$90; 28/4 (8wks) \$120
- 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
3/2 (9wks) \$200; 19/4 (10wks) \$220
<https://kewncl.org.au/course/MixedMediaArtClassesages811years/>



- Play, Learn & Grow with Drawing**
Creative activities for children aged 2+ and parents to promote learning, literacy and development.
Surrey Hills: Fri 9.30am - 10.20am
5/2 (6wks) \$135; 23/4 (6wks) \$135 includes materials
<https://surreyhillsnc.org.au/course-category/children/>

Exploring, Education & Workshops

- BRIGHT BRAINS Homework Club (Years 1-10) via Zoom FREE**
Homework & study tuition for primary & secondary school students. Tuition in a fun, safe learning environment. Free with membership Free with membership
Craig: Wed 4pm - 5.30pm
10/2; 28/4 (ongoing) **FREE**
- Kids' DIY Recycle Paper Workshop - World Environment Day Event NEW**
Celebrate World Environment Day with this fantastic workshop for children. to explore reducing, reusing and recycling. Each child will have the opportunity to make their own recycled paper. Kids' lunch included! Places are limited, bookings essential.
Craig: Sat 5 Jun 11am - 12.30pm
\$10 per child/\$5 members

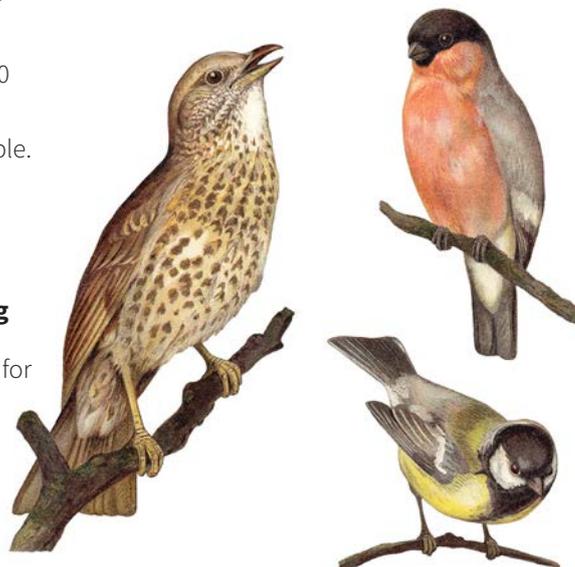
ART, MUSIC & LITERATURE

Visual Arts

- A Snapshot of Japanese Art NEW**
Explores common themes in Japanese art forms (including gardens) from ancient times to the early 20th century.
Camberwell: Sat 9.30am - 11.30am
1/5 (4wks) \$122
<http://www.camberwellcommunitycentre.org.au/courses/general-interest>
- Acrylic Painting**
All levels welcome.
Balwyn: Wed 12.45pm - 2.45pm
10/2 (8wks) \$175; 21/4 (9wks) \$197
Ashburton: Mon 10.30am - 12.30pm
1/2 (8wks) \$200; 19/4 (9wks) \$225
Trentwood: Fri 10am - 12pm
5/2 (8wks) \$135; 23/4 (10wks) \$170
- Art for All Abilities**
A warm inclusive class for all people.
Ashburton: Fri 10am - 12pm
Contact the centre for details.
<https://acc.asapconnected.com/#CourseGroupID=42580>
- Introduction to Acrylic Painting Workshop**
Find out if acrylic painting is right for you in this one-off workshop.
Balwyn: Sat 1pm - 4.30pm
13/2 (1 session) \$85

- Animals and Birds Watercolour for Beginners**
Learn to create your own beautiful artworks with the shape of individual animals/ birds of your choice, realistic fur and feathers.
Hawthorn: Fri 12.15pm - 2.15pm
5/2 (8wks) \$183; 23/4 (10wks) \$229
- Botanical Painting and Drawing**
Learn how to paint or draw flowers and plants. Suitable for beginners.
Balwyn: Wed 9.30am - 12pm
10/2 (8wks) \$213; 21/4 (9wks) \$239
Balwyn: Wed 12.45pm - 3.15pm
10/2 (8wks) \$213; 21/4 (9wks) \$239

- Botanical Watercolour Illustration**
Suitable for beginners. A watercolour class where you will learn to create both traditional and contemporary botanical artworks in a relaxed way.
Ashburton: Wed 9.15am - 11.15am
3/2 (9wks) \$225; 21/4 (10wks) \$250. Live stream may also be available, contact the centre.
<https://acc.asapconnected.com/#CourseID=187883>
Hawthorn: Thu 1pm - 3pm
4/2 (9wks) \$206; 22/4 (10wks) \$229
Trentwood: Thu 9am - 11am
4/2 (9wks) \$155; 22/4 (10wks) \$170
- Chinese Brush Painting**
Learn different techniques and compositions along with Chinese calligraphy.
Ashburton: Wed 10am - 12pm
3/2 (9wks) \$225; 21/4 (10wks) \$250
Live stream may also be available, contact the Centre.
<https://acc.asapconnected.com/#CourseID=187863>
Trentwood: Fri 9am - 11am
5/2 (8wks) \$200; 23/4 (10wks) \$250
- Colour Mixing Masterclass**
Improve your colour mixing skills! This workshop covers colour theory and a simple 3-step approach to colour mixing.
Balwyn: Sat 1pm - 4pm
8/5 (1 session) \$85



■ Creating Connections

A facilitated art program for people with young on-set dementia.

Surrey Hills: Fri 1pm - 2.30pm
29/1 (9wks) \$270; 23/4 (10wks) \$300
<https://surreyhillsnc.org.au/course-category/creative/>

■ Drawing

Surrey Hills: Tue 2.30pm - 4.30pm
2/2 (9wks) \$162; 20/4 (10wks) \$180
Balwyn: Tue 10am - 12pm 9/2 (8wks) \$175; 20/4 (9wks) \$197
Balwyn: Wed 10am - 12pm
10/2 (8wks) \$175; 21/4 (9wks) \$197
Balwyn: Thu 10am - 12pm
11/2 (8wks) \$175; 22/4 (9wks) \$197

■ Drawing with It Hao Pheh

Camberwell: Mon 1pm - 3pm
3/5 (7wks) \$165
Camberwell: Thu 4.30pm - 6.30pm
11/2 (8wks); 6/5 (8wks) \$188
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

■ Drawing and Thinking

This class focuses on drawing and watercolour but includes a range of materials and mediums such as stencils, pastels, acrylics and printing. Live stream may also be available, contact the Centre.

Ashburton: Fri 10am - 12pm or 12.30pm - 2.30pm
5/2 (8wks) \$160; 23/4 (10wks) \$200
<https://acc.asapconnected.com/#CourseID=187864>

■ Expressive Painting Workshop

Learn how to paint in a bold, loose and expressive way. Suitable for all experience levels.

Balwyn: Sat 1pm - 4pm
20/3 (1 session) \$85

■ Friday Painters

Camberwell: Fri 9.30am - 12.30pm
5/2 (8wks); 7/5 (8wks) \$258
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

■ iPad Art using Procreate Beginners

Learn to create art using Procreate on your iPad! Students will be tutored on how to use the program, the elements of art, as well as how (and where) to print artwork off the screen.

Ashburton: Mon 7.30pm - 9pm
1/2 (8wks) \$160; 19/4 (9wks) \$180
online via Zoom
<https://acc.asapconnected.com/#CourseGroupID=42580>
Hawthorn: Wed 3pm - 5pm
3/2 (9wks) \$180; 21/4 (10wks) \$200

■ iPad Art using Procreate Advanced via Zoom

For those students with Procreate experience, or who have completed the beginners program.

Ashburton: Mon 4pm - 5.30pm
1/2 (8wks) \$160; 19/4 (9wks) \$180
<https://acc.asapconnected.com/#CourseGroupID=42580>
<https://acc.asapconnected.com/#CourseID=213297>

■ Leap into Photography

Learn tips and tricks on how to take great macros, landscapes, portraits and more using your mobile device. Students need access to a camera (SLR, DLR) or mobile device with camera.

Alamein: Tue 3.30pm - 5.30pm
16/3 (3wks) \$30
<http://www.alameinnlc.com.au/course-category/creative-pursuits/>

■ Leap into Video Techniques

Learn to take great videos, format, edit, create best lighting techniques and upload to a media platform. Students need access to a mobile device with camera.

Alamein: Tue 3.30pm - 5.30pm
20/4 (3wks) \$30
<http://www.alameinnlc.com.au/course-category/creative-pursuits/>

■ Life Drawing

Ashburton: Sat 10am - 12pm
30/1 (9wks) \$235; 17/4 (10wks) \$260
<https://acc.asapconnected.com/#CourseGroupID=42580>

■ Nature in Art

Illustrate the natural world with painting.

Canterbury: Mon 9.30am - 12pm or 12.30pm - 3pm
1/2 (8wks); 19/4 (8wks) \$220

■ Oils & Watercolour with Lisa Wang **NEW**

Camberwell: Wed 1pm - 3pm
12/5 (6wks) \$140
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

■ Oil Painting

All levels welcome.

Balwyn: Tue 9.45am - 11.45am
9/2 (8wks) \$175; 20/4 (9wks) \$197

■ Paint and Sip

Enjoy wine and cheese while you paint! This workshop is taught by tutor and artist, Carla Tucker.

Cost includes wine, cheese and materials.
Balwyn: Tue 7pm - 9.30pm
2/3 (1 session); 8/6 (1 session) \$85

■ Pastels with Linda Finch

Camberwell: Tue 9.30am - 12pm
9/2 (8wks); 4/5 (8wks) \$220
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

■ Pastel Painting with Farimah

Balwyn: Tue 1.30pm - 3.30pm
9/2 (8wks) \$175; 20/4 (9wks) \$197

■ Smart Phone Photography **NEW**

Learn how to take better pictures using your smart phone with a professional photographer.

Surrey Hills: Sun 11am - 1pm
14/3 (1 session) \$120
<https://surreyhillsnc.org.au/course-category/creative/>

■ The Clay Room

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

Camberwell: Mon 1pm - 3pm
1/2 (8wks) \$340; 3/5 (7wks) \$298
Camberwell: Mon 6.30pm - 8.30pm
1/2 (8wks) \$340; 3/5 (7wks) \$298
Camberwell: Tue 6.30pm - 8.30pm
9/2 (8wks); 4/5 (8wks) \$340
Camberwell: Wed 6.30pm - 8.30pm
10/2 (8wks); 5/5 (8wks) \$340
Camberwell: Thu 1pm - 3pm
11/2 (8wks); 6/5 (8wks) \$340
Camberwell: Thu 6.30pm - 8.30pm
11/2 (8wks); 6/5 (8wks) \$340
Camberwell: Fri 1pm - 3pm
5/2 (8wks); 7/5 (8wks) \$340
Camberwell: Sat 10am - 12pm
6/2 (8wks); 1/5 (8wks) \$340

■ Watercolour Painting

Balwyn: Mon 10am - 12pm
8/2 (7wks) \$154; 19/4 (9wks) \$197
Balwyn: Mon 1pm - 3pm 8/2 (7wks) \$154; 19/4 (9wks) \$197
Balwyn: Thu 9.30am - 11.30am
11/2 (8wks) \$175; 22/4 (9wks) \$197
Balwyn: Fri 9.30am - 11.30am
12/2 (7wks) \$154; 23/4 (9wks) \$197
Camberwell: Mon 2.30pm - 4.30pm
1/2 (8wks) \$188; 3/5 (7wks) \$165
Camberwell: Tue 1pm - 3pm
9/2 (8wks); 4/5 (8wks) \$188
Camberwell: Wed 10.30am - 12.30pm
5/5 (8wks) \$188
Camberwell: Thu 10am - 12pm
11/2 (8wks); 6/5 (8wks) \$188
Camberwell: Thu 7pm - 9pm
11/2 (8wks); 6/5 (8wks) \$188
Camberwell: Sat 10am - 12pm
6/2 (8wks); 1/5 (8wks) \$188
Canterbury: Tue 9.30am - 11.30am
2/2 (9wks) \$230; 20/4 (8wks) \$204
Canterbury: Tue 12.30pm - 2.30pm
2/2 (9wks) \$230; 20/4 (8wks) \$204

See next page for more watercolour classes

- **Watercolour Painting continued**
Surrey Hills: Wed 10am - 12pm
 27/1 (10wks); 21/4 (10wks) \$180
Surrey Hills: Wed 1pm - 3pm
 27/1 (10wks); 21/4 (10wks) \$180
<https://surreyhillsnc.org.au/course-category/creative/>
- **Advanced Watercolour Painting**
 Explore watercolour techniques. Class members are encouraged to develop their own individual style and approach. Experience preferred.
Ashburton: Mon 1pm - 3pm
 1/2 (8wks) \$200; 19/4 (9wks) \$225
 Live stream may also be available, contact the Centre.
<https://acc.asapconnected.com/#CourseID=187349>
Camberwell: Wed 10.30am - 12.30pm
 10/2 (8wks) \$188
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>
- **Watercolour Painting & Mixed Media**
 This class combines traditional watercolour methods with unconventional methods such as collage, pastel, texturing paste, and more to create dynamic colour combinations. Live stream may also be available, contact the Centre.
Ashburton: Tue 1pm - 3pm
 2/2 (9wks) \$225; 20/4 (10wks) \$250
<https://acc.asapconnected.com/#CourseID=18787>

Craft, Textiles & Furniture

- **Bobbin Lace**
 Learn a variety of stitches and produce beautiful pieces of lace in this delightfully therapeutic hobby. Suitable for beginners.
Ashburton: Tue 1pm - 3pm
 2/2 (8wks) \$160; 20/4 (10wks) \$200
- **Bound Books (2-part Book Binding Workshop)**
 Learn the art of book binding. Cost includes materials.
Balwyn: Sat 10am - 2pm
 20/3 and 10am - 2pm
 27/3 (2 sessions) \$140



- **Coiled Basket Making NEW**
 Learn how to make a small colourful coiled basket using recycled fabric, hand-dyed raffia and trim Includes materials.
Bowen Street: Fri 12.30pm - 3pm
 5/3 (2wks) \$55
Trentwood: Sat 11am - 4pm
 20/3 (1 session) \$75
<https://www.trybooking.com/BMZGE>
Trentwood: Sat 11am - 4pm
 8/5 \$75 (1 session)
<https://www.trybooking.com/BMZGF>
- **Coil Basket Workshop NEW**
 Make your own functional coiled basket with complex colouration and traditional weaving techniques with renowned tutor Jodie Goldring. Materials included.
Surrey Hills: Sat 10am - 4pm
 16/5 (1 session) \$120
<https://surreyhillsnc.org.au/course-category/creative/>
- **Decoupage**
 Make beautiful ornaments using traditional decoupage methods.
Balwyn: Mon 12.30pm - 2.30pm
 8/2 (7wks) \$156.50; 19/4 (9wks) \$200.50
Balwyn: Thu 10.15am - 12.15pm
 11/2 (8wks) \$178.50; 22/4 (9wks) \$200.50
- **French Polishing and Furniture Restoration**
 Revive old furniture using traditional French Polishing and restoration methods.
Balwyn: Wed 12.30pm - 3.30pm
 10/2 (8wks) \$262; 21/4 (9wks) \$294
Balwyn: Thu 12.30pm - 3.30pm
 11/2 (8wks) \$262; 22/4 (9wks) \$294
Balwyn: Thu 7.30pm - 9.30pm
 11/2 (8wks) \$177.50; 22/4 (9wks) \$199
- **Japanese Kokedamas Workshop - Mothers' Day Event NEW**
 Learn how to make a beautiful Kokedama String Garden and hang your plants in style! Enjoy an exquisite Mother's Day morning tea (included). Places are limited, bookings essential.
Craig: Sat 10am - 12.30pm
 8/5 (1 session) \$30/\$25 members
- **Jewellery made from Coffee Pods NEW**
 This unusual and incredibly versatile art material can be used to make creative and individual jewellery pieces. Materials provided.
Bowen Street: Fri 12.30pm - 3pm
 19/2 (2wks) \$60

- **Macrame NEW**
 Learn how to make your own macrame pot holder. Includes materials
Trentwood: Sat 2pm - 4pm
 27/2 (1 session) \$40
<https://www.trybooking.com/BMZGI>
- **Mosaics**
 Create beautiful art from tiles and ceramics. BYO tiles.
Alamein: Fri 1pm - 3pm
 12/2 (7wks) \$130; 23/4 (10wks) \$180
<http://www.alameinnlc.com.au/course-category/creative-pursuits/>
- **Patchwork and Quilting Group**
Ashburton: Thu 1pm - 3pm
 4/2 (ongoing). Contact centre for details
- **Spinners and Knitters Group**
Ashburton: 2nd and 4th Wed of the month 1pm - 3pm 10/2 (ongoing)
 Contact centre for details
- **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.
Balwyn: Fri 1pm - 2.30pm
 5/3 (4 sessions) \$25 per session
 Fri 21/5 (4 sessions) \$25 per session
- **Sewing - All Levels**
 Whether to learn techniques to start you off on your sewing journey or to learn some professional techniques and finishes to take your sewing to the next level, come and let Barbara show you how.
Bowen Street: Fri 9.30am - 12pm
 5/2 (8wks) \$250; 26/4 (8wks) \$300
- **Taster in the Fashion Industry**
 Learners will have the opportunity to learn theory and practical and aspects of fashion design.
Kew: Contact reception 9853 3126
- **Textile Jewellery Making Workshop**
 Create unique jewellery using textiles. Learn how to make a beautiful brooch and earrings. Cost includes materials.
Balwyn: Fri 10am - 2pm
 26/3 (1 session) \$75
 Sun 10am - 2pm 16/5 (1 session) \$75
- **Upholstery and Soft Furnishing**
 Reinvigorate that piece of furniture.
Canterbury: Tue 9.45am - 12.15pm or 12.45pm - 3.15pm
 2/2 (9wks); 20/4 (9wks) \$275
- **Upholstery and Soft Furnishing (Evening class via Zoom)**
Canterbury: Tue 6.45pm - 8.45pm
 2/2 (9wks); 20/4 (9wks) \$275

Writing & Literature

- **Creative Memoir Writing**
Ashburton: Wed 1pm - 2.30pm
 3/2 (6wks); 21/4 (6wks) \$120
 Live stream may also be available,
 contact the Centre.
<https://acc.asapconnected.com/#CourseGroupID=42580>
- **Life Writing**
 For people who are elderly, isolated or housebound but not thought bound. The Life Writing Program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Writers are individually linked to an encourager, who reads the writer's work and offers constructive feedback.
Hawthorn: Contact 9819 5758 for details.
- **Literature**
 Nourish your mind exploring a broad range of written works.
Canterbury: Tue 1pm - 3pm
 2/2 (9wks) \$210; 20/4 (9wks) \$210
- **Rendezvous to Write**
 Make a permanent writing appointment in your diary each fortnight. Receive guidance with current writing projects.
Hawthorn: Tue fortnightly 1pm - 3pm 2/2; 20/4, \$40
- **Rendezvous to Write via MS Teams & Telelink**
 A program for older people interested in life writing skills. Explore your personal history to share with your family and develop your writing skills. Participants make a permanent writing appointment in their diary. The sessions assist participants to develop their writing muscles with various exercises and prompts.
Hawthorn: Tue fortnightly 1pm - 3pm 2/2 (wks) \$40
Trentwood: Thu fortnightly 1pm - 3pm 4/2 (4wks) \$20; 22/4 (5wks) \$25
- **The Joy of Good Books**
 Part book group, part literature class. Tutor lead discussion.
Ashburton: Tue 1pm - 3pm 2/2 (6wks); 20/4 (6wks) \$120
 Live stream may also be available, contact the Centre.
<https://acc.asapconnected.com/#CourseID=187356>
- **Writing for Pleasure**
 Like writing but need encouragement?
Kew: Tue 1pm - 3pm
 2/2 (9wks) \$225; 20/4 (10wks) \$250
<https://kewnlc.org.au/course/WritingforPleasureandPublication>

- **Writing Life (ongoing)**
 Write recollections from your life and family history.
Canterbury: Tue 10am - 12pm
 2/2 (9wks); 20/4 (9wks) \$210

History

- **History - Australian Writers via Zoom**
Canterbury: Thu 10am - 11.30am
 11/5 (4wks) \$93
- **Surrey Hills Historical Society**
 The group meets monthly to learn and discuss local history themes.
Surrey Hills: 3rd Tue 8pm - 10pm
 16/2 (ongoing) \$4.50 per session
<https://surreyhillsnc.org.au/course-category/community/>
- **Surrey Hills Heritage Collection FREE**
 Volunteers curating local items of heritage value.
Surrey Hills: Mon 9am - 3pm
 1/2 (ongoing) **FREE**
<https://surreyhillsnc.org.au/course-category/community/>

Music & Movies

- **Acoustic Group**
Ashburton: 1st and 3rd Fri
 7.30pm - 9.30pm
 5/2 (ongoing) \$5 per session
- **Blues Group**
Ashburton: 2nd and 4th Fri
 8pm - 10pm 12/2 (ongoing)
 \$5 per session
- **Changing Directions Music**
 A program to encourage participants to explore their interests and develop skills through musical expression. A social opportunity for people with disabilities. Access program using your NDIS plan. This session can also be delivered remotely via MS Teams.
Trentwood: Mon 1pm - 2.30pm ongoing.
- **Cinema and Chat**
 Our host Maree selects a movie from the extensive SBS on Demand catalog that you watch from the comfort of your home, we then get together for an after-movie chat. It's a great opportunity to connect with others and participate in engaging discussions.
Hawthorn: Mon fortnightly 3pm - 4pm 8/2 (3wks) \$56*
 26/4 (5wks) \$94*



- **BCC Movie Groups via Zoom FREE**
 Meet weekly with a small group to discuss a film.
Balwyn: Day and time will vary
 9/2 (7wks); 19/4 (8wks)
- **Foreign Film Group FREE**
 Enjoy a foreign film followed by a discussion.
Ashburton: First Wednesday of the month 7.30pm start, from 3/2 (ongoing). **FREE** event.
- **Ukulele**
 Have great fun learning and playing the instrument of the moment!
Ashburton: Wed 2pm - 3pm
 3/2 (9wks) \$135; 21/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseID=187871>
Kew: Beginners
 Mon 6pm - 7pm
 1/2 (9wks) \$125; 19/4 (10wks) \$140
<https://kewnlc.org.au/course/Ukulele/>
Kew: Intermediate
 Mon 7pm - 8pm
 1/2 (9wks) \$125; 19/4 (10wks) \$140
<https://kewnlc.org.au/course/Ukulele/>
Surrey Hills: Beginners
 Wed 2.45pm - 3.45pm 7/10 (10wks) \$160
Surrey Hills: Continuing Beginners
 Wed 11.45am - 12.45pm
 27/1 (10wks); 21/4 (10wks) \$160
Surrey Hills: Intermediate
 Wed 1.30pm - 2.30pm
 27/1 (10wks); 21/4 (10wks) \$160
Surrey Hills: Advanced
 Tue 7pm - 8pm
 2/2 (9wks) \$144; 20/4 (10wks) \$160
<https://surreyhillsnc.org.au/courses/ukulele-classes/>
Trentwood: Thu 9.15am - 10.15am
 4/2 (9wks) \$122; 22/4 (10wks) \$135

Yoga

- **Yoga**
Balwyn: Mon 9.30am - 10.30am
 1/2 (8wks) \$122.50; 19/4 (9wks) \$137.50
Balwyn: Wed 7am - 8.15am
 3/2 (9wks) \$137.50; 21/4 (10wks) \$152.50
Balwyn: Thu 7pm - 8.15pm
 4/2 (9wks) \$137.50
 22/4 (10wks) \$152.50
Canterbury: Mon 9.30am - 10.30am
 1/2 (8wks) \$140; 19/4 (9wks) \$158
 Tue 9.30am - 10.30am 2
 /2 (9wks) \$158; 20/4 (10wks) \$175
Surrey Hills: Mon 6pm - 7pm &
 7.15pm - 8.15pm
 1/2 (8wks) \$120; 19/4 (9wks) \$135
<https://surreyhillsnc.org.au/course-category/health/>
- **Family Yoga Workshops NEW**
 Create a special space for you and your child. Develop tools to connect with your emotions, your breath, and one another. Bond through movement, lower anxiety, improve balance and flexibility. Facilitated by industry leaders Hello Yoga Kids, refreshments to follow.
Craig: Sat 9.30am - 11am
 6/3, 27/3, 22/5, 19/6; \$30/\$25 members (includes 2 people)
- **Hatha Yoga via Zoom**
 Improve physical health, increased flexibility, higher energy level and advanced mental stability and focus.
Kew: Tue 9am - 10am
 2/2 (9wks) \$125; 19/4 (10wks) \$140
<https://kewncl.org.au/course/Yoga/>
- **Yoga: Yin and Flow**
 Slow, mindful movements to prepare the body to relax and stay in postures for longer periods of time. Suitable for all abilities with no experience necessary.
Trentwood: Tue 6.30pm - 7.30pm
 9/3 (4wks) \$45; 20/4 (10wks) \$110
- **Yoga: Continuing**
Alamein: Mon 7pm - 8pm
 8/2 (7wks) \$91; 10/4 (9wks) \$117
<http://www.alameinnlc.com.au/course-category/health-and-wellbeing/>
- **Yoga: Gentle**
Alamein: Mon 5.45pm - 6.45pm
 8/2 (7wks) \$91; 10/4 (9wks) \$117
<http://www.alameinnlc.com.au/course-category/health-and-wellbeing/>
- **Yoga: Hatha**
 Suitable for all levels.
Bowen Street: Wed 6.30pm - 7.30pm
 3/2 (9wks) \$153; 21/4 (10wks) \$170

- **Yoga: Hatha Continuing**
Ashburton: Mon 9.30am - 10.30am
 1/2 (8wks) \$120; 20/4 (9wks) \$135
Ashburton: Tue 9.30am - 10.30am
 2/2 (9wks) \$135; 21/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Yoga and Relaxation Techniques**
Alamein: Thu 9.30am - 11am
 11/2 (8wks) \$152; 22/4 (10wks) \$190
<http://www.alameinnlc.com.au/course-category/health-and-wellbeing/>
- **Yoga: Slow**
 A beginner level class of slow flow and yin yoga.
Hawthorn: Thu 6.30pm - 7.30pm
 4/2 (9wks) \$128; 22/4 (10wks) \$142
- **Yoga: Slow Flow**
Ashburton: Thu 9.30am - 10.30am
 4/2 (9wks) \$135; 22/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Yoga: Yin**
Ashburton: Thu 10.45am - 11.45am
 4/2 (9wks) \$135; 22/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Chair Yoga**
 Chair yoga is an all-round exercise class suitable for older people, combining yoga movement, stretches and strength to keep body and mind active
Canterbury: Mon 11am - 12pm
 1/2 (8wks) \$140; 19/4 (9wks) \$158
Hawthorn: Tue 10am - 11.30am
 2/2 (9wks) \$108*; 20/4 (10wks) \$120*
- **Chair Yoga**
 This specially designed Yoga program is for people with mobility issues and utilises a chair rather than a floor mat.
Balwyn: Mon 10.45am - 11.45am
 (8wks) \$122.50; 19/4 (9wks) \$137.50
- **Yoga Retreat (Half-Day Workshop)**
 Reflect, move and discover new practices to help balance your output and look after wellbeing. All experience levels welcome.
Balwyn: Sat 1pm - 4pm
 27/2 (1 session) \$70
 Sat 1pm - 4pm
 29/5 (1 session) \$70
- **Yoga & Pilates**
Ashburton: Tue 9.30am - 10.30am & 10.45am - 11.45am
 2/2 (9wks) \$135; 20/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Yoga & Pilates for All via Zoom**
 Join in for one or all of these classes at 9.30am each week - regardless of your skill or experience level, these classes can cater for you:

Mondays & Wednesdays - Yoga & Pilates
 Tuesdays & Thursdays - Yoga Basics
 Fridays - Beginner Mat Pilates
Ashburton: Mon to Fri from 1/2 (9wks) \$90; 19/4 (10wks) \$100
<https://acc.asapconnected.com/#CourseID=221099>

Pilates

- **Pilates**
 Control, precision, movement, balance; a mind body workout.
Alamein: Tue 7pm - 8pm
 9/2 (8wks) \$104; 11/4 (10wks) \$130
<http://www.alameinnlc.com.au/course-category/health-and-wellbeing/>
Balwyn: Tue 9.30am - 10.30am
 2/2 (9wks) \$137.50; 20/4 (10wks) \$152.50
Hawthorn: Mon 8.30am - 9.30am, 9.45am - 10.45am, 12.15pm - 1.15pm, 1.30pm - 2.30pm, 1/2 (8wks) \$96*
 19/4 (9wks) \$108*
Hawthorn: Thu 8.30am - 9.30am, 9.45am - 10.45am, 4/2 (9wks) \$108*
 22/4 (10wks) \$120*
Hawthorn: Fri 10am - 11am, 11.15am - 12.15pm, 5/2 (8wks) \$96*
 23/4 (10wks) \$120*
Surrey Hills: Mon 10am - 11am
 1/2 (8wks) \$136; 19/4 (9wks) \$153
<https://surreyhillsnc.org.au/courses/pilates-classes>
Trentwood: Intermediate
 Mon 10.30am - 11.30am
 1/2 (9wks) \$105; 19/4 (10wks) \$115
Trentwood: Gentle
 Mon 9.15am - 10.15am
 1/2 (9wks) \$105; 19/4 (10wks) \$115
- **Pilates via MS Teams**
 A one-hour full body exercise with movement and breath control to strengthen muscles, improving posture and flexibility.
Hawthorn: Tue 9am - 10am
 2/2 (9wks) \$80*
 Wed 9am - 10am 3/2 (9wks) \$80*
- **Buff Bones for Osteoporosis**
 Pilates based full body workout for bone strengthening and balance. Safe for osteoporosis.
Canterbury: Mon 9.30am - 10.30pm
 1/2 (8wks) \$140; 19/4 (9wks) \$158
Canterbury: Thu 9.30am - 10.30am
 4/2 (9wks) \$158; 22/4 (10wks) \$175
Canterbury: Thu 10.45am - 11.45am
 4/2 (9wks) \$158; 22/4 (10wks) \$175
- **Mat Pilates**
 Build core strength, stability and develop endurance with longer, leaner muscles to improve posture.
Kew: Thu 8.30am - 9.25am
 4/2 (9wks) \$145; 22/4 (10wks) \$160
<https://kewncl.org.au/course/MatPilates>

Qi Gong

■ **Qi Gong**

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

Camberwell: Tue 7.45am - 8.45am
9/2 (8wks) \$106; 4/5 (8wks) \$106
<http://camberwellcommunitycentre.org.au/courses/health-wellbeing>
Surrey Hills: Wed 10am - 11.15am
27/1 (10wks); 21/4 (10wks) \$80
<https://surreyhillsnc.org.au/course-category/health/>

Trentwood: Tue 9.30am - 10.15am
2/2 (9wks) \$90; 20/4 (10wks) \$100

■ **Tai Chi**

A traditional Chinese mind-body relaxation exercise performed in slow, gentle movements enabling harmony in mind and body. Different levels offered, visit our website for details.

Camberwell: Tue 9am - 10am
9/2 (8wks); 4/5 (8wks) \$106

Camberwell: Thu 8.30am - 9.30am
9.45am - 10.45am, 11am - 12pm
11/2 (8wks); 6/5 (8wks) \$106
<http://camberwellcommunitycentre.org.au/courses/health-wellbeing>

Surrey Hills: Tue, Thu,
Fri 8.15am - 9am 28/1 (ongoing) \$25
single weekly session or \$45 multiple
weekly sessions
<https://surreyhillsnc.org.au/course-category/health/>

■ **Tai Chi Beginner**

A combined Tai Chi / QiGong exercise to start your journey.

Hawthorn: Thu 11am - 12pm
4/2 (9wks) \$108*; 22/4 (10wks) \$120*

■ **Tai Chi Intermediate**

Trentwood: Thu 1.15pm - 2.15pm
4/2 (9wks) \$105; 22/4 (10wks) \$115

Hawthorn: Thu 12.15pm - 1.15pm
4/2 (9wks) \$108*; 22/4 (10wks) \$120*

■ **QiGong via MS Teams**

Join Yvonne in a class integrating physical posture and breathing techniques.

Hawthorn: Thu 11am - 12pm
4/2 (9wks) \$80*

■ **Tai Chi/Qi Gong**

Tai Chi and Qi Gong are powerful systems of healing and energy, classes include integration of physical postures, breathing techniques and focus.

Balwyn: Tue 11am - 12pm
2/2 (9wks) \$137.50; 20/4 (10wks)
\$152.50

Balwyn: All levels Wed
10.45am - 11.45am 3/2 (9wks) \$137.50
21/4 (10wks) \$152.50

Canterbury: Fri 11am - 12pm
29/1 (9wks) \$158; 30/4 (10wks) \$175

Walking Groups

■ **Walking Groups**

Ashburton: Wed 10am - 11am
29/1 (ongoing) \$1 per session

Camberwell: Tue & Thu
9.30am - 10.30am (ongoing)

FREE to members

<http://www.camberwellcommunitycentre.org.au/courses/health-wellbeing>

Canterbury: Thu 9.30am - 10.30am
(fast paced) or 10am - 11am (gentle)

FREE to members

Hawthorn: Fri 10am - 11.30am
5/2 ongoing, gold coin donation

Surrey Hills: Mon 9am - 10.30am
1/2 (ongoing) **FREE** to members

Surrey Hills: Fri 8.30am - 10am
29/1 (ongoing) **FREE** to members
<https://surreyhillsnc.org.au/course-category/community/>

Mindfulness & Meditation

■ **Introduction to Meditation NEW**

Relax your body. Calm your mind.

Surrey Hills: Wed 5.30pm - 6.30pm
27/1 (6 weeks) \$95

<https://surreyhillsnc.org.au/course-category/health/>

■ **Kadampa Meditation**

Weekly meditation taught by qualified Buddhist teachers, easy to understand and apply to the busyness of modern daily life. Suitable for beginners to advanced. Classes live streamed until July.

Craig: Bookings & queries:
<https://meditateinmelbourne.org/drop-in-classes/> or info@kadampa.org.au

■ **Meditation**

Balwyn: Wed 7:45pm - 8:45pm
3/2 (9wks) \$137.50; 21/4 (10wks) \$152.50

■ **Meditation and Guided Relaxation**

For focusing and lowering stress.

Alamein: Thu 5.45pm - 6.45pm
22/2 (6wks) \$78; 22/4 (10wks) \$130

<http://www.alameinnlc.com.au/course-category/health-and-wellbeing/>

■ **Mindfulness Meditation**

Guided meditations led by counselling psychologist & accredited Mindfulness Meditation teacher Jenny Clifton.

Allows us to be less reactive, calmer and more focused. Classes suitable for beginners and more experienced meditators.

Craig: Bookings & queries:
jen.clifton@hotmail.com or
0412 025 375

Exercise for over 55s

■ **Active Living 60 Plus**

A program focused on balance, stretching and light cardio to keep you active and confident.

Surrey Hills: Mon 8.45am - 9.45am
1/2 (8wks) \$128; 19/4 (9wks) \$144
<https://surreyhillsnc.org.au/course-category/health/>

■ **Ageless Grace (Fun Fitness for the Brain & Body)**

An uplifting, fun, mind-body gentle chair-based exercise class. Suitable for all ages and abilities interested in maintaining their brain health.

Ashburton: Thu 10am - 10.45am
4/2 (9wks) \$180; 22/4 (10wks) \$200

Virtual option may be available.
contact the Centre.

<https://acc.asapconnected.com/#CourseGroupID=42642>

Canterbury: Fri 10am - 11am
29/1 (9wks) \$158; 30/4 (10wks) \$175

Surrey Hills: Mon 10am - 10.45am
1/2 (8wks) \$128; 19/4 (9wks) \$144

<https://surreyhillsnc.org.au/course-category/health/>

Trentwood: Thu 10am - 10.30am
4/2 (9wks) \$55; 22/4 (10wks) \$60

This class can also be delivered remotely. Phone for further details.

■ **Balance Back to Exercise**

Suitable for older adults. Small group workout focused on balance and stretching.

Ashburton: Wed 9.30am - 10.30am
3/2 (9wks) \$45; 21/4 (11wks) \$55

<https://acc.asapconnected.com/#CourseGroupID=42642>

Balwyn: Tue 1.30pm - 2.30pm
2/2 (9wks) \$137.50; 20/4 (10wks)

\$152.50

Balwyn: Thu 1.30pm - 2.30pm
4/2 (9wks) \$137.50; 22/4 (10wks)

\$152.50

Kew: Tue 11.15am - 12.10pm
2/2 (9wks) \$145; 20/4 (10wks) \$160

<https://kewnllc.org.au/course/>

■ **Chair Fitness**

An all-round exercise class suitable for seniors. Combining elements of stretching, breathe exercise and yoga to keep the body and mind active. All exercises are done on or with the assistance of a chair.

Hawthorn: Tue 10am - 11.30am
2/2 (9wks) \$108*; 20/4 (10wks) \$120*

Exercise for over 55s continued

- **Exercise to Music Classes (50+)**
Ashburton: Mon 11.30am - 12.30pm
 1/2 (8wks) \$40; 19/4 (9wks) \$45
Ashburton: Tue 9.30am - 10.30am
 2/2 (9wks) \$45; 20/4 (10wks) \$50
Ashburton: Fri 9.30am - 10.30am
 5/2 (8wks) \$40; 23/4 (10wks) \$50
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Keep Fit (Strength and Conditioning)**
Ashburton: Tue 10.45am - 11.45am
 2/2 (9wks) \$45; 20/4 (10wks) \$50
Ashburton: Fri 10.45am - 11.45am
 5/2 (8wks) \$40; 23/4 (10wks) \$50
<https://acc.asapconnected.com/#CourseGroupID=42642>
- **Fit For You**
Ashburton: Mon 9.30am - 10.30am
 1/2 (8wks) \$40; 20/4 (10wks) \$50
Ashburton: Thu 9.30am - 10.30am
 4/2 (9wks) \$45; 23/4 (10wks) \$50
 Make the most of the morning with this small group exercise class!
Balwyn: Thu 6.15am - 7am 4/2 (9wks) \$104; 22/4 (10wks) \$116
- **Fit for You via Zoom**
 All body workout focusing on major muscle groups through resistance training to build strength and facilitate functional movement
Kew: Mon 8.30am - 9.25am
 1/2 (9wks) \$145; 19/4 (10wks) \$160
<https://kewnllc.org.au/course/FitForYou>
- **Hi / Lo Exercise Class**
 Choose the option that suits you in this dynamic fitness class.
Balwyn: Thu 9.15am - 10.15am
 4/2 (9wks) \$137.50; 22/4 (10wks) \$152.50
- **Stretch and Strengthen**
 Improve your strength, fitness and flexibility in this dynamic, full-body workout class!
Balwyn: Mon 3pm - 4pm
 1/2 (8wks) \$122.50; 19/4 (9wks) \$137.50
Balwyn: Thu 10.30am-11.30am
 4/2 (9wks) \$137.50
 22/4 (10wks) \$152.50
- **Strength & Balance**
 A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.
Hawthorn: Mon 11am - 12pm
 1/2 (8wks) \$96*; 19/4 (9wks) \$108*

- **Strength & Balance via MS Teams**
 A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.
Hawthorn: Wed 9am - 10am
 3/2 (9wks) \$108*; 21/4 (10wks) \$120*
- **Strength Training – Chair based**
Trentwood: Thu 11.15am - 12.15pm
 4/2 (9wks) \$100; 22/4 (10wks) \$110
- **Strength Training via Zoom**
 A program to exercise core muscles and work on balance using weights.
Surrey Hills: Mon 8.15am - 9.15am
 1/2 (8wks) \$52 (over 65)
 \$72 (under 65); 19/4 (9wks) \$52 (over 65) \$72 (under 65)
Surrey Hills: Tue 9.30am - 10.30am & 12.30pm - 1.30pm & 7.15pm - 8.15pm
 2/2 (9wks) \$58.50 (under 65) \$81 (over 65);
 20/4 (10wks) \$65 (over 65) \$90 (under 65)
Surrey Hills: Wed 8.15am - 9.15am
 27/1 (10wks) \$65 (under 65) \$90 (over 65)
 21/4 (10wks) \$65 (under 65) \$90 (over 65)
Surrey Hills: Thu 7.15pm - 8.15pm
 28/1 (10wks) \$65 (under 65) \$90 (over 65)
 22/4 (10wks) \$65 (under 65) \$90 (over 65)
Surrey Hills: Fri 8.15am - 9.15am & 12.30pm - 1.30pm
 29/1 (9wks) \$58.50 (under 65) \$81 (over 65); 23/4 (10wks) \$65 (under 65) \$90 (over 65)
<https://surreyhillsnc.org.au/course-category/health/>
- **Table Tennis**
 Come and join our group and play a social game. Newcomers welcome
Trentwood: Thu 11am - 1pm (ongoing) \$5 per player per session
Surrey Hills: Thu 1.30pm - 3pm
 28/1 (ongoing) \$4.50 per session
<https://surreyhillsnc.org.au/course-category/community/>
- **Your Healthy Spine**
Ashburton: Wed 12pm - 1.30pm
 3/2 (9wks) \$135; 21/4 (10wks) \$150
Ashburton: Thu 7.30pm - 9pm
 4/2 (9wks) \$135; 22/4 (10wks) \$150
<https://acc.asapconnected.com/#CourseGroupID=42642>

General Exercise & Wellbeing

- **Bootcamp Is Back NEW**
 Kick start 2021 with an 8-week intensive bootcamp. Classes include HIIT, boxing and a variety of exercises. Two sessions per week.
Surrey Hills: Wed & Fri
 6.15am - 7.10am
 (8wks, 16 sessions) \$260
<https://surreyhillsnc.org.au/course-category/health/>
- **Boxing Exercise NEW**
 Improve cardio, strength with weight bearing motion and boxing, aimed at men and women of all ages. This is a fun, challenging and safe workout.
Hawthorn: Mon 9.30am - 10.30am
 1/2 (8wks) \$96*; 19/4 (9wks) \$108*
- **Chinese Cultural Dance Group**
Trentwood: Meet Tues mornings.
 Contact Office for more information.
- **Dancing with Confidence**
 Introductory chair-based program for people who love to move to music! A social opportunity for people with disabilities. Access using NDIS plan.
Trentwood: Fri 11.15am - 12.30pm ongoing
- **Hula Hooping for Adults at the Hub NEW**
 Join us for some friendly fun and exercise. BYO hoop or try ours before you buy! Indoors or outdoors depending on the weather. Phone us to find out more!
Trentwood: Thu 5pm - 6pm ongoing.
 Introductory special – **FREE**
- **Men's Fitness NEW**
 A 60-minute full body workout session designed specifically for men including moderate resistance and intensity exercise for upper and lower body.
Hawthorn: Wed 9am - 10am
 3/2 (9wks) \$108*; 21/4 (10wks) \$120*
- **Mums and Bubs Exercise**
 A program run by a new mum for new mums focusing specifically on post-natal. Join our experienced teacher in this exercise class, specifically targeting areas of concern for postnatal mothers, focusing on safe pelvic floor options. We encourage you to bring your babies along!
Hawthorn: Mon 9.30am - 10.30am
 1/2 (9wks); 19/4 (9wks) \$108
- **Nia**
 Join this fun, simple dance-based fitness class. Suitable for all ages and level of fitness
Trentwood: 10.30am - 11.30am
 2/2 (9wks) \$105; 20/4 (10wks) \$115



■ Post Natal Exercise (Babies welcome)

This exercise class is tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels

Trentwood: Tue 9am - 10am
2/2 (9wks) \$45

■ Stay Active via Zoom

Keep yourself active and moving with a range of exercise, movement and dance classes. Access any (or all!) of the following classes during the term:
Mon - *Fit for You*

Tue - *Exercise to Music & Keep Fit Strength & Conditioning*

Wed - *Balance Back to Exercise*

Thu - *Fit for You*

Fri - *Exercise to Music & Keep Fit Strength & Conditioning*

Ashburton: Mon, Wed & Thu
9.30am - 10.30am
1/2 (9wks) \$90; 19/4 (10wks) \$100
<https://acc.asapconnected.com/#CourseID=221124>

■ Zumba

Join Meredith for a dance-fitness workout! Suitable for all ages, including older adults.

Balwyn: Wed 9.30am - 10.15am
3/2 (9wks) \$137.50
21/4 (10wks) \$152.50
Wed 6.30pm - 7.15pm
3/2 (9wks) \$137.50
21/4 (10wks) \$152.50

■ \$5 Meals

Prepare an inexpensive meal for one. The food will be purchased and prepared together for participants to take home. Access this program using NDIS plan.

Trentwood: Mon 10am - 12pm
ongoing

■ Cooking Small, Eating Well

An ongoing fortnightly program for older people to explore new recipes and learn to cook for one or two people.

Hawthorn: Tue fortnightly
1pm - 3pm 2/2; 20/4, \$40*

■ Dumplings Workshop

Learn how to make delicious dumplings from scratch! Cost includes ingredients and recipes.

Balwyn: Fri 10am - 12.30pm
12/3 (1 session); 14/5 (1 session) \$90

■ Fermented Foods

Learn about the benefits of these food whilst making sauerkraut and kimchi. Materials included

Trentwood: Sat 2pm - 4pm
13/3 (1 session) \$50
<https://www.trybooking.com/BMZGJ>

■ Flavours of East Africa **NEW**

Learn about the layered flavours of East African cooking in this hands-on class, making authentic spiced pilau with meat, plus condiments. Then enjoy a shared meal.

Surrey Hills: Fri 6pm - 9pm
26/3 (1 session) \$95
<https://surreyhillsnc.org.au/course-category/leisure/>

■ French cooking workshop

Have fun and become a French chef during this cooking class with Marie-Emilie. Includes ingredients

Trentwood: Thu 6.30pm - 8.30pm
4/3 \$60 (1 session)
<https://www.trybooking.com/BNAVF>

■ Gozleme and Baklava workshop

With Turkish music in the background Arzu will teach you how to make this delicious food. Includes ingredients. BYO containers, apron and oven tray. Bookings essential by 15/3

Trentwood: Sat 2pm - 4pm
27/3 (1 session) \$60
<https://www.trybooking.com/BMZGL>

■ Local Conversations with Gabriel Gate **NEW**

Join this well-known chef (and local resident) as he discusses his career as a chef, writer and broadcaster.

Surrey Hills: Fri 7pm - 8.30pm
12/3 (1 session) \$10
<https://surreyhillsnc.org.au/course-category/leisure/>



■ Mediterranean Diet – Recipes from Mediterranean Kitchens

Learn about the food, science and health benefits of the Mediterranean Diet while learning to cook. In this eight-week class, Carmel will provide authentic and adaptable recipes handed down through generations, using the best seasonal ingredients.

Hawthorn: Thu 6pm - 8pm
4/2 (8wks) \$180

■ Middle Eastern Cooking at Home (using MS Teams)

Join Shella on our online cooking workshop from the comfort of your own home and learn about the wonderful flavours of Middle Eastern cooking

Trentwood: Thu 5.30pm - 7.30pm
11/3 (1 session) \$55
<https://www.trybooking.com/BMZGS> (Vegetarian menu)

Trentwood: Thu 5.30pm - 7.30pm
3/6 (1 session) \$55
<https://www.trybooking.com/BMZGX>

■ Middle Eastern Cooking at Trentwood

Try out delicious Turkish recipes and cook together with Shella in our brand new kitchen. Includes ingredients.

Trentwood: Sat 3.30pm - 5.30pm
27/2 (1 session) \$60
<https://www.trybooking.com/BMZGV>

Trentwood: Sat 3.30pm - 5.30pm
8/5 (1 session) \$60
<https://www.trybooking.com/BMZGY> (vegetarian menu)

■ Paella & Sangria **NEW**

Start with a glass of sangria and make traditional paella on the BBQ. Then enjoy your work!

Surrey Hills: Fri 19/2 6pm - 9pm
(1 session) \$95
<https://surreyhillsnc.org.au/course-category/leisure/>

■ Preserves Workshop

Learn how to make tomato relish, berry jam, marinated feta and olives, preserved lemons, and pickled cucumber. Lunch and morning tea provided.

Balwyn: Wed 10am - 1.30pm
31/3 (1 session) \$105

English

- **Basic Literacy and Numeracy**
Contact Centre for interview and cost.
Alamein: Mon 9.30am - 12pm
8/2 (ongoing)
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **English as an Additional Language - Beginners, Intermediate & Advanced**
Practice speaking, listening, reading and writing in English. Contact Reception for details.
Kew: Mon & Wed commences 1/2 (9wks); 19/4 (10wks) Permanent residents: \$100 per term
Non-residents \$280 per term
<https://kewncl.org.au/course/EAL>
- **Effective Writing and Digital Literacy for EAL NEW**
Update your digital literacy and improve your written language skills
Kew: Contact centre for more details
- **English Communication Skills (Level 2)**
Contact Centre for interview and cost.
Alamein: Tue 9.30am - 12pm
9/2 (ongoing)
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **English for Work and Study (Level 3)**
Contact Centre for interview and cost.
Alamein: Wed 9.30am - 12pm
10/2 (ongoing)
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Literacy and ESL Through Computers**
Contact Centre for interview and cost.
Alamein: Fri 9.30am - 12pm
12/2 (ongoing)
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Leap into Literacy**
A four-session course to learn basic reading and writing skills in a supportive friendly environment.
Alamein: Mon 12.30pm - 3pm
22/2 \$20
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Literacy for Practical Purposes - Intensive English (Level 2)**
Improve your speaking, listening, reading and writing in this 6-week course.
Alamein: Wed, Thu & Fri 10am - 3pm
19/2 (18 sessions).
Contact Centre for interview and cost.
Alamein: Tue 12.30pm - 3pm
9/2 (ongoing)
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>

- **Returning to Study**
Learn study patterns, writing preparation and expectations for returning to study and more.
Alamein: Fri 12.30pm - 2.30pm
5/3 (4wks) \$20
<http://www.alameinnlc.com.au/course-category/career-pathways/>

Italian

- **Travellers/Conversation via Zoom**
An informal conversation class.
Ring to book.
Bowen Street: Thu 2pm - 3.30pm
4/2 (9wks) \$20; 22/4 (10wks) \$20
- **Beginner**
Canterbury: Wed 3pm - 5pm
3/2 (9wks); 21/4 (9wks) \$210
Canterbury: Thu 9.45am - 11.45am
4/2 (9wks); 22/4 (9wks) \$210
Canterbury: Thu 12.30pm - 2.30pm
4/2 (9wks); 22/4 (9wks) \$210
- **Beginner (Up to 12 months experience) via Zoom**
Bowen Street: Mon 9am - 10.30am
1/2 (9wks) \$120; 19/4 (10wks) \$133
- **Italian One (12-18 months' experience)**
Hawthorn: Wed 11.15am - 12.45pm
3/2 (9wks) \$145; 21/4 (10wks) \$161
- **Intermediate (1-3 years' experience)**
Ashburton: Mon 1pm - 2.30pm
1/2 (8wks) \$200; 19/4 (9wks) \$225
Live stream may also be available, contact the Centre.
<https://acc.asapconnected.com/#CourseID=187867>
Bowen Street Online via Zoom
Wed 9am - 10.30am
3/2 (9wks) \$120; 21/4 (10wks)
Canterbury: Wed 12.30pm - 2.30pm
3/2 (9wks); 21/4 (9wks) \$210
Canterbury: Thu 12.20pm - 2.20pm
4/2 (9wks); 22/4 (9wks) \$210
- **Advanced (3 years plus experience)**
Canterbury: Wed 9.30am - 11.30am
3/2 (9wks); 21/4 (9wks) \$210
Canterbury: Thu 10am - 12pm
4/2 (9wks); 22/4 (9wks) \$210
- **Advanced (3 years' plus experience) via Zoom**
Bowen Street: Tue 9am - 10.30am
2/2 (9wks) \$120; 20/4 (10wks) \$133
- **Italian for Beginners**
Start your language journey! Class covers reading, writing, grammar and conversation.
Balwyn: Mon 1pm - 3pm
8/2 (7wks) \$156; 19/4 (9wks) \$200

- **Italian Intermediate 3 (3 years previous experience)**
Balwyn: Fri 9.15am - 11.15am
12/2 (7wks) \$156; 23/4 (9wks) \$200
- **Italian Intermediate Conversation and Grammar 5 (4 years' previous experience)**
Balwyn: Fri 11.30am - 1pm
12/2 (7wks) \$118; 23/4 (9wks) \$151
- **Italian Advanced Conversation**
Conducted completely in Italian. Assumes 4+ years previous experience.
Balwyn: Fri 1.30pm - 3pm
12/2 (7wks) \$118; 23/4 (9wks) \$151

French

- **Beginners (Up to 12 months' experience)**
Ashburton: Taking expressions of interest, contact the Centre for details.
Balwyn: Mon 9.45am - 11.45am
8/2 (7wks) \$144.50; 19/4 (9wks) \$200
Canterbury: Tue 1pm - 3pm
2/2 (9wks); 20/4 (9wks) \$210
Hawthorn: Tue 9.45am - 11.45am
2/2 (9wks) \$206; 20/4 (10wks) \$229
Trentwood: For those with six months or more experience.
Tue 12.30pm - 2.30pm
2/2 (9wks) \$200; 20/4 (10wks) \$220
- **Intermediate (1-3 years' experience)**
Camberwell: Mon 10am - 12pm
1/2 (8wks) \$182; 3/5 (7wks) \$160
<http://www.camberwellcommunitycentre.org.au/courses/languages>
Canterbury: Mon 1pm - 3pm
1/2 (8wks) \$187; 19/4 (9wks) \$210
Hawthorn: Fri 9.45am - 11.45pm
5/2 (8wks) \$183; 23/4 (10wks) \$229
- **Advanced (3 years' plus experience)**
Canterbury: Mon 10.30am - 12.30pm
1/2 (8wks) \$187; 19/4 (9wks) \$210
- **Advanced (3 years' plus experience) via Zoom**
Camberwell: Mon 12.45pm - 2.45pm
1/2 (8wks) \$182; 3/5 (7wks) \$160
<http://www.camberwellcommunitycentre.org.au/courses/languages>
- **Travellers/Conversation via Zoom**
An informal conversation class.
Ring to book.
Bowen Street: Thu 10am - 11.30am
4/2 (9wks) \$20; 22/4 (10wks) \$20

- **Advanced Conversation**
 “Alors, quoi de neuf chez vous?”
 Do you already have some French knowledge to have a conversation? Would you like to improve your understanding and communication skills? Let’s do it together! Work on your vocabulary and grammar in group activities, while also learning about the culture and habits of French people. All teaching materials supplied.
Ashburton: Fri 11am - 1pm
 5/2 (8wks) \$200; 23/4 (10wks) \$250
 Live stream may also be available, contact the Centre.
<https://acc.asapconnected.com/#CourseID=187866>
- **French Intermediate 1 (2 years' previous experience)**
Balwyn: Wed 7pm - 9pm
 10/2 (8wks) \$178; 21/4 (9wks) \$200
Balwyn: Thu 1pm - 3pm
 11/2 (8wks) \$178; 22/4 (9wks) \$200
- **French Intermediate 3 (3 years' previous experience)**
Balwyn: Wed 1pm - 3pm
 10/2 (8wks) \$178; 21/4 (9wks) \$200
- **French Advanced 3 (5+ years' previous experience)**
Balwyn: Thu 10am - 12pm
 11/2 (8wks) \$178; 22/4 (9wks) \$200
- **French for VCE Year 12 students**
 Improve your language and speaking skills to boost your marks. Year 12 students only.
Balwyn: Wed 4pm - 5.30pm
 10/2 (8wks) \$134; 21/4 (9wks) \$150

German

- **Beginners**
 A fun and engaging introduction to the German language.
Balwyn: Wed 9.45am - 11.45am
 10/2 (8wks) \$178; 21/4 (9wks) \$200
Camberwell: Wed 6.30pm - 8.30pm
 10/2 (8wks); 5/5 (8wks) \$182
<http://www.camberwellcommunitycentre.org.au/courses/languages>
- **German Intermediate (1-3 years' experience)**
Balwyn: Fri 9.45am - 11.45am
 12/2 (7wks) \$157; 23/4 (9wks) \$200
 Tue 9.45am - 11.45am
 9/2 (8wks) \$178; 20/4 (9wks) \$200

- **Advanced (3+ years' experience)**
Camberwell: Tue 7pm - 9pm
 9/2 (8wks) \$182; 4/5 (8wks) \$182
<http://www.camberwellcommunitycentre.org.au/courses/languages>
- **Advanced Conversation**
 A class for people with significant knowledge of the German language.
Hawthorn: Wed 9.30am - 11am
 3/2 (9wks) \$145; 21/4 (10wks) \$161

Russian

- **Beginners (Up to 12 months' experience)**
Ashburton: Taking expressions of interest, contact the Centre for details.

Spanish

- **Beginners**
Camberwell: Thu 6.30pm - 8.30pm
 11/2 (8wks); 6/5 (8wks) \$182
<http://www.camberwellcommunitycentre.org.au/courses/languages>
Canterbury: Mon 1.30pm - 3.30pm
 1/2 (8wks) \$187; 19/4 (9wks) \$210
- **Beginners Conversation**
 Learn the basics for Spanish conversation.
Surrey Hills: Mon 7pm - 8.30pm
 1/2 (8wks) \$185
<https://surreyhillsnc.org.au/course-category/leisure/>
- **Intermediate (1-3 years' experience)**
Canterbury: Mon 11am - 1pm
 1/2 (8wks) \$187; 19/4 (9wks) \$210
- **Afternoon Spanish Conversations**
 No text books required. Small group passionate to practice Spanish with native born speaker and tutor Cintia.
Camberwell: Sat 1pm - 3pm
 6/2 (8wks); 1/5 (8wks) \$70
<http://www.camberwellcommunitycentre.org.au/courses/languages>
- **Conversation via Zoom**
 An informal conversation class. Ring to book.
Bowen Street: Thu Beginners 12pm - 1pm
Advanced 1pm - 2pm
 4/2 (9wks) \$20; 22/4 (10wks) \$20

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 <https://Ashburtoncc.org.au/room-hire/> for more details.

Balwyn Community Centre

Hire our spacious, newly refurbished function centre for your next event. Small room hire suitable for freelancers, study groups and special interest groups. Room hire available year-round, including during school holidays. Call reception to enquire.

Bowen Street Community Centre, Camberwell

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

Craig Family Centre

Rooms suitable for meetings, seminars and parties. Enquires welcome 9885 7789

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. <https://kewnlc.org.au/venue-hire>

Surrey Hills Neighbourhood Centre

We have various rooms and a registered kitchen available for hire. Our rooms are suitable for meetings, seminars, workshops, cooking classes, gatherings and celebrations. <https://surreyhillsnc.org.au/venue-hire/>

Trentwood Community House

Our new well-equipped centre has various sized rooms and a large kitchen available for hire for community groups and commercial use. Our rooms are suitable for meetings, classes, workshops, functions and celebrations (21 years +). We have rooms available for hire, if you plan to run a workshop, hold a meeting or a larger event, please get in touch.



- **Aged and Disability Programs**
 Activities for people with a disability, mental health issues and programs for over 65s.
Kew: Monday to Friday
 Contact reception for further details.
- **Al-anon**
 Helps families and friends of alcoholics recover from the effects of living with someone with a drinking problem.
Craig: Sun 6pm - 7pm, weekly.
 Contact Susan on 0438 050 622
- **Be Connected via Zoom**
 Over 50 and looking at learning a new skill? Join thousands of Australians who are taking our free courses on everything from how to access the internet, using your device and keeping in touch with others online.
Ashburton: Contact 9885 7952 **FREE**
<https://acc.asapconnected.com/#CourseGroupID=45688>
Hawthorn: Contact 9817 5758 **FREE**
Kew: Places are limited, contact Reception 9853 3126
<https://kewnlc.org.au/be-connected>
- **Charity Knitting Group FREE**
 Knit to help others in need.
Surrey Hills: Mon 7pm - 9pm (ongoing)
 Free with membership
<https://surreyhillsnc.org.au/course-category/community/>
- **Crochet and Knitting Class with Tutor**
Balwyn: Thu 1.15pm - 3.15pm (ongoing) \$10 per session
- **Chinese Activity Group via Zoom**
 Recreational, educational and support activities for Chinese speaking community.
Kew: Tue 10am - 1pm 1/2 ongoing.
 Contact Reception
- **Chinese Seniors Group via Zoom FREE**
 A friendly social and recreational group for Mandarin-speaking seniors. Develop and practice your English skills. Enjoy the opportunity to make new social connections and share new skills through weekly classes and highlight incursions. Led by experienced Mandarin/English teachers.
Craig: Tue 10.30am - 12pm 2/2 (9wks); 20/4 (10wks)
- **Cryptic Crosswords via Zoom**
 Do you avoid cryptic crosswords because they are too hard? Are you fascinated by words? This fun relaxing group is for you! Learn from Barbara how these puzzles work for some fantastic mental exercise.
Ashburton: Mon 10.30am - 11.30am 1/2 (8wks) \$40; 19/4 (9wks) \$45
Ashburton: Mon 2.30pm - 3.30pm 1/2 (8wks) \$40; 19/4 (9wks) \$45
<https://acc.asapconnected.com/#CourseID=193198>
- **Cultures Together**
 We match mentors with learners for English conversation practice. We also offer wider cultural exchange support groups.
Kew: Contact centre for more details
<https://kewnlc.org.au/cultures-together/>
- **Floral Art Group**
Ashburton: Thu 10am 12pm 4/2 (ongoing).
 Contact centre for details.
- **Florins**
 A social group for women which meets fortnightly to chat and enjoy excursions.
Surrey Hills: 2nd & 4th Thursdays 28/1 (ongoing) \$4.50 per session
<https://surreyhillsnc.org.au/course-category/community/>
- **GOLD Group via Zoom FREE**
 A social group for women aged 55+. Enjoy fun and new experiences in a supportive environment. Share knowledge, companionship and time together.
Craig: Thu fortnightly meetings.
FREE with membership
 \$25 Full/\$15 Concession
- **Healthy Ageing and Wellness Information Session FREE**
 Hear from registered dietician, Alain on the best ways to eat to promote healthy ageing, and to improve your wellbeing.
Balwyn: Tue 2pm - 3pm 18/5 (1 session)
- **Life Long Learning**
 For older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, presentation from Beleura House and Garden, a visit from the curator at NGV.
Hawthorn: Thu 1.30pm - 3.30pm 4/2 (9wks) \$108*; 22/4 (10wks) \$120*
Hawthorn: Fri (fortnightly) 1.30pm - 3.30pm 5/2 (5wks) \$70*; 23/4 (5wks) \$70*
- **Men's Discussion Group**
 A lively discussion group where men can chat and share their knowledge and experiences.
Surrey Hills: Fri 9.30am - 11.30am 5/2 fortnightly \$4.50 per session
<https://surreyhillsnc.org.au/course-category/community/>
- **Men's OM:NI group**
 OM:NI (Older Men: New Ideas) is a small and lively male-only discussion group where men chat and share their knowledge and experience in a supportive environment. The group foster a strong sense of belonging and well-being, with a greater interest in life after retirement.
Hawthorn: 1st & 3rd Friday every month, 10am - 12pm 5/2 (ongoing) Gold Coin

Parenting Workshops **NEW**

Presenting a range of parenting workshops throughout the year, online and in-centre. Topics will include Supporting Children with Anxiety, Developing Confidence in Children, Cyber Safety and Body Safety.

Craig: Dates & fees TBA. To register your interest email communityprograms@craig.com.au

Repair Café **FREE**

Bring your broken household item and met our great team of volunteers who will help make any repairs needed.

Trentwood: Sun 10am - 12pm
3rd Sunday of the month

Safe Seats, Safe Kids **FREE**

Local parents and carers are invited to book in for a free child car restraint fitting or safety check.

Bowen Street: Thu 9am - 11am
Call for details

Craig: Wed fortnightly 10am - 2pm (ongoing). To book: www.craigfc.org.au/safe-seats-safe-kids-program

Stitch & Chat

Bring your sewing and enjoy some company.

Surrey Hills: Mon 1.30pm - 3.30pm fortnightly 1/2 (ongoing)
\$4.50 per session
<https://surreyhillsnc.org.au/course-category/community/>

Support Network for Parents of Children with Disabilities

For parents of children with disabilities (just for parents). Call to confirm.

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

Taster Beauty Services via Zoom

Kew: Contact reception 9853 3126

Taster in Customer Service via Zoom

Kew: Contact reception 9853 3126

Toilet Coaching Workshop **FREE**

This session aims to give you practical steps that will assist in helping your child achieve toileting independence.

Bowen Street: Thu 9am - 11am
10/6 (1 session) **FREE**

Victorian Guild of China Painters

Meet, discuss and practice this fine art.

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



Bookgroups

Book Circles - Maling Road **FREE**

Meet at a local coffee shop for lively discussions on books, films and events. Free for members

Canterbury: 1st or 2nd Tue of the month 10am - 12pm (ongoing)

Canterbury: 3rd Tue of the month
2.30pm - 3.30pm (ongoing)

Novels at Night

Ashburton: 2nd Wed of month
7.30pm - 9.30pm 12/2 (ongoing).
Contact centre for details.

<https://acc.asapconnected.com/#CourseGroupID=45646>

The Ashy Bookclub

Ashburton: 1st Thu of month
7.30pm - 9.30pm 4/2 (ongoing).
Contact centre for details.

<https://acc.asapconnected.com/#CourseID=193197>

The Short Story Book Club via Telelink

This group is for older people to meet and discuss short stories, discover new authors and share a love of reading and literature.

Hawthorn: Tue fortnightly
10am - 11am 9/2 (5wks) \$45

Surrey Hills: 4th Tue of the month
7pm - 8.30pm

23/2 (ongoing) \$4.50 per session

Surrey Hills: 1st Thu of the month
7.30pm - 9.30pm

4/2 (ongoing) \$4.50 per session
<https://surreyhillsnc.org.au/course-category/leisure/>

The Short Story Book Club

This group is for older people to meet and discuss short stories, discover new authors and share a love of reading and literature.

Hawthorn: Tue fortnightly
10.30am - 12.30pm

2/2 (5wks); 27/4 (5wks) \$94*

Thursday Afternoon Bookclub

Ashburton: 1st Thu of month
2pm - 4pm 4/2 (ongoing).

Contact centre for details.

<https://acc.asapconnected.com/#CourseGroupID=45646>

Cards & Games

Bridge

Intermediate to advanced players, duplicate games, partners required.

Camberwell: Wed 12.30pm - 4pm (ongoing) \$5 per session

<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>

Canterbury: Wed 12pm - 5pm
3/2 (9wks); 21/4 (10wks).

Contact centre for details.

Balwyn: Tue, Thu & Sat
12.45pm - 4.15pm (ongoing)
\$5 per session

Friday 500 Social Cards

Friendly, casual, drop-in group, suitable for experienced card players.

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

<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>

Learn to Play Mah-jong (Western)

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

Mah-jong (Western)

Ashburton: Fri 12.30pm - 4pm
5/2 (ongoing) \$5 per session

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

<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>

Surrey Hills: Fri 1.30 - 4pm
29/1 (ongoing) \$4.50 per session

<https://surreyhillsnc.org.au/course-category/community/>

Scrabble

This friendly group welcomes new players.

Surrey Hills: 1st, 3rd & 5th Tue
1pm - 4pm 2/2 (ongoing)

\$4.50 per session

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

<https://surreyhillsnc.org.au/course-category/community/>

Solo

Camberwell: Wed 9.30am - 11.30am (ongoing) \$5 per session

<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>

Balwyn: Wed 6.30pm - 10pm & Fri
9am - 12pm (ongoing) \$5 per session



■ **Ashburton Food Forest, Community Garden FREE**

The Ashburton Food Forest is a community garden located in Winton Road. Celebrate nature, explore foods and tend to the gardens! Everyone is welcome. Ongoing gardening and special events scheduled throughout the year.

Craig: Contact Petra foodforestashy@gmail.com or 0420 961 695. Free with membership; \$25 Full/\$15 Conc

■ **Winter Veggies NEW**

A course on which plants are good to plant in Winter and how to grow them.

Alamein: Thu 12.30pm - 3pm
6/5 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Introduction to Growing Vegetables NEW**

Learn all the requirements for establishing a productive veggie plot at home so you can be harvesting food this summer! Taught by qualified horticulturists.

Balwyn: Sat 10am - 3pm
22/5 (1 session) \$115

■ **Landscape Gardening FREE**

Diane 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
31/3 (1 session) **FREE**

■ **Barista Training**

A solid foundation in how to make coffee; providing skills to find work in the café industry. ACFE funded places.

Kew: Contact reception 9853 3126
<https://kewnlc.org.au/course/BaristaTraining>

■ **Build your own website using WIX**

Kew: Contact Centre for further information <https://kewnlc.org.au/course/BUILDYOUROWNWEBSITE/>

■ **Building Resilience NEW**

Discover ways to help you respond to change and develop approaches to build persistence.

Alamein: Thu 10am - 12pm
18/3 (3wks) \$30
<http://www.alameinnlc.com.au>

■ **ESL Tutoring Support: Introduction via Zoom**

Learn English as a Second Language teaching strategies to support ESL learners.

Alamein: Wed 10am - 12.30pm
10/2 (10 sessions) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Event Management: Introduction**

Learn how to organise, plan and present an event for your business or organisation.

Alamein: Thu 6pm - 8.30pm
11/2 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Financial Wellbeing NEW**

Learn essential skills to manage a budget, set financial goals and helpful resources.

Alamein: Thu 10am - 12pm
11/3 (3wks) \$30
<http://www.alameinnlc.com.au/course-category/english-and-literacy/>

■ **Find a Job or Change your Career: Pathways to Employment**

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

Alamein: Wed 10am - 3pm
3/3 (5wks) \$80
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Floristry**

Learn theory and practical aspects and take home your design

Kew: Contact centre for further details

■ **Marketing through Digital Media**

Learn how to market a company or group through Facebook, Twitter, Instagram, Mail Chimp and more.

Alamein: Wed 12.30pm - 3pm
10/2 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Podcast Skills**

All you need to know about putting together a podcast

Kew: Contact centre for further details
<https://kewnlc.org.au/course/PODCASTWORKSHOP/>

■ **Running Your Own Business: Introduction**

Want to start up your own business but not sure how. This great course will give you the foundation you need.

Alamein: Mon 6pm - 8.30pm
19/4 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/business-skills/>

■ **Volunteering and Beyond: Introduction**

Thinking about volunteering? This course will give you the confidence and knowledge to find that role.

Alamein: Mon 12.30pm - 3pm
26/4 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Warehousing & Distribution**

Interested in working in the warehousing and distribution sector?

This course is a suitable pathway to finding work in this fast-growing area

Alamein: Thu & Fri 12.30pm - 3pm
22/4 (10wks) Contact Centre for cost.
<http://www.alameinnlc.com.au/course-category/career-pathways/>

■ **Web Design: Introduction**

Thinking of building your own website? Get started with this introductory class.

Alamein: Thu 12.30pm - 3pm
11/2 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/career-pathways/>



Computers, Tablets & IT

21st Century Office Skills

Use on-line platforms to set up meetings and create professional business documents.

Alamein: Wed 4.30pm - 6.30pm
9/6 (3wks) \$30
<http://www.alameinnlc.com.au/course-category/career-pathways/>

Communicating Using Digital Devices

Learn how to use apps and online conferencing platforms for iPad photos, videos, Zoom & others.

Alamein: Wed 1pm - 3.30pm
10/2 (8wks) \$85
<http://www.alameinnlc.com.au/course-category/computer-and-technology/>

iPad for Beginners

Learn to use your device in a short 4-week course.

Balwyn: Mon 10am - 12pm
22/2 (4wks); 10/5 (4wks) \$100

IT for the Office

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

Kew: Thu 9am - 11.30am
4/2 (9wks) \$125; 22/4 (10wks) \$140
<https://kewnlc.org.au/course/ITfortheOffice>

Leap into Coding and Robotics

Learn how to do basic coding for a mini robot (Sphero) and race it.

Alamein: Mon 12.30pm - 3pm
22/3 (2wks) \$25
<http://www.alameinnlc.com.au/course-category/computer-and-technology/>

Social Media Marketing for Business

Learn social media marketing skills for small business. A pathway to small business start-up.

Kew: Fri 2pm - 4pm
5/2 (9wks) \$100; 23/4 (10wks) \$100

Wednesday Connect: iPads at Your Pace

Seniors exploring the variety of opportunities and functions that this device has to offer. Progress at your pace in a relaxed and friendly environment. BYO iPad.

Hawthorn: Wed 1pm - 3pm
3/2 (9wks) \$108*; 21/4 (10wks) \$120*

Introduction to Computers Windows 10

Learn about the terminology, organising the desktop, files, folders, printing and basic Word.

Alamein: Wed 12.30pm - 3pm
21/4 (10wks) \$122
<http://www.alameinnlc.com.au/course-category/computer-and-technology/>

Introduction to Excel

Alamein: Wed 12.30pm - 3pm
5/5 (8wks) \$110 (cost of manual included) <http://www.alameinnlc.com.au/course-category/computer-and-technology/>

Introduction to Word

Alamein: Wed 12.30am - 3pm
10/2 (8wks) \$110 (cost of manual included)
<http://www.alameinnlc.com.au/course-category/computer-and-technology/>

Tech Help Online Sessions via Zoom FREE

Join our patient and experienced Digital Mentors for an online session in which you can ask questions and learn about some great tech initiatives. Topics change each week, see our website for more details.

Ashburton: Mon, Wed, Fri
11am - 12pm (ongoing)
<https://acc.asapconnected.com/#CourseID=221150>

Individual Support

Individual iPad/iPhone/Mac Support/PC/ Laptop/Phone

Need more skills in using your mobile phone, computer or tablet?

Bowen Street: Various times and days. \$10 per session

