

# Short Course Guide

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

**Semester 2: July to December 2021**





# 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. Many of the Centres continue to include online offerings for their members so we can provide a wide range of options to remain active and engaged. So, whether you are keen to join us online, or at our Centres, please take a look through our Short Course Guide to see what we have on offer. In the event of COVID lockdowns in the future our activities may revert to online delivery.

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

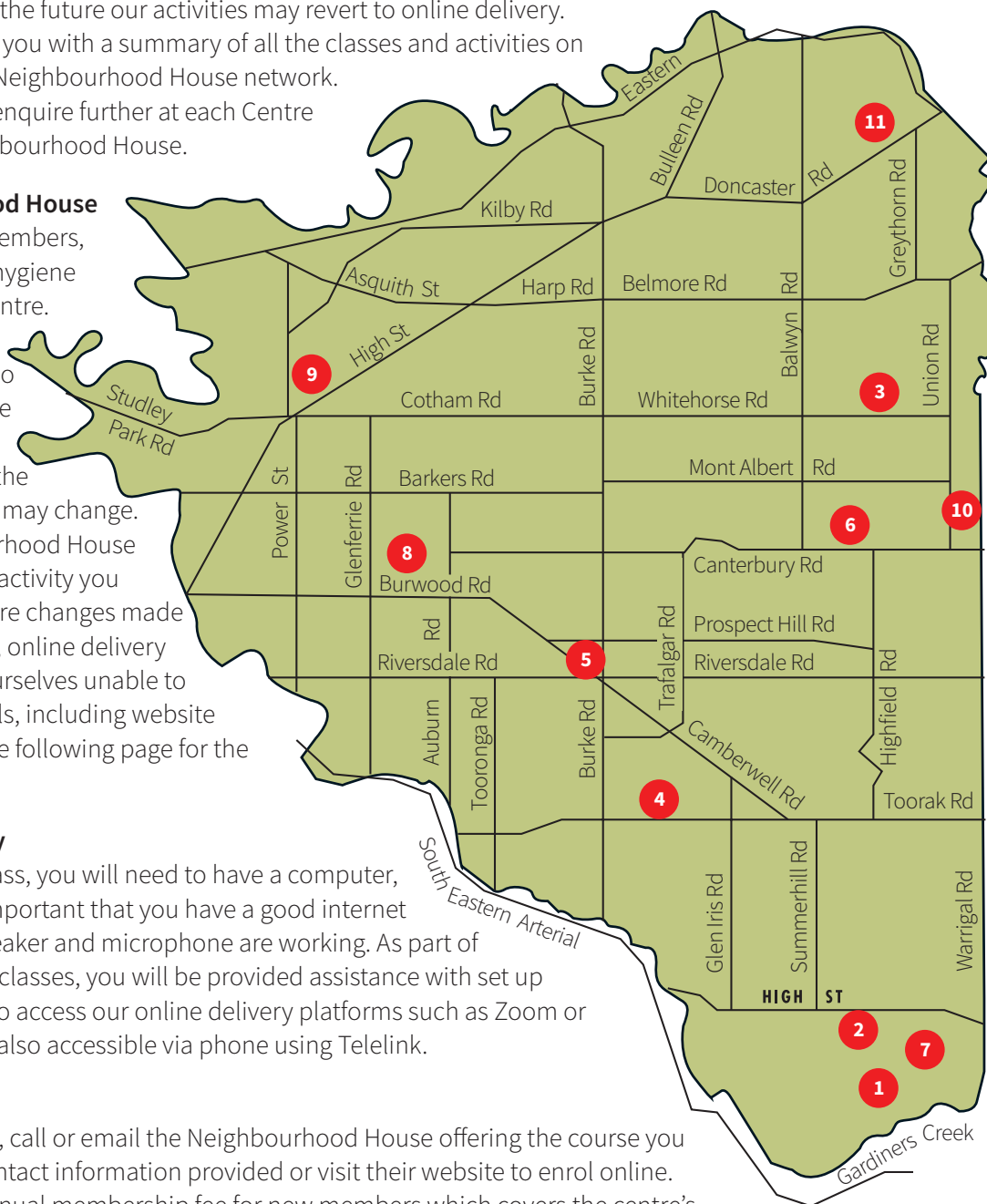
To ensure the safety of our members, there are strict cleaning and hygiene processes in place at each Centre. Depending on the level of restrictions, activities may also have capacity limits. Given the unpredictable nature of COVID, please be aware that the details provided in this guide may change. 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

412 Whitehorse Road, Surrey Hills 3127  
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

33-35 Fairholm Grove, 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: www.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

### Acknowledgement of Country

The City of Boroondara acknowledges the traditional owners, including the Wurundjeri Woi Wurrung People in the northern part of our city, as the original custodians of this land, and respects their customs and traditions and their special relationship with the land.

**Hawthorn:** \* cheaper rate available with a My Aged Care (MAC) referral

# What's on

## July to December 2021



<b>Community Activities &amp; Events</b>	<b>3</b>
<b>Childcare</b>	<b>4</b>
<b>Children &amp; Teen Activities</b>	<b>4</b>
Arts & Crafts	4
Dance, Music & Yoga	5
Exploring, Education & Workshops	5
Languages	5
Playgroups	5
<b>Art, Music &amp; Literature</b>	<b>6</b>
Visual Arts	6
Craft, Textiles & Furniture	8
History	9
Literature & Writing	9
Music & Movies	9
<b>Health &amp; Wellbeing</b>	<b>10</b>
Exercise for over 55s	10
General Exercise & Wellbeing	11
Meditation & Mindfulness	11
Pilates, Tai Chi, Qi Gong & Yoga	11
Walking Groups	13
<b>Cooking</b>	<b>13</b>
<b>Languages</b>	<b>14</b>
English	14
French	15
German	15
Italian	15
Russian	15
Spanish	15
<b>General Interest</b>	<b>16</b>
<b>Gardening</b>	<b>17</b>
<b>Book Groups</b>	<b>17</b>
<b>Cards &amp; Games</b>	<b>17</b>
<b>Upskill for Work</b>	<b>18</b>
<b>Technology</b>	<b>18</b>
Computers, Tablets & IT	18
Individual Support	19
<b>Room Hire</b>	<b>19</b>

# COMMUNITY ACTIVITIES & EVENTS

## ■ **Aged Care - Making an informed decision? Workshop**

Navigating the financial implications of aged care options.

**Surrey Hills:** Fri 7pm - 9pm

22/10 \$20 including a light supper

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

## ■ **Ashburton Handcrafted**

Browse the local Craft Market, book into an art and craft activity, enjoy refreshments and entertainment on the day in this community event.

For full details visit

[www.ashburtoncc.org.au](http://www.ashburtoncc.org.au)

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

## ■ **Australian Breastfeeding Association, Boroondara Group**

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

**Craig:** Bookings and enquires: [aba.boroondara@gmail.com](mailto:aba.boroondara@gmail.com)

## ■ **Balwyn Produce Swap FREE**

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

**Balwyn:** 3rd Sun of month 9am - 10am (ongoing) FREE

## ■ **Chinese Seniors Group FREE**

A friendly social group for Mandarin-speaking seniors. Develop and practice your English skills and enjoy the opportunity to make new social connections through weekly classes and highlight excursions. Led by experienced bilingual Mandarin and English-speaking teachers.

**Craig:** Tue 10.30am - 12pm  
13/10 (10wks) FREE

## ■ **Coffee with a Cop FREE**

Join us for FREE morning tea and conversation. A chance to ask questions, voice concerns and get to know your local police.

**Bowen Street:** Thu 10am - 12pm  
26/8 (1 session)

## ■ **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 craft meetings.  
Email: [cwa.ashburton@gmail.com](mailto: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.

<https://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.

<https://www.alameinnlc.com.au/community-activities/>

## ■ **The Edge Community Fund**

A community volunteer group providing last resort funding for families.

**Craig:** Mon and Thu 10am - 11am

Email: [edgefund@craigfc.org.au](mailto:edgefund@craigfc.org.au)

## ■ **Futuresteading: Live Like Tomorrow Matters with Instagram sustainability sensation Jade Miles**

Includes a copy of Jade's new book and a tour of an enviable local vegetable garden.

**Surrey Hills:** Sat 12pm - 3.30pm

12/9 (1 session) \$98

<https://surreyhillsnc.org.au/courses/futuresteading-live-like-tomorrow-matters-with-jade-miles/>

## ■ **Garden Club**

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

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

## ■ **Halloween on High**

Celebrate Halloween at the Ashburton Community Centre with spooky craft activities, a family movie, a treasure hunt and trick or treating with the Ashburton Traders. For full details visit our website.

**Ashburton:** Fri 3.30pm - 6.30pm

29/10 <https://acc.asapconnected.com/#CourseGroupID=42984>



## ■ **ICP (Inclusive Communities Program)**

Aged and Disability Programs designed to provide positive social, physical and emotional outcomes for a diverse range of people with varying needs.

**Kew:** Mon to Fri Contact reception for further details

## ■ **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](mailto:bpatterson@netspace.net.au) or 0418 565 273

**Craig:** 2nd Mon of month (unless a public holiday) 8pm - 9.30pm

## ■ **Live Like Tomorrow Matters**

Tips and tricks to live more sustainably as a city dweller.

**Surrey Hills:** Tue 10am - 11am  
20/7 (5wks) \$120

## ■ **Men's Shed**

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

**Alamein:** Call the Centre for details

<https://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.

## ■ **Nearing Retirement: What now? Workshop**

Understanding the options available on the 'other side' of the super accumulation phase.

**Surrey Hills:** Fri 7pm - 9pm

23/7 \$20 includes wine and

cheese supper

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

## ■ **Senior Citizens Club**

**Camberwell: Multi-Cultural Club**

Mon 10am - 2pm weekly

Phone for details 0418 523 215

**Camberwell: Greek Club**

Wed 10am - 2pm weekly

Phone for details 0409 564 411

**Camberwell: Italian Club**

Thu 12.30pm - 4pm weekly

Phone for details 0412 840 703

## ■ **Tiny Library**

Take a book, leave a book.

**Bowen Street:** Mon to Fri



## ■ 3-Year-Old Kindergarten

A kindergarten program for 3-year-old children turning 3 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 and Childcare subsidy (CCS) available.  
**Craig:** Mon & Wed 9am - 2pm 12/7 (10wks); 4/10 (11wks) \$435 per term

## ■ Funded 4-Year-Old Kindergarten

A funded kindergarten program for children turning 4 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 12/7 (10wks); 4/10 (11wks)  
**FREE for families in 2021**

## ■ Holiday Program (2-5 years)

Call for details. CCS available.  
**Craig:** Term 2 break: Mon 28/6, Tue 29/6, Wed 30/6 Mon 5/7, Tue 6/7, Wed 7/7  
Term 3 break: Mon 20/9, Tue 21/9 Wed 22/9, Mon 27/9, Tue 28/9, Wed 29/9 9am - 2pm \$85 per session (CCS available)

## ■ Occasional Childcare (6 weeks-5 years)

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 - 3pm, 9am - 4pm 12/7 (10wks) Call Centre for costs <https://bccchildcare.org.au>

## ■ Occasional/Sessional Childcare

Quality CCS Approved sessional childcare programs in line with the Early Years Framework.  
**Bowen Street: (6 months-5 years)** Wed and Fri 9.15am - 12.15pm 14/7 (10wks); 6/10 (11wks) Call Centre for cost  
**Bowen Street: (12 months-5 years)** Wed and Fri 9.30am - 2.30pm 14/7 (10wks); 6/10 (11wks) Call Centre for cost  
**Bowen Street: (extra term break sessions)** Wed 9.30am - 2.30pm 22/9, 29/9 Call Centre for cost Facilitated by qualified early childhood educators. Children enjoy a range of activities. Child Care Subsidy available (CCS).  
**Craig:** Mon to Fri 9am - 2pm 12/7 (10wks); 4/10 (11wks) \$72 per session

## ■ Shoestring Occasional Care

Take a break while your children explore and investigate through play  
**Kew:** Mon, Tue, Wed 9am - 12pm, Thu 9am - 1pm 12/7 (10wks); 4/10 (10wks) \$36 per session (3hr) or \$48 (4hr)

## ■ Shoestring Plus (3-5 years)

Activities include art, cooking and science.  
**Kew:** Mon, Tue 1pm - 4pm 12/7 (10wks); 4/10 (10wks) \$36 per session

# CHILDREN & TEEN ACTIVITIES

## ■ French for VCE Year 12 Students

**Balwyn:** Wed 4pm - 5.30pm 14/7 (9wks) \$150; 6/10 (6wks) \$100

## ■ Italian Kids Cooking Class (7-12 years)

Your child will learn how to make authentic Italian pasta from scratch and enjoy dinner with the class afterwards.  
**Balwyn:** Thu 4.30pm - 6.30pm 12/8 (1 session) \$35



## ■ Preschool Birthday Parties

Room hire for preschool birthday parties from 2021. Virtual tour of facilities and details: [www.bowenstreet.org.au](http://www.bowenstreet.org.au). Call to enquire.

**Bowen Street:** Sat & Sun 9am - 1.30pm or 1.30pm - 5pm Some weekdays available \$150 (Members \$110)

## ■ 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:** Wed 3.30pm - 5pm \$3 per session (also available in holidays)



# Arts & Crafts

## ■ Comic Art for Kids (8-12 years)

Learn the fundamentals of illustration and drawing using a comic style.  
**Ashburton:** Taking expressions of interest. Call the Centre for details on 9885 7952

## ■ Clay Workshop with Cosmic Clay Collective (5-10 years) NEW

In this immersive clay workshop children can make up to 3 pieces using pinch pot and coiling techniques. All tools and equipment provided. Pieces can be taken home or recycled.  
**Trentwood:** Thu 10am - 12pm 30/9 \$45

## ■ Father-Child Woodwork Event (4-12 years) NEW

A special Father's Day Event. Father and child(ren) will construct their own timber creation in this facilitated workshop. Sausage sizzle lunch included.  
**Craig:** Sat 2pm - 4pm 4/9 \$15 full/\$10 member

## ■ 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 14/7 (10wks); 6/10 (10wks) \$220

## ■ 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 16/7 (6wks); 8/10 (6wks) \$135 includes materials <https://surreyhillsnc.org.au/course-category/children/>

## Dance, Music & Yoga

- **Acting & Singing for Teens (Year 7-10)**  
For teens wanting to learn or further their performance skills for stage and screen. Develop skills in acting, voice and movement, and gain to present a short performance by the end of term. Facilitated by NIDA graduate and performing arts teacher Belinda Jenkin.  
**Craig:** Mon 6.30pm - 8pm  
19/7 (9wks); 11/10 (9wks) \$200
- **Friday 'Mini Maestros' (0-5 years) NEW**  
Fun, active, educational music classes for babies, toddlers and preschoolers. Singing, dancing, percussion instruments and musical games.  
**Craig:** Fri 1.15pm - 2pm  
23/7 (9wks), 15/10 (9wks) \$125
- **Mini Groovers (18 months-5 years)**  
Fun and creative dance classes for kids.  
**Ashburton:** Thu 9.45am - 10.15am  
15/7 (10wks) \$150; 7/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseID=187870>
- **Movies, Musicals & Popstars! (Grades 4-6)**  
Learn the fundamentals of acting, singing and dance and develop the confidence to sing out loud and perform! Create a short performance by end of term. Facilitated by NIDA graduate and performing arts teacher Belinda Jenkin.  
**Craig:** Mon 5.30pm - 6.30pm  
19/7 (9wks); 11/10 (9wks) \$160
- **Mums 'n' Bubs Yoga, by 'Hello Yoga Kids' (bubs 0-1 years) NEW**  
1-hour yoga class with experienced instructor Susanna who specialises in postnatal yoga. Classes are uplifting and light-hearted, helping mum move and strengthen, while engaging with baby. Mums and bubs welcome to stay-and-play after class.  
**Craig:** Wed 11.30am - 12.30pm  
21/7 (9wks); 13/10 (9wks) \$160
- **Yoga for Families**  
A lovely intimate class for a parent (or grandparent) and their child. The class is able to accommodate babies through to 5 years.  
**Ashburton:** Fri 9.15am - 10.15am  
16/7 (6wks); 8/10 (6wks) \$120

## Exploring, Education & Workshops

- **BRIGHT BRAINS Homework Club (Grades 1-10)**  
Homework and study tuition for primary and secondary school students. Support in early years literacy and numeracy, essay writing, exam revision, science and advanced mathematics. A fun, safe learning environment. Available in-centre and online.  
**Craig:** Wed 4pm - 5.30pm  
21/7; 13/10 (ongoing) **FREE** with membership; \$25 Full/\$12.50 Conc
- **Paper Recycling Workshop - National Recycling Week Event (2-5 years) NEW**  
Children will explore reducing, reusing and recycling. They will learn about the different materials comprising waste and how paper is made. Each child will make their own recycled paper greeting cards.  
**Craig:** Fri 11.30am - 1pm  
12/11 \$10 per family non-members, members FREE

## Languages

- **Bilingual Prep Class (English/ Mandarin), Facilitated (3-4 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
- **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 3 (9wks) \$550 Term 4 (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 3 (9wks) \$550; Term 4 (10wks) \$605
- **Mandarin Prep Class (3-4 years)**  
Mandarin immersion activities: storytelling, music, games, handicraft.  
**Craig:** Class times and fees vary according to age, following school terms

## Playgroups

- **Connect & Play (0-1 year)**  
**Surrey Hills:** Thu fortnightly 9.15am - 11am 15/7 (5wks) 7/10 (5wks) \$25  
<https://surreyhillsnc.org.au/courses/connect-and-play-for-carers-and-babies-under-12-months-of-age/>
- **Create your Own Playgroup**  
If you have six or more families, start your own Playgroup! Suitable for new Mothers Group/Parent Group. Open to all, please contact us to learn more.  
**Craig:** Mon to Fri, various times available, \$55 per term
- **Creative Playgroup with 'Squiggle Kids' (2-5 years) NEW**  
Creative playgroup with music, drawing, painting and crafting. Children develop confidence through social, creative and language development. Facilitated by paediatric occupational therapist and children's author.  
**Craig:** Tue 9.30am - 10.15am  
20/7 (9wks); 12/10 (9wks) \$140
- **Grandparents Playgroup (0-5 years)**  
Facilitated open-age playgroup for grandparents and carers. This playgroup aims 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
- **Multiple Birth Playgroup All ages.**  
**Bowen Street:** Tue 9.30am - 11.30am
- **New to the Area**  
New to the area and looking for a playgroup? Secure playground and access to kitchen facilities. Membership fees apply.  
**Bowen Street:** Thu 9am - 11am
- **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 and outdoor play. Bookings essential.  
**Craig:** Fri 9.15am - 11.15am  
16/7 (10wks), 8/10 (11wks) \$55  
Playgroup activities for babies, toddlers and preschoolers with parents, grandparents or carers. Parent led.  
**Hawthorn:** Wed 9.30am - 11am  
14/7 (10wks); 6/10 (10wks) \$58  
**Surrey Hills:** Thu 9.30am - 11.30am  
15/7 (10wks); 7/10 (10wks) \$50  
<https://surreyhillsnc.org.au/course-category/children/>

## ■ Stay & Play Playgroup

**Kew:** Play-based activities in a friendly and welcoming environment.  
Wed 12.30pm - 2pm,  
Thu 1.30pm - 3pm (0-2yrs only)  
Fri 9.30am - 1pm \$5.50 per session

## ■ Structured Playgroup (1-5 years)

Facilitated led playgroups to develop skills through play, stories and music.  
**Canterbury:** Mon 9.30am - 11.30am  
12/7 (10wks) \$160; 4/10 (9wks) \$144  
**Canterbury:** Tue 9.30am - 11.30am  
13/7 (10wks) \$160; 4/10 (9wks) \$144



## ■ 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:** Wed 1pm - 3pm  
14/7 (10wks); 6/10 (10wks) **FREE**

## ■ Tuesday Morning Music with Jo (0-5 year)

Actively engaging babies and toddlers in music and storytelling. Discover the rhythms and sounds of drums and percussion instruments. Indoor and outdoor play.

**Craig:** Tue 11am - 12pm  
13/7 (10wks); 5/10 (10wks) \$125

## ■ Wednesday Mandarin Playgroup (0-5 year) **NEW**

Actively engaging babies, toddlers, parents and grandparents in music, storytelling and games in Mandarin. Facilitated by qualified early childhood educator. Indoor and outdoor play.

**Craig:** Wed 9.30am - 11am  
21/7 (9wks) \$120, 13/10 (10wks) \$140

# ART, MUSIC & LITERATURE

## Visual Arts

### ■ Abstract Art - Introduction **NEW**

**Camberwell:** Mon 1pm - 3pm  
19/7 (8wks); 11/10 (8wks) \$195  
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

### ■ Acrylic Painting

All levels welcome.  
**Ashburton:** Mon 10.30am - 12.30pm  
12/7 (10wks); 4/10 (10wks) \$250  
<https://acc.asapconnected.com/#CourseID=187858>  
**Balwyn:** Wed 12.45pm - 2.45pm  
14/7 (9wks); 6/10 (9wks) \$197  
**Camberwell: NEW** Mon 10am - 12pm  
19/7 (8wks); 11/10 (8wks) \$195  
**Trentwood:** Fri 10am - 12pm  
16/7 (10wks); 8/10 (10wks) \$175

### ■ Alcohol Ink Art Class for Adults **NEW**

Explore the stunning affects you can create using beautiful alcohol inks. Beginners are welcome  
**Trentwood:** Tue 4.30pm - 6.30pm  
11/10 (6wks) \$120

### ■ Animals & 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  
16/7 (10wks) \$241; 8/10 (11wks) \$265

### ■ Art for All Abilities

A warm inclusive class for all people.  
**Ashburton:** Fri 10am - 12pm  
16/7 (10wks) \$250; 8/10 (11wks) \$275  
<https://acc.asapconnected.com/#CourseID=213625>

### ■ The Art of Drawing & Painting

Designed for beginners to advanced participants who want to learn or enhance their knowledge of drawing. Participants are encouraged to choose their own media and explore different techniques from the monochrome of pencil and charcoal to the multicolour world of painting.  
**Kew:** Wed 1pm - 3pm  
14/7 (8wks); 6/10 (8wks) \$220

### ■ Botanical Painting & Drawing

**Balwyn:** Wed 9.30am - 12pm  
14/7 (9wks); 6/10 (9wks) \$239  
**Balwyn:** Wed 1pm - 3.30pm  
14/7 (9wks); 6/10 (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:** Tue 9.30am - 11.30am  
13/7 (10wks); 5/10 (10wks) \$250  
<https://acc.asapconnected.com/#CourseID=187883>  
**Hawthorn:** Thu 1pm - 3pm  
15/7 (10wks) \$241; 7/10 (11wks) \$265  
**Trentwood:** Thu 9am - 11am  
15/7 (10wks); 7/10 (10wks) \$170

### ■ Chinese Brush Painting

Learn different techniques and compositions along with Chinese calligraphy.  
**Ashburton:** Wed 10am - 12pm  
14/7 (10wks) \$250; 6/10 (11wks) \$275  
<https://acc.asapconnected.com/#CourseID=187863>

### ■ Clay Workshop **NEW**

Cosmic Clay Collective run this immersive clay workshop where students make up to 3 ephemeral pieces through pinch pot and coiling techniques. All tools and equipment provided. Firing of pieces offered at extra cost.  
**Trentwood:** Tue 6.30pm - 8.30pm  
14/9 \$55

### ■ Drawing

**Balwyn:** Tue 10am - 12pm  
13/7 (9wks); 5/10 (9wks) \$197  
**Balwyn:** Wed 10am - 12pm  
14/7 (9wks); 6/10 (9wks) \$197  
**Camberwell:** Thu 4.30pm - 6.30pm  
22/7 (8wks); 14/10 (8wks) \$195  
**Camberwell: NEW** Fri 1pm - 3pm  
23/7 (8wks); 15/10 (8wks) \$195  
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>  
**Surrey Hills:** Tue 2.30pm - 4.30pm  
13/7 (10wks) \$180; 5/10 (9wks) \$162

### ■ How to Draw What you See

With the right guidance, you can discover the artist within and learn how to draw what you see, real or imaginary! Materials supplied.  
**Bowen Street:** Wed 10am - 12pm  
21/7 (8wks); 13/10 (8wks) \$100

### ■ Drawing & Painting

**Trentwood:** Wed 7.30pm - 9.30pm  
14/7 (10wks); 6/10 (10wks) \$200

### ■ Guided Drawing Short Course

Discover new ways of drawing. Suitable for beginners and those who want to practice their skills.  
**Trentwood:** Mon 9.30am - 11.30am  
19/7 (5wks); 11/10 (5wks) \$90



## ■ iPad Art using Procreate

Learn to create stunning images with the fantastic, easy to learn Procreate app regarded as the world's leading app for digital art.

**Ashburton:** Tue 11.45am - 1.45pm  
14/7 (10wks); 5/10 (10wks) \$200  
<https://acc.asapconnected.com/#CourseGroupID=42580>  
**Hawthorn:** Thu 3.15pm - 5.15pm  
15/7 (10wks) \$241; 7/10 (11wks) \$265

## ■ Life Drawing

Through experiential learning and exposure to various models, participants will develop their skills in observation and the structure of form. All levels.

**Ashburton:** Sat 10am - 12pm  
10/7 (10wks); 2/10 (10wks) \$310  
**Camberwell:** **NEW** Thu 7pm - 9pm  
22/7 (8wks); 14/10 (8wks) \$245  
<https://acc.asapconnected.com/#CourseGroupID=42580>

## ■ Make your own Botanical Phone Case Workshop

Learn how to make your very own DIY phone case using botanicals. Suitable for teens and adults.

**Surrey Hills:** Sat 9.30am - 11.30am  
31/7 (1 session) \$85  
<https://surreyhillsnc.org.au/courses/make-your-own-botanical-phone-case/>

## ■ Mandala Magic with Karen Scott

Enrich your mandala experience and knowledge in a different but powerful way.

**Camberwell:** Fri 9.30am - 12.30pm  
23/7 (6wks) \$257; 15/10 (8wks) \$343

## ■ Mixed Media

**Surrey Hills:** Mon 2pm - 4pm  
12/7 (10wks) \$180; 4/10 (9wks) \$162  
<https://surreyhillsnc.org.au/courses/mixed-media-2021/>

## ■ Nature in Art

Illustrate the natural world with painting.

**Canterbury:** Mon 9.30am - 12pm  
26/7 (8wks); 11/10 (8wks) \$225  
**Canterbury:** Mon 12.30pm - 3pm  
26/7 (8wks); 11/10 (8wks) \$225

## ■ Friday Painters

**Camberwell:** Fri 9.30am - 12.30pm  
23/7 (8wks); 15/10 (8wks) \$260  
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

## ■ Oil Painting

**Balwyn:** Wed 10am - 12pm  
14/7 (9wks); 6/10 (9wks) \$197

## ■ Painting for Pleasure

Explore mixed mediums.

**Balwyn:** Tue 1pm - 3pm  
13/7 (9wks); 5/10 (9wks) \$197  
**Balwyn:** Thu 1pm - 3pm  
15/7 (9wks); 7/10 (9wks) \$197

## ■ Pastel Painting

**Balwyn:** Fri 10am - 12pm  
16/7 (9wks); 8/10 (9wks) \$197

## ■ Pastels with Linda Finch

**Camberwell:** Tue 9.30am - 12pm  
20/7 (8wks); 12/10 (8wks) \$220  
<http://camberwellcommunitycentre.org.au/courses/adult-art-classes>

## ■ Pottery @ The Clay Room

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

**Camberwell:** Mon 1pm - 3pm  
19/7 (8wks); 11/10 (8wks) \$340  
**Camberwell:** Mon 6.30pm - 8.30pm  
19/7 (8wks); 11/10 (8wks) \$340  
**Camberwell:** **NEW** Tue 1pm - 3pm  
20/7 (8wks); 12/10 (8wks) \$340  
**Camberwell:** Tue 6.30pm - 8.30pm  
20/7 (8wks); 12/10 (8wks) \$340  
**Camberwell:** Wed 6.30pm - 8.30pm  
21/7 (8wks); 13/10 (8wks) \$340  
**Camberwell:** Thu 1pm - 3pm  
22/7 (8wks); 14/10 (8wks) \$340  
**Camberwell:** Thu 6.30pm - 8.30pm  
22/7 (8wks); 14/10 (8wks) \$340  
**Camberwell:** **NEW** Fri 10am - 12pm  
23/7 (8wks); 15/10 (8wks) \$340  
**Camberwell:** Fri 1pm - 3pm  
23/7 (8wks); 15/10 (8wks) \$340

## ■ Stories Behind the Impressionists **NEW**

Taking expressions of interest, please call the Centre for details.

**Camberwell:** Wed 10am - 12pm  
19/7 (8wks)  
<http://www.camberwellcommunitycentre.org.au/courses/general-interest>



## ■ Watercolour for Beginners **NEW**

Are you serious about starting or advancing your painting skills and want to try watercolour? Then this is the class for you.

**Camberwell:** Mon 10am - 12pm  
19/7 (8wks); 11/10 (8wks) \$195  
**Hawthorn:** Wed 2pm - 4pm  
14/7 (10wks) \$229; 6/10 (11wks) \$255

## ■ Watercolour Painting

**Balwyn:** Mon 10am - 12pm  
12/7 (9wks); 4/10 (9wks) \$197  
**Balwyn:** Mon 1pm - 3pm  
12/7 (9wks); 4/10 (9wks) \$197  
**Balwyn:** Thu 9.30am - 11.30am  
15/7 (9wks); 7/10 (9wks) \$197  
**Camberwell:** Tue 1pm - 3pm  
27/7 (8wks); 12/10 (8wks) \$195  
**Camberwell:** Thu 10am - 12pm  
22/7 (8wks); 14/10 (8wks) \$195  
**Camberwell:** Thu 7pm - 9pm  
22/7 (8wks); 14/10 (8wks) \$195  
**Camberwell:** Sat 10am - 12pm  
17/7 (8wks); 9/10 (8wks) \$195  
**Camberwell:** Sat 2pm - 4pm  
17/7 (8wks); 9/10 (8wks) \$195  
**Canterbury:** Tue 9.30am - 11.30am  
13/7 (8wks); 5/10 (8wks) \$230  
**Canterbury:** Tue 12.30pm - 2.30pm  
13/7 (8wks); 5/10 (8wks) \$230  
**Surrey Hills:** Wed 10am - 12pm  
14/7 (10wks); 6/10 (10wks) \$180  
**Surrey Hills:** Wed 1pm - 3pm  
14/7 (10wks); 6/10 (10wks) \$180  
<https://surreyhillsnc.org.au/course-category/creative/>  
**Trentwood:** Tue 2.15pm - 4.15pm  
27/7 (8wks) \$160; 5/10 (9wks) \$180

## ■ Watercolour Painting Advanced

Explore watercolour techniques. Class members are encouraged to develop their own individual style and approach. Experience preferred.

**Ashburton:** Mon 1pm - 3pm  
12/7 (10wks); 4/10 (10wks) \$250  
<https://acc.asapconnected.com/#CourseID=187349>  
**Camberwell:** Wed 10am - 12pm  
21/7 (8wks); 13/10 (8wks) \$195  
**Camberwell:** **NEW** Wed 1pm - 3pm  
28/7 (8wks); 13/10 (8wks) \$195  
<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  
13/7 (10wks); 5/10 (10wks) \$250  
<https://acc.asapconnected.com/#CourseID=18787>



## Craft, Textiles & Furniture

### ■ Beeswax Wraps

Learn how to make a sustainable alternative to clingwrap. Includes materials.

**Trentwood:** Sat 2pm - 4pm

14/8 (1 session) \$40

<https://www.trybooking.com/BROAF>

### ■ 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

13/7 (10wks); 5/10 (10wks) \$200

<https://acc.asapconnected.com/#CourseID=187861>

### ■ Charity Knitting Group **FREE**

**Surrey Hills:** Mon 7pm - 9pm (ongoing) FREE with membership  
<https://surreyhillsnc.org.au/?s=charity+knitting>

### ■ Christmas Floral Art **NEW**

Learn to make a lovely floral centrepiece for your Christmas table. Includes materials.

**Bowen Street:** Fri 10am - 12.30pm

10/12 (1 session) \$55

### ■ 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 10am - 1pm

8/10 (1 session) \$55

<https://www.trybooking.com/BMZGE>

### ■ Craft, Coffee & Chat **NEW**

While this is an untutored group, we are always willing to show people new skills such as crochet, knitting, patchwork, sewing and cross stitch. Whatever craft you enjoy doing, bring it along. Open to new members.

**Ashburton:** Thu 11am - 12.30pm

(ongoing) \$5 per session

### ■ Decoupage

Make beautiful ornaments and decorations using paper and varnish.

**Balwyn:** Mon 12.30pm - 2.30pm

12/7 (9wks); 4/10 (9wks) \$200.50



### ■ Fashion Industry Taster

Learners will have the opportunity to learn theory and practical aspects of fashion design.

**Kew:** Contact reception 9853 3126

### ■ French Polishing & Furniture Restoration

Revive old furniture using traditional French polishing and restoration methods.

**Balwyn:** Wed 12.30pm - 3.30pm

14/7 (9wks); 6/10 (9wks) \$294

**Balwyn:** Thu 12.30pm - 3.30pm

15/7 (9wks); 7/10 (9wks) \$294

**Balwyn:** Thu 7.30pm - 9.30pm

15/7 (9wks); 7/10 (9wks) \$199

### ■ Interior Design Trends Workshop

Discover how bright fresh ideas can transform your home as we move into Spring.

**Surrey Hills:** Fri 10am - 12pm

13/8 (1 session) \$45

<https://surreyhillsnc.org.au/?s=Interior+design>

### ■ Japanese Sashiko: Next Steps Workshop

Take your Sashiko practice to the next level. Inc a \$40 materials kit.

**Surrey Hills:** Fri 7pm - 9.30pm

27/8 (1 session) \$125/\$115 (members)

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

### ■ Knitting Class (Beginner) **NEW**

Have you always wanted to learn to knit or have just started to knit but don't seem to be able to know where to start? This is the course to build confidence and teach you the basics to help your progression into the world of garment knitting.

**Hawthorn:** Mon 10.30am - 12pm

12/7 (10wk) \$150; 4/10 (11wk) \$165

### ■ Lino Printed Christmas Cards

Learn how to make your own block printed Christmas cards using Lino cuts.

**Balwyn:** Wed 10am - 2pm

10/11 (1 session) \$90 includes materials and lunch

### ■ Mosaics

Create beautiful art from tiles and ceramics. BYO tiles.

**Alamein:** Fri 1pm - 3pm

16/7 (10wks) \$180; 8/10 (9wks) \$162

<https://www.alameinnlc.com.au/course-category/creative-pursuits/>

### ■ Patchwork & Handcraft Group

Our group has experience in patchwork and hand sewing, crochet, knitting, embroidery, cross stitch and needlepoint. Open to new members.

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

### ■ Make a Rag Book Workshop

Create a tactile treasure that can be cherished forever.

**Balwyn:** Fri 10am - 1pm

\$45 (10/11) (1 session) \$60

### ■ 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

23/7 (8wks); 15/10 (8wks) \$300

### ■ Spinners & Knitters Group

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

### ■ Stitch & Chat

Bring your sewing and enjoy making new friends.

**Surrey Hills:** 2nd & 4th Mon of month 1.30pm - 3.30pm

12/7 (5wks); 11/10 (5wks)

\$4.50 per session with membership  
<https://surreyhillsnc.org.au/courses/stitch-n-chat/>

### ■ Upholstery & Soft Furnishing

Reinvigorate that piece of furniture.

**Canterbury:** Tue 9.45am - 12.15pm 13/7 (9wks); 5/10 (9wks) \$275

**Canterbury:** Tue 12.45pm - 3.15pm 13/7 (9wks); 5/10 (9wks) \$275

**Canterbury:** Wed 9.45am - 12pm 14/7 (9wks); 6/10 (9wks) \$250

**Canterbury:** Wed 12.15pm - 2.30pm 14/7 (9wks); 6/10 (9wks) \$250

Canterbury Online:

Wed 6.45pm - 8.45pm 13/7 (9wks)

6/10 (via Zoom) (9wks) \$230



## History

- **Famous Last Words**  
An exploration of epitaphs and final words of famous people.  
**Canterbury:** Thu 10am - 11.30am  
9/11 (4wks) \$93
- **A History of Words**  
Every word carries a history. Where does 'swansong' come from? Why does 'Wednesday' have such an odd spelling? Join us for a fascinating journey into the world of words.  
**Canterbury:** Thu 10am - 11.30am  
3/8 (4wks) \$93
- **Surrey Hills Heritage Collection FREE**  
Volunteers curating local items of heritage value.  
**Surrey Hills:** Mon 9am - 3pm  
12/7 (ongoing) FREE  
<https://surreyhillsnc.org.au/course-category/community/>
- **Surrey Hills Historical Society**  
The group meets monthly to learn and discuss local history themes.  
**Surrey Hills:** 3rd Tue of month  
8pm - 10pm 20/7 (ongoing)  
\$4.50 per session  
<https://surreyhillsnc.org.au/course-category/community/>

## Literature & Writing

- **Creative & Memoir Writing**  
Learn what makes for effective writing through practical writing exercises, discussion and feedback.  
**Ashburton:** Wed 1pm - 2.30pm  
14/7 (6wks); 6/10 (6wks) \$120  
<https://acc.asapconnected.com/#CourseGroupID=42580>
- **The Joy of Good Books**  
Part book group, part literature class. An opportunity to join other book lovers, to examine and discuss fascinating works of literature. Tutor-led discussion.  
**Ashburton:** Tue 1pm - 3pm  
13/7 (6wks); 5/10 (6wks) \$120  
<https://acc.asapconnected.com/#CourseID=187356>
- **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

- **Rendezvous to Write**  
Make a permanent writing appointment in your diary each fortnight. Receive guidance with current writing projects.  
**Hawthorn:** Tue fortnightly 1pm - 3pm  
13/7 (5wks); 5/10 (5wks) \$40  
**Trentwood:** Thu fortnightly  
1pm - 3pm 15/7 (5wks)  
7/10 (5wks) \$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  
13/7 (5wks); 5/10 (5wks) \$40
- **Writing Life (ongoing)**  
Write recollections from your life and family history.  
**Canterbury:** Tue 10am - 12pm  
13/7 (9wks); 5/10 (9wks) \$210
- **Writing for Pleasure & Publication**  
For both aspiring and experienced writers, this course provides a range of stimulating activities to encourage newcomers and to assist those writers who have existing projects or interests.  
**Kew:** Tue 1pm - 3pm  
13/7 (10wks); 5/10 (10wks) \$120

## Music & Movies

- **Acoustic Group**  
**Ashburton:** 1st and 3rd Fri  
7.30pm - 9.30pm (ongoing)  
\$5 per session
- **Blues Group**  
**Ashburton:** 2nd and 4th Fri  
8pm - 10pm (ongoing) \$5 per session
- **Changing Directions Music**  
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 & Chat**  
Our host Maree selects a movie from the extensive SBS on Demand catalogue 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  
11am - 12pm  
12/7 (5wks) 4/10 (5wks) \$53\*



- **Foreign Films**  
Includes refreshments and a glass of wine.  
**Surrey Hills:** 3rd Thu of month  
7.30pm - 10.30pm (ongoing)  
\$10 per session with membership  
<https://surreyhillsnc.org.au/courses/foreign-films-2/>
- **Foreign Film Group FREE**  
Enjoy the film or documentary at the Centre and then join us the following evening for an online discussion. Refreshments available for purchase to support the Centre.  
**Ashburton:** 1st Wed of month  
7.30pm - 10pm 7/7 (ongoing) FREE  
<https://acc.asapconnected.com/#CourseID=193200>
- **Ukulele**  
Have great fun learning and playing the instrument of the moment!  
**Ashburton: Beginners**  
Wed 3pm - 4pm  
14/7 (10wks) \$150; 6/10 (11wks) \$165  
**Ashburton: Intermediate**  
Wed 2pm - 3pm 14/7 (10wks) \$150  
6/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseID=187871>  
**Kew: Beginners**  
Mon 6pm - 7pm  
12/7 (10wks); 4/10 (10wks) \$160  
**Kew: Intermediate**  
Mon 7pm - 8pm 12/7 (10wks); 4/10 (10wks) \$160  
**Surrey Hills: Beginners**  
Wed 2.45pm - 3.45pm  
7/10 (10wks) \$160  
**Surrey Hills: Consolidating Beginners** Wed 11.45am - 12.45pm  
14/7 (10wks); 6/10 (10wks) \$160  
**Surrey Hills: Intermediate**  
Wed 1.30pm - 2.30pm  
14/7 (10wks); 6/10 (10wks) \$160  
**Surrey Hills: Advanced**  
Tue 7pm - 8pm  
13/7 (10wks) \$160; 5/10 (10wks) \$160  
**Surrey Hills: Sing Your Heart Out Workshop:** part 1 Sat 23/7 2pm - 4pm  
\$35/30 (members)  
**Surrey Hills: Sing Your Heart Out Workshop:** part 2 Sat 9/10 2pm - 4pm  
\$35/\$30 (members)  
<https://surreyhillsnc.org.au/courses/ukulele-classes/>  
**Trentwood:** Thu 9.15am - 10.15am  
15/7 (10wks); 7/10 (10wks) \$135



## 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  
12/7 (10wks) \$160; 4/10 (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  
15/7 (10wks) \$200; 7/10 (11wks) \$220  
<https://acc.asapconnected.com/#CourseGroupID=42642>

**Surrey Hills:** Mon 10am - 10.45am  
12/7 (10wks) \$160; 4/10 (9wks) \$144  
<https://surreyhillsnc.org.au/course-category/health/>

**Trentwood:** Thu 10am - 10.30am  
15/7 (9wks) \$55; 5/10 (10wks) \$62. This class can also be delivered remotely. Phone for further details.

### ■ Balance Back to Exercise

A supportive exercise class to maintain functional fitness including balance exercises, strengthening your core, legs and upper body.

**Ashburton:** Mon 9.30am - 10.30am  
12/7 (10wks); 4/10 (10wks) \$50

**Ashburton:** Wed 9.30am - 10.30am  
14/7 (10wks) \$50; 6/10 (11wks) \$55  
<https://acc.asapconnected.com/#CourseGroupID=42642>

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

**Balwyn:** Tue 1.30pm - 2.30pm  
13/7 (10wks); 5/10 (10wks) \$152.50

**Balwyn:** Thu 1pm - 2pm  
15/7 (10wks); 7/10 (10wks) \$152.50

### ■ Chair Fitness

An all-round exercise class suitable for seniors. Combining elements of stretching, breath 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  
13/7 (10wk); 5/10 (10wk) \$120\*

### ■ Exercise to Music Classes (50+)

**Ashburton:** Mon 11.30am - 12.30pm  
12/7 (10wks); 4/10 (10wks) \$50

**Ashburton:** Tue 9.30am - 10.30am  
13/7 (10wks); 5/10 (10wks) \$50

**Ashburton:** Fri 9.30am - 10.30am  
16/7 (10wks) \$50; 8/10 (11wks) \$55  
<https://acc.asapconnected.com/#CourseGroupID=42642>

### ■ Keep Fit (Strength & Conditioning)

**Ashburton:** Tue 9.30am - 10.30am  
13/7 (10wks); 5/10 (10wks) \$50

**Ashburton:** Fri 9.30am - 10.30am  
16/7 (10wks) \$50; 8/10 (11wks) \$55  
<https://acc.asapconnected.com/#CourseGroupID=42642>

### ■ Fit for You

All body workout focusing on major muscle groups through resistance training to build strength and facilitate functional movement.

**Ashburton:** Thu 9am - 10am  
16/7 (10wks) \$50; 8/10 (11wks) \$55  
Make the most of the morning with this small group exercise class!  
<https://acc.asapconnected.com/#CourseID=225963>

**Kew:** Mon 8.30am - 9.25am  
12/7 (10wks); 4/10 (10wks) \$160

**Kew:** Wed 8.30am - 9.25am  
14/7 (10wks); 6/10 (10wks) \$160

**Balwyn:** Wed 10.30am - 11.30am  
14/7 (10wks); 6/10 (10wks) \$152.50

**Balwyn:** Thu 6.15am - 7am  
15/7 (10wks); 7/10 (10wks) \$116

### ■ Hi/Lo Exercise Class

Choose the 'hi' or 'lo' option in this dynamic exercise class.

**Balwyn:** Thu 9.15am - 10.15am  
15/7 (10wks); 7/10 (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  
12/7 (10wk) \$120\*; 4/10 (11wk), \$132\*

### ■ 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  
14/7 (10wk) \$120\*; 6/10 (11wk) \$132\*

### ■ Strength Training - YMCA led

A program to exercise core muscles and work on balance using weights.  
**Surrey Hills:** Mon 8.15am - 9.15am  
11.30am - 12.30pm 12/7 (10wks) \$65 (over 65) or \$90 (under 65)  
4/10 (9wks) \$52 (over 65) or \$72 (under 65)

Tue 9.30 - 10.30am, 12.30pm - 1.30pm  
7.15pm - 8.15pm 13/7 (10wks) \$65 (over 65) or \$90 (under 65)  
5/10 (9wks) \$52 (over 65) or \$72 (under 65)

Wed 8.15am - 9.15 am 14/7 (10wks)  
6/10 (10wks) \$65 (over 65) or \$90 (under 65)

### ■ Strength Training - Chair based

**Trentwood:** Thu 11.15am - 12.15pm  
15/7 (10wks) \$110; 7/10 (11wks) \$120

### ■ Strength Training via Zoom

A program to exercise core muscles and work on balance using weights.

**Surrey Hills:** Tue 8.30am - 9.30am  
Thu 8.30am - 9.30am,  
Thu 7.15pm - 8.15pm  
15/7 (10wks); 7/10 (10wks) \$65 (over 65) or \$90 (under 65)  
Fri 8.15am - 9.15am, 12pm - 1pm  
16/7 (10wks); 8/10 (10wks) \$65 (over 65) or \$90 (under 65) <https://surreyhillsnc.org.au/?s=strength+training>

### ■ Stretch & Strengthen

Improve your strength, fitness and flexibility in this dynamic, full-body workout class!

**Balwyn:** Mon 3pm - 4pm  
12/7 (10wks); 4/10 (10wks) \$152.50

**Balwyn:** Thu 10.30am - 11.30am  
15/7 (10wks); 7/10 (10wks) \$152.50

### ■ Stretch, Roll & Release via MS Teams

A 75-minute program focussing on slow stretching and releasing muscle tension.

**Hawthorn:** Tue 11am - 12.15pm  
13/7 (10wk); 5/10 (10wk) \$120\*

### ■ Table Tennis

Come and join our group and play a social game. Newcomers are welcome.

**Trentwood:** Thu 2.30pm - 4.30pm (ongoing) \$3 per player per session

**Surrey Hills:** Thu 1.30pm - 3pm  
15/7 (10wks); 7/10 (9wks) \$5 per session

### ■ Your Healthy Spine

**Ashburton:** Wed 12pm - 1.30pm  
14/7 (10wks) \$150; 6/10 (11wks) \$165

**Ashburton:** Thu 7.30pm - 9pm  
15/7 (10wks) \$150; 7/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseGroupID=42642>



## General Exercise & Wellbeing

- **Chinese Cultural Dance Group**  
**Trentwood:** Tue mornings.  
Contact Office for more information
- **Group Personal Training NEW**  
Contact Centre for details.  
**Surrey Hills:** Wed and Fri  
6.15am - 7.10am 15/10 (11 sessions over 6wks); \$190/\$180 (members)
- **Nia**  
Join this fun, simple dance-based fitness class. Suitable for all ages and level of fitness  
**Trentwood:** Tue 10.30am - 11.30am 13/7 (9wks); 20/4 (9wks) \$105
- **Nordic Walking for Beginners**  
Join our accredited Nordic Walking instructors in learning the easy techniques and exploring the many beautiful local parks, ovals and trails all accessible within Ashburton.  
**Ashburton:** Mon 10am - 11.30am 12/7 (6wks); 4/10 (6wks) \$90  
**Ashburton:** Tue 11.30am - 1pm 13/7 (6wks); 5/10 (6wks) \$90
- **Outdoor Personal Training Sessions**  
Learn how to use outdoor exercise equipment with a qualified personal trainer.  
**Balwyn:** 10.30am - 11.30am 18/8 (2 sessions); 17/11 (2 sessions) \$50
- **Post Natal (babies welcome)/ Mums & Bubs Exercise**  
A post-natal program run by a new mum for new mums. Our experienced teacher will specifically target 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 12/7 (10wk) \$102; 4/10 (11wk) \$112  
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 9.15am - 10.15am 13/7 (10wks); 5/10 (10wks) \$50
- **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:  
Monday and Wednesdays - Balance Back to Exercise  
Tuesday and Fridays - Exercise to Music & Keep Fit Strength & Conditioning  
Wednesdays - Mat Pilates  
Thursdays - Fit for You  
**Ashburton:** Mon - Fri 12/7 (10wks) \$100; 4/10 (11wks) \$110  
<https://acc.asapconnected.com/#CourseID=221124>

- **Zumba Gold**  
**Balwyn:** Wed 9.30am - 10.15am 14/7 (10wks); 6/10 (10wks) \$152.50  
**Balwyn:** Wed 6.30pm - 7.15pm 14/7 (10wks); 6/10 (10wks) \$152.50

## Meditation & Mindfulness

- **Kadampa Meditation**  
Weekly meditation taught by qualified Buddhist teachers, easy to understand and apply to the 'busy-ness' of modern daily life. Suitable for beginners to advanced. Classes live streamed.  
**Craig:** Bookings and queries: <https://meditateinmelbourne.org/drop-in-classes/> or [info@kadampa.org.au](mailto:info@kadampa.org.au)
- **Meditation & Guided Relaxation**  
For focusing and lowering stress.  
**Alamein:** Thu 5.15pm - 6.15pm 29/7 (8wks); 7/10 (8wks) \$104  
<https://www.alameinnlc.com.au/course-category/health-and-wellbeing/>
- **Morning Meditation NEW**  
We offer a morning meditation on Wednesdays as a way of support for your practice as well as an opportunity to connect with others.  
**Hawthorn:** Wed 9am - 10am 14/7 (10wk) \$114; 6/10 (11wk) \$126
- **Mindfulness Meditation**  
Guided meditations led by counselling psychologist and 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 and queries: [jen.clifton@hotmail.com](mailto:jen.clifton@hotmail.com) or 0412 025 375
- **Stillness Meditation (STM) NEW**  
Relax your body. Calm your mind.  
**Surrey Hills:** Tue 10am - 11am 5/10 (9wks) \$153  
<https://surreyhillssnc.org.au/course-category/health/>
- **Mindfulness Based Stillness Meditation**  
**Trentwood:** Fri 11.30am - 12.15pm 23/7 (6wks); 15/10 (6wks) \$85

## Pilates, Tai Chi, Qi Gong & Yoga

- **Buff Bones for Osteoporosis**  
Pilates based full body workout for bone strengthening and balance. Safe for osteoporosis.  
**Canterbury:** Mon 9.30am - 10.30am 12/7 (10wks) \$175; 4/10 (9wks) \$158  
**Canterbury:** Thu 9.30am - 10.30am 15/7 (10wks) \$175; 7/10 (9wks) \$158  
**Canterbury:** Thu 10.45am - 11.45am 15/7 (10wks) \$175; 7/10 (9wks) \$158

- **Mat Pilates**  
Build core strength, stability and develop endurance with longer, leaner muscles to improve posture.  
**Ashburton:** Thu 10.30am - 11.45am 15/7 (10wks) \$150; 7/10 (11wks) \$165  
**Kew:** Thu 8.30am - 9.25am 15/7 (10wks); 7/10 (10wks) \$160
- **Pilates**  
Control, precision, movement, balance; a mind body workout.  
**Alamein:** Tue 6.30pm - 7.30pm 13/7 (10wks) \$130; 5/10 (9wks) \$117  
**Alamein:** Tue 7.30pm - 8.30pm 13/7 (10wks) \$130; 5/10 (9wks) \$117  
<https://www.alameinnlc.com.au/course-category/health-and-wellbeing/>  
**Balwyn:** Tue 9.30am - 10.30am 13/7 (10wks); 5/10 (10wks) \$152.50  
**Camberwell: NEW**  
Tue 11am - 12pm 13/7 (10wks); 5/10 (10wks) \$150  
**Camberwell: NEW**  
Tue 12.15pm - 1.15pm 13/7 (10wks); 5/10 (10wks) \$150  
**Camberwell: NEW**  
Fri 7.15am - 8.15am 16/7 (10wks); 8/10 (10wks) \$150  
**Camberwell: NEW**  
Fri 8.30am - 9.30am 16/7 (10wks); 8/10 (10wks) \$150  
**Hawthorn:** Mon 8.30am - 9.30am 9.45am - 10.45am, 12.15pm - 1.15pm 1.30pm - 2.30pm, 12/7 (10wks) \$120\* 4/10 (11wks) \$132\*  
**Hawthorn:** Thu 8.30am - 9.30am 9.45am - 10.45am, 15/7 (10wks) \$120\* 7/10 (11wks) \$132\*  
**Hawthorn:** Fri 10am - 11am 11.15am - 12.15pm, 16/7 (10wks) \$120\*; 8/10 (11wks) \$132\*  
**Surrey Hills:** Mon 10am - 11am 12/7 (10wks) \$170; 4/10 (9wks) \$153  
<https://surreyhillssnc.org.au/courses/pilates>  
**Trentwood: Intermediate**  
Mon 9.15am - 10.15am 12/7 (10wks) \$135; 4/10 (10wks) \$115  
**Trentwood: Gentle**  
Mon 10.30am - 11.30am 12/7 (10wks) \$135; 4/10 (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 13/7 (10wks); 5/10 (10wks) \$120\*



## ■ 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  
13/7 (10wks); 5/10 (10wks) \$135

**Camberwell:** Thu 8.30am - 9.30am  
15/7 (10wks); 7/10 (10wks) \$135

**Camberwell:** Thu 9.45am - 10.45am  
15/7 (10wks); 7/10 (10wks) \$135

**Camberwell:** Thu 11am - 12pm  
15/7 (10wks); 7/10 (10wks) \$135

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

### **Canterbury: NEW**

Mon 1.15pm - 2.15pm

12/7 (10wks) \$175; 4/10 (9wks) \$158

**Canterbury:** Mon 2.15pm - 3.15pm  
12/7 (10wks) \$175; 4/10 (9wks) \$158

**Canterbury:** Mon 3.15pm - 4.15pm  
12/7 (10wks) \$175; 4/10 (9wks) \$158

**Kew:** Thu 2.45pm - 3.45pm

15/7 (10wks); 7/10 (10wks) \$160

**Surrey Hills:** Tue, Thu, Fri  
8.15am - 9am 13/7 (ongoing)

\$25 single weekly session or

\$45 multiple weekly sessions

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

## ■ Tai Chi/Qi Gong

**Balwyn:** Tue 11am - 12pm

13/7 (10wks); 5/10 (10wks) \$152.50

### **Balwyn: Beginner**

Wed 10.45am - 11.45am

14/7 (10wks); 6/10 (10wks) \$152.50

A combined Tai Chi/Qi Gong exercise to start your journey.

### **Hawthorn: Beginner**

Thu 12.15pm - 1.15pm

15/7 (10wks) \$120\*; 7/10 (11wks) \$132\*

### **Hawthorn: Intermediate**

Thu 11am - 12pm

15/7 (10wks) \$120\*; 7/10 (11wks) \$132\*

### **Hawthorn: Advanced**

Thu 9.45am - 10.45am

15/7 (10wks) \$120\*; 7/10 (11wks) \$132\*

### **Trentwood: Beginner**

Thu 1.15pm - 2.15pm

15/7 (10wks); 7/10 (10wks) \$115

## ■ Qi Gong

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

**Camberwell:** Tue 7.45am - 8.45am  
13/7 (10wks); 5/10 (10wks) \$135

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

**Surrey Hills:** Wed 10am - 11.15am  
14/7 (10wks); 6/10 (10wks) \$100

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

**Trentwood:** Tue 9.30am - 10.15am

13/7 (9wks); 5/10 (9wks) \$90

## ■ Yoga

Improve physical health, increased flexibility, higher energy level and advanced mental stability and focus.

**Ashburton:** Fri 10.15am - 11.15am  
16/7 (10wks) \$150; 8/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseID=215094>

**Balwyn:** Mon 9.30am - 10.30am

12/7 (10wks); 4/10 (10wks) \$152.50

**Balwyn:** Wed 7am - 8.15am

14/7 (10wks); 6/10 (10wks) \$152.50

**Balwyn:** Thu 7pm - 8.15pm

15/7 (10wks); 7/10 (10wks) \$152.50

**Bowen Street:** Wed 6pm - 7pm

14/7 (10wks) \$175; 6/10 (11wks) \$192

**Canterbury:** Tue 9.15am - 10.15am

13/7 (10wks) \$175; 5/10 (9wks) \$158

**Canterbury:** Tue 10.30am - 11.30am

13/7 (10wks) \$175; 5/10 (9wks) \$158

### **Camberwell: NEW**

Mon 9.15am - 10.30am

12/7 (10wks); 4/10 (10wks) \$188

**Camberwell:** Mon 6.30pm - 7.30pm

12/7 (10wks); 4/10 (10wks) \$150

**Camberwell:** Mon 7.45pm - 8.45pm

12/7 (10wks); 4/10 (10wks) \$150

### **Camberwell: NEW**

Tue 6.30pm - 7.30pm

13/7 (10wks); 5/10 (10wks) \$150

### **Camberwell: NEW**

Tue 7.45pm - 8.45pm

13/7 (10wks); 5/10 (10wks) \$150

### **Camberwell: NEW**

Sat 9.15am - 10.15am

10/7 (10wks); 2/10 (10wks) \$150

### **Camberwell: NEW**

Sat 10.30am - 11.30am 10/7 (10wks);

2/10 (10wks) \$150

**Kew:** Tue 7am - 8am or

8.15am - 9.15am

13/7 (10wks); 5/10 (10wks) \$160

**Kew:** Sat 8am - 9am

17/7 (10wks); 9/10 (10wks) \$160

**Surrey Hills:** Mon 6pm - 7pm

12/7 (10wks) \$170; 4/10 (9wks) \$153

**Surrey Hills:** Tue 6pm - 7pm

13/7 (10wks) \$170; 5/10 (9wks) \$153

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

## ■ Yoga for Back Care

**Camberwell:** Mon 10.45am - 12pm

12/7 (10wks); 4/10 (10wks) \$188

**Camberwell:** Fri 10.45am - 12pm

16/7 (10wks); 8/10 (10wks) \$188

## ■ 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 10.45 - 11.45

12/7 (10wks) \$175; 4/10 (9wks) \$158

**Hawthorn:** Tue 10am - 11.30am

13/7 (10wks); 5/10 (10wks) \$120\*

**Trentwood:** Phone Office for details

## ■ Chair Yoga

Specially designed for people with limited mobility.

**Balwyn:** Mon 10.45am - 11.45am

12/7 (10wks); 4/10 (10wks) \$152.50

## ■ Yoga: Continuing

**Alamein:** Mon 7pm - 8pm

12/7 (10wks) \$130; 4/10 (9wks) \$117

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

## ■ Yoga (Hatha): Continuing

**Ashburton:** Mon 9.30am - 10.30am

12/7 (10wks); 4/10 (10wks) \$150

**Ashburton:** Tue 9.30am - 10.30am

13/7 (10wks); 5/10 (10wks) \$150

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

## ■ Yoga: Family 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)

## ■ Yoga: Gentle

**Alamein:** Mon 5.45pm - 6.45pm

12/7 (10wks) \$130; 4/10 (9wks) \$117

**Alamein:** Thu 4pm - 5pm

29/7 (8wks); 7/10 (8wks) \$104

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

**Canterbury:** Mon 12pm - 1pm

12/7 (10wks) \$175; 4/10 (9wks) \$158

## ■ Yoga Online Pass - via Zoom

Join in for one or all of these online classes each week:

Mon & Tue - Hatha Yoga

Wed - Yoga & Pilates and Raja Yoga

Thu - Slow Flow Yoga & Yin Yoga

Fri - Yoga for All

**Ashburton:** Mon to Fri from

12/7 (10wks) \$150; 4/10 (11wks) \$165

<https://acc.asapconnected.com/#CourseID=221099>

## ■ Partner Yoga Workshop

Attend with a partner and discover fun and joyful ways to experience yoga.

**Balwyn:** Sat 9.30am - 12pm

7/8 (1 session) \$75 per couple

## ■ Yoga & Pilates

**Ashburton:** Wed 9.30am - 10.30am

14/7 (10wks) \$150; 6/10 (11wks)

\$165 <https://acc.asapconnected.com/#CourseGroupID=42642>

## ■ Yoga, Pranayama (Breathwork) & Meditation

Uses a mix of different elements of yoga, breathwork and meditation.

**Balwyn:** Tue 7pm - 8pm

13/7 (10wks); 5/10 (10wks) \$152.50

■ **Yoga: Raja**

**Ashburton:** Wed 10.45am - 11.45am  
14/7 (10wks) \$150; 6/10 (11wks) \$165

■ **Yoga & Relaxation Techniques**

**Alamein:** Thu 9.30am - 11am  
15/7 (10wks) \$190; 7/10 (9wks) \$171  
<https://www.alameinnlc.com.au/course-category/health-and-wellbeing/>

■ **Yoga: Slow Flow**

**Ashburton:** Thu 9.30am - 10.30am  
15/7 (10wks) \$150; 7/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseGroupID=42642>  
A beginner level class of slow flow and yin yoga.

**Hawthorn:** Thu 6.30pm - 7.30pm  
15/7 (10wks) \$121; 7/10 (11wks) \$134

■ **Yoga: Yin**

**Ashburton:** Thu 10.45am - 11.45am  
15/7 (10wks) \$150; 7/10 (11wks) \$165  
<https://acc.asapconnected.com/#CourseGroupID=42642>

■ **Yoga: Yin & 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  
13/7 (9wks); 5/10 (9wks) \$100



## Walking Groups

■ **Walking Groups**

**Ashburton:** Wed 10am - 11am (ongoing) **FREE**  
**Camberwell:** Tue 9.45am - 10.45am & Thu 9.30am - 10.30am  
**FREE to members**  
<http://www.camberwellcommunitycentre.org.au/courses/health-wellbeing>  
**Canterbury:** Thu 9.30am - 10.30am (fast paced) or 9.45am - 10.45am (gentle) **FREE to members**  
**Hawthorn:** Fri 10am - 11.30am  
16/7 ongoing Gold Coin donation  
**Surrey Hills:** Mon 9am - 10.30am  
12/7 (ongoing) **FREE to members**  
**Surrey Hills:** Fri 8.30am - 10am  
16/7 (ongoing) **FREE to members**  
<https://surreyhillsnc.org.au/course-category/community/>

■ **\$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 and 1pm - 2pm (ongoing)

■ **Blokes in the Kitchen**

**Surrey Hills:** Fri 8am - 12pm  
16/7, 28/8, 15/9, 22/10, 19/11  
\$35 per session  
<https://surreyhillsnc.org.au/?s=blokes+in+the+kitchen>

■ **Bulgarian Cooking (Introduction) Workshop**

Bulgarian food is tasty, fresh and hearty! You'll also learn about cultural traditions that surround this delicious cuisine. Includes ingredients.  
<https://www.trybooking.com/BRPEL>  
**Trentwood:** Sun 11am - 1pm  
12/9 (1 session) \$65

■ **Bulgarian Brunch Cooking Workshop**

Tantalise your tastebuds and learn how to make a magnificent Bulgarian brunch. Enjoy your feast Includes ingredients.  
**Trentwood:** Sun 11am - 2pm  
7/11 (1 session) \$65  
<https://www.trybooking.com/BRPFA>

■ **Cooking Seasonal Recipes NEW**

Learn how to prepare some yummy dishes and then enjoy eating them! Dishes from various places that use affordable seasonal ingredients.  
**Alamein:** Tue 12pm - 2.30pm  
12/7 (4wks); 5/10 (4wks) \$35  
<https://www.alameinnlc.com.au/>

■ **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 13/7; 5/10 (ongoing) \$40\*

■ **The Art of Fermenting**

A class focusing on the ins and outs of fermented foods.  
**Hawthorn:** Sun 2pm - 5pm  
8/8 (1 session) \$55  
<https://www.trybooking.com/BRLGG>  
**Trentwood:** Sun 2pm - 4pm  
23/10 (1 session) \$40  
<https://www.trybooking.com/BRNJM>

■ **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  
17/8 (1 session) \$65  
<https://www.trybooking.com/BRLYC>  
**Trentwood:** Thu 6.30pm - 8.30pm  
7/10 (1 session) \$65  
<https://www.trybooking.com/BRPIK>

■ **Gourmet Christmas Gifts**

Prepare 5 gourmet Christmas treats to give as gifts.  
**Balwyn:** Wed 10am - 2pm  
17/11 (1 session) \$110 cost includes all materials and lunch

■ **Gozleme & Baklava Cooking Workshop**

With Turkish music in the background Arzu will demonstrate you how to make this delicious food. Includes ingredients. BYO containers, apron and oven tray. Bookings essential by 17/8  
**Trentwood:** Sat 2pm - 4pm  
31/8 (1 session) \$65  
<https://www.trybooking.com/BRNHO>



- **Italian Christmas Crostoli Class**  
Learn how to make authentic Italian crostoli with Carmela.  
**Balwyn:** Thu 1pm - 3pm  
2/12 (1 session) \$65
- **Italian: A main meal made with love**  
**Surrey Hills:** Wed 6pm - 8pm  
18/8 (1 session) \$70  
Italian: Antipasto and dessert to die for  
**Surrey Hills:** Wed 6pm - 8pm  
25/8 (1 session) \$70 or \$120 for both sessions  
<https://surreyhillsnlc.org.au/courses/>
- **Mediterranean Summer Cooking Workshop**  
Arzu will demonstrate how cook three different dishes and a cordial. BYO containers, apron and oven tray!  
Bookings essential by 11/11  
**Trentwood:** Sat 2pm - 4pm  
25/11 (1 session) \$65  
<https://www.trybooking.com/BRNIC>
- **Persian Cooking**  
A culinary journey through the wonders of Persian cuisine, a hands-on class preparing a healthy four course Middle Eastern meal.  
**Hawthorn:** Sun 2pm - 5pm  
5/9 (1 session) \$55 <https://www.trybooking.com/BRHJV>  
**Trentwood:** Contact Office for details on classes online and in our brand-new kitchen onsite
- **The Art of Salad Making**  
This is a hands-on veggie-packed salad-making workshop, using seasonal produce.  
**Hawthorn:** Tue 7pm - 8.30pm  
7/9 (1 session) \$30  
<https://www.trybooking.com/BRHIB>
- **Sourdough Breadmaking Workshop**  
**Balwyn:** Wed 10am - 1pm  
14/7 (1 session) \$90  
13/10 (1 session) \$90
- **Sri Lankan Cooking Class**  
Join cooking tutor, Shini and learn how to cook two Sri Lankan curries and a side dish.  
**Balwyn:** Tue 6pm - 9pm  
3/8 (1 session) \$90  
Fri 10.30am - 1.30pm  
3/9 (1 session) \$90;  
Tue 1pm - 3pm 19/11 (1 session) \$90
- **Wine Workshop for Enthusiasts**  
Join Lily, who has over a decade of experience from the Australian wine industry, in a fun introduction class.  
**Hawthorn:** Tue 7pm - 8.30pm  
20/7 (1 session) \$30  
<https://www.trybooking.com/BRHHU>

## English

- **LEAP into Aged Care Literacy**  
A short 2-session course to learn basic reading and writing skills for those interested in finding work and/or continue their study in Aged Care.  
**Alamein:** Mon 12.30pm - 3pm  
23/8 (2wks); 11/10 (2wks) \$25  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Basic Literacy & Numeracy**  
Contact Centre for interview and cost.  
**Alamein:** Mon 9.30am - 12pm  
12/7 (ongoing)  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Effective Writing & Digital Literacy for EAL**  
Update your digital literacy and improve your written language skills.  
**Kew:** Tue 9.30am - 11.30am  
Contact Centre for further details
- **EAL Pathway to Employment**  
**Kew:** Thu 10am - 1pm  
Contact Centre for further details
- **English as an Additional Language Beginners, Intermediate & Advanced.** Practice speaking, listening, reading and writing in English.  
**Kew:** Mon and Wed  
9.30am - 12pm  
(beginners & intermediate)  
Mon and Wed 12.45pm - 3.15pm  
(advanced) 13/7 (10wks); 4/10 (10wks)  
Permanent residents: \$100 per term,  
Non-residents \$280 per term
- **English Communication Skills (Level 2)**  
Contact Centre for interview and cost.  
**Alamein:** Tue 9.30am - 12pm  
13/7 (ongoing)  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **English for Future Pathways – Including Aussie English (Level 3)**  
Improve your skills in note-taking, researching, summarising, presenting and active listening skills with a focus on Aussie English including, vocabulary, phonetics and fluency.  
**Alamein:** Thu 9.30am - 12.30pm  
5/8 (16 sessions, nc 23/9 & 30/9) \$90  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **English for Warehousing & Distribution NEW**  
Want to get into warehousing and distribution but need to improve your English and numeracy skills?  
This 10-week course will get you prepared for work or further study in the logistics area.  
**Alamein:** Thu & Fri 10am - 3pm  
26/8 (20 sessions, nc 23/9 - 1/10)  
\$198/\$140  
<https://www.alameinnlc.com.au/course-category/career-pathways/>
- **English for Work & Study (Level 3)**  
Contact Centre for interview and cost.  
**Alamein:** Wed 9.30am - 12pm  
14/7 (ongoing)  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Financial Wellbeing NEW**  
Build your confidence and communication skills in money management including where you can seek help and support.  
**Alamein:** Wed 12.30pm - 2.30pm  
4/8 (3wks); 3/11 (3wks) \$25  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Literacy & ESL Through Computers**  
Contact Centre for interview and cost.  
**Alamein:** Fri 9.30am - 12pm  
16/7 (ongoing)  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>
- **Living English**  
Contact Centre for interview and cost.  
**Alamein:** Tue 12.30pm - 3pm  
13/7 (ongoing)  
<https://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:** Wed 12.30pm - 2.30pm  
4/8 (4wks); 6/10 (4wks) \$35  
<https://www.alameinnlc.com.au/course-category/english-and-literacy/>



## French

- **Travellers/Conversation**  
An informal conversation class.  
Ring to book.  
**Bowen Street:** Thu 11.30am - 1pm  
15/7 (10wks); 7/10 (11wks) \$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  
16/7 (10wks) \$250; 9/10 (11wks) \$275  
<https://acc.asapconnected.com/#CourseID=187866>
- **Beginner (up to 12 months’ experience)**  
**Ashburton:** Taking expressions of interest, contact the Centre for details.  
**Balwyn:** Wed 1pm - 3pm 14/7 (9wks) 6/10 (9wks) \$200  
**Camberwell: NEW** Tue 10am - 12pm 20/7 (8wks); 12/10 (8wks) \$187  
**Canterbury:** Tue 1pm - 3pm 13/7 (9wks); 7/10 (9wks) \$210  
**Hawthorn:** Tue 9.45am - 11.45am 13/7 (10wk) \$243, 5/10 (11wk) \$267  
**Trentwood:** (6 months or more experience)  
Tue 12.15pm - 2.15pm  
13/7 (10wks); 5/10 (10wks) \$220
- **Intermediate (1-3 years’ experience)**  
**Balwyn:** Thu 1pm - 3pm  
15/7 (9wks); 7/10 (9wks) \$200  
**Camberwell:** Mon 10am - 12pm 19/7 (8wks); 11/10 (8wks) \$187  
<http://www.camberwellcommunitycentre.org.au/courses/languages>  
**Canterbury:** Mon 1pm - 3pm 12/7 (9wks); 5/10 (9wks) \$210  
**Hawthorn:** Fri 9.45am - 11.45am 16/7 (10wk) \$243, 8/10 (11wk) \$267
- **Advanced (3+ years’ experience)**  
**Balwyn:** Thu 10am - 12pm  
15/7 (9wks); 7/10 (9wks) \$200  
**Camberwell:** Mon 1pm - 3pm 19/7 (8wks); 11/10 (8wks) \$187  
<http://www.camberwellcommunitycentre.org.au/courses/languages>  
**Canterbury:** Mon 10.30am - 12.30pm 12/7 (9wks); 5/10 (9wks) \$210
- **French for VCE Year 12 Students**  
**Balwyn:** Wed 4pm - 5.30pm  
14/7 (9wks) \$150; 6/10 (6wks) \$100

## German

- **Beginner**  
A fun and engaging introduction to the German language.  
**Balwyn:** Wed 9.45am - 11.45am  
14/7 (9wks); 6/10 (9wks) \$200
- **Beginner Advanced**  
**Balwyn:** Fri 9.45am - 11.45am  
16/7 (9wks); 8/10 (9wks) \$200
- **Intermediate (1-3 years’ experience)**  
**Balwyn:** Tue 9.45am - 11.45am  
13/7 (9wks); 5/10 (9wks) \$200
- **Advanced (3+ years’ experience)**  
**Camberwell:** Tue 7pm - 9pm  
20/7 (8wks); 12/10 (8wks) \$187  
<http://www.camberwellcommunitycentre.org.au/courses/languages>

## Italian

- **Travellers/Conversation**  
An informal conversation class.  
Ring to book.  
**Bowen Street:** Thu 10.30am - 11.30am  
15/7 (10wks); 7/10 (11wks) \$20
- **Conversation (12-18 months’ experience)**  
Accelerate your learning of the Italian language within the context of every day practical, real-life situations.  
**Hawthorn:** Wed 11.15am - 12.45pm  
14/7 (10wk) \$180; 6/10 (11wk) \$198
- **Beginner (up to 12 months’ experience)**  
**Balwyn:** Mon 1pm - 3pm  
12/7 (9wks); 4/10 (9wks) \$200  
**Balwyn:** Fri 9.15am - 11.15am  
16/7 (9wks); 8/10 (9wks) \$200  
**Bowen Street:** Tue 1.30pm - 3pm  
13/7 (7wks, nc 2/8 - 16/8) \$130  
5/10 (10wks) \$187  
**Canterbury:** Wed 3pm - 5pm  
14/7 (9wks); 6/10 (9wks) \$210  
**Canterbury:** Thu 9.45am - 11.45am  
15/7 (9wks); 7/10 (9wks) \$210  
**Canterbury:** Wed 12.30pm - 2.30pm  
14/7 (9wks); 7/10 (9wks) \$210  
**Hawthorn:** Wed 1pm - 2.30pm  
14/7 (10wk) \$180, 6/10 (11wk) \$198
- **Intermediate (1-3 years’ experience)**  
**Ashburton:** Mon 1pm - 2.30pm  
13/7 (8wks) \$160; 4/10 (10wks) \$200  
<https://acc.asapconnected.com/#CourseID=187867>  
**Bowen Street:** Tue 11.30am - 1pm  
13/7 (7wks, nc 2/8 - 16/8) \$130  
5/10 (10wks) \$187

- **Advanced (3+ years’ experience)**  
**Balwyn:** Fri 11.30am - 1pm  
16/7 (9wks); 8/10 (9wks) \$151  
**Bowen Street:** Tue 10am - 11.30am  
13/7 (7wks, nc 2/8 - 16/8) \$130  
5/10 (10wks) \$187  
**Canterbury:** Wed 9.30am - 11.30am  
14/7 (9wks); 7/10 (9wks) \$210  
**Canterbury:** Thu 12pm - 2pm  
15/7 (9wks); 8/10 (9wks) \$210

## Russian

- **Beginner (up to 12 months’ experience)**  
**Ashburton:** Mon 10pm - 11.30am  
12/7 (10wks); 4/10 (10wks) \$200

## Spanish

- **Beginner Conversation**  
Learn the basics for Spanish conversation. Call 9890-2647 to book  
**Surrey Hills:** Mon 7pm - 8.30pm  
12/7 (12wks) \$240
- **Conversation via Zoom**  
An informal conversation class.  
Ring to book.  
**Bowen Street: Beginners**  
Thu 12pm - 1pm 15/7 (10wks) \$20;  
7/10 (11wks) \$20  
Advanced Fri 11.30am - 1pm  
16/7 (10wks) \$20; 8/10 (11wks) \$20
- **Conversation Meet Ups**  
No text books required. Small group passionate to practice Spanish with native born speaker and tutor Cintia.  
**Camberwell:** Sat 1pm - 3pm  
17/7 (8wks); 9/10 (8wks) \$72  
<http://www.camberwellcommunitycentre.org.au/courses/languages>
- **Beginner**  
**Camberwell: NEW**  
Thu 6.30pm - 8.30pm  
22/7 (8wks); 14/10 (8wks) \$187  
<http://www.camberwellcommunitycentre.org.au/courses/languages>  
**Hawthorn:** Thu 10am - 12pm  
15/7 (10wk) \$229; 7/10 (11wk) \$251
- **Intermediate (1-3 years’ experience)**  
**Canterbury:** Mon 10am - 12pm  
12/7 (9wks); 5/10 (9wks) \$210



- **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 meetings)  
Contact Susan on 0438 050 622
- **The Art of Ikebana**  
The Japanese art of flower arranging. You will take home your arrangement.  
**Hawthorn:** Sun 2pm - 5pm  
8/8 (1 session) \$55  
<https://www.trybooking.com/BRHJR>
- **Be Connected at Kew FREE**  
**Kew:** Mon 1pm - 3pm  
12/7 (10wks); 4/10 (10wks) FREE
- **Be Connected via Zoom FREE**  
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
- **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
- **Discussion Group for Women**  
Join Ailsa for an enjoyable, informative and entertaining evening discussing a range of interesting topics. We are a group of local women who enjoy sharing opinions and ideas in a relaxed and friendly environment. Contact Ailsa for further details 0425 879 279  
**Kew:** 3rd Thu of month 7.30 - 9.30pm
- **DIY Christmas Wreath Making**  
Design and create your own beautiful Christmas wreath to take home.  
**Hawthorn:** Tue 7pm - 8.30pm  
7/12 (1 session) \$30  
<https://www.trybooking.com/BRHIS>  
**Hawthorn:** Tue 7pm - 8.30pm  
14/12 (1 session) \$30  
<https://www.trybooking.com/BRHIZ>
- **Crotchet & Knitting Class with Tutor**  
**Balwyn:** Thu 1.15pm - 3.15pm  
15/7 (10wks); 7/10 (10wks)  
\$10 per session
- **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  
12/7 (10wks); 4/10 (10wks) \$50  
**Ashburton:** Mon 2.30pm - 3.30pm  
12/7 (10wks); 4/10 (10wks) \$50  
<https://acc.asapconnected.com/#CourseID=193198>
- **Floral Art Group**  
**Ashburton:** Thu 10am - 12pm  
12/7 (ongoing) \$5 per session
- **Florins Women's over 60's Social Group**  
**Surrey Hills:** 2nd Thu of month  
13/7 (ongoing) \$4.50 per session  
<https://surreyhillsnc.org.au/course-category/community/>
- **GOLD Group 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 11am - 1pm  
(ongoing) \$20 membership
- **Laughter Club FREE**  
**Surrey Hills:** Wed 8.30am - 8.50 am  
(ongoing) FREE with membership  
<https://surreyhillsnc.org.au/courses/laughter-club-2/>
- **Life Long Learning**  
For older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, a visit from the curator at NGV.  
**Hawthorn:** Thu 1.30pm - 3.30pm  
15/7 (10wk); 7/10 (11wk) \$40 (MAC)  
Hawthorn/Ashburton Fri fortnightly 1.30pm - 3.30pm  
16/7 (5wk); 8/10 (5wk) \$20 (MAC)
- **Making Natural Cleaning Solutions**  
In this workshop you will create some low-tox cleaning and personal care products to take home that are both good for you and good for the environment.  
**Hawthorn:** Tue 7pm - 8.30pm  
5/10 (1 session) \$30  
<https://www.trybooking.com/BRLFX>
- **Men's Discussion Group**  
A lively discussion group where men can chat and share their knowledge and experiences.  
**Surrey Hills:** Fri fortnightly 9.30am - 11.30am  
23/7 9 ongoing) \$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 Fri of month 10am - 12pm 16/7 (ongoing) Gold Coin
- **My Hero's Journey**  
This workshop is how to connect with ourselves, others, and finding your personal purpose. It's a guided presentation to find connection in a current age of disconnection.  
**Hawthorn:** Tue 7pm - 8.30pm  
3/8 (1 session) \$30  
<https://www.trybooking.com/BRHHY>
- **Parenting Workshops NEW**  
Presenting a range of parenting workshops throughout the year, online and in-centre. Topics will include anxiety, building resilience, family nutrition and safe gaming.  
**Craig:** To learn more and to register call 9885 7789 or see 'events' at [www.craigfc.org.au](http://www.craigfc.org.au)
- **Repair Café FREE**  
Bring your broken household item and met our great team of volunteers who will help make any repairs needed.  
**Trentwood:** 3rd Sun of month 10am - 12pm
- **Soapstone Jewellery Carving**  
If you have ever wanted to make your own artisan jewellery but don't know where to start, then this class is perfect for you!  
**Hawthorn:** Sun 2pm - 4pm  
29/8 (1 session) \$55  
<https://www.trybooking.com/BRHIH>
- **Safe Seats, Safe Kids - Child Car Seat Fittings 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](http://www.craigfc.org.au/safe-seats-safe-kids-program)
- **Shed Program for Women**  
**Kew:** KNLC is endeavouring to start a Shed Program for Women, please contact Centre to register your interest 9853 3126
- **Stitch, Knit & Chat**  
Bring your sewing and enjoy some company.  
**Camberwell:** Thu 10am - 12pm  
weekly (ongoing) \$5 per session
- **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

## GENERAL INTEREST

- **Tapestry Workgroup**  
Suitable for all levels.  
**Balwyn:** Tue 10am - 12pm  
13/7 (10wks); 5/10 (10wks) \$5 per session
- **Terrarium – make your own mini one for Christmas**  
A Special Christmas Event! Enjoy a glass of bubbly or orange juice on arrival and some yummy nibbles. Come together or on your own! Perfect for a Christmas gift!  
**Trentwood:** Sat 2pm - 4pm  
4/12 (1session)  
<https://www.trybooking.com/BRNOD>
- **Victorian Guild of China Painters**  
Meet, discuss and practice this fine art.  
**Craig:** 3rd Sat of month  
9.30am - 3.30pm (ongoing)
- **Women's Reflection Circle**  
**Surrey Hills:** Fri fortnightly  
10am - 11.30am 16/7; 8/10; (ongoing)  
\$4.50 per session  
<https://surreyhillsnc.org.au/courses/womens-reflection/>

## GARDENING

- **Ashburton Food Forest, Community Garden FREE**  
A community garden that celebrates nature, explores food and tends to the gardens! Everyone is welcome. Ongoing gardening and special events scheduled throughout the year.  
**Craig:** Contact Petra Kahle, [foodforestashy@gmail.com](mailto:foodforestashy@gmail.com) or 0420 961 695. Free with membership; \$25 Full/\$15 Conc
- **Community Garden**  
Lease a plot and join like-minded locals at the BCC Community Garden. Waiting list currently open.  
**Balwyn:** email or call the office to enquire about leasing a plot.
- **Growing Vegetables - an Introduction NEW**  
Learn all the requirements for establishing a productive veggie plot at home.  
**Balwyn:** Sat 10am - 3pm  
28/8 (1 session) \$115
- **Horticulture Introduction - Seasonal Veggies NEW**  
A course on which plants are good to plant depending on the season and how to grow them.  
**Alamein:** Thu 12.30pm - 3pm  
22/7 (8wks); 14/10 (8wks) \$85  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## BOOKGROUPS, CARDS & GAMES

### Book Groups

- **The Ashy Book Club**  
**Ashburton:** 1st Thu of month  
7.30pm - 9.30pm 1/7 (ongoing)  
\$5 per session  
<https://acc.asapconnected.com/#CourseID=193197>
- **Book Circle - Maling Road**  
Meet at a local coffee shop for lively discussions on books, films and events. **Free for members**  
**Canterbury:** 2nd Tue of the month  
10am - 12pm (ongoing)
- **Novels at Night**  
**Ashburton:** 2nd Wed of month  
7.30pm - 9.30pm  
14/7 (ongoing) \$5 per session  
<https://acc.asapconnected.com/#CourseGroupID=45646>
- **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  
13/7 (5wks); 5/10 (5wks) \$106\*
- **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)  
5/10 (5wks) \$45  
**Surrey Hills:** 4th Tue of month  
7pm - 8.30pm 27/7 (ongoing)  
\$4.50 per session  
<https://surreyhillsnc.org.au/course-category/leisure/>
- **Thursday Afternoon Book Club**  
**Ashburton:** 1st Thu of month  
2pm - 4pm 1/7 (ongoing)  
\$5 per session  
<https://acc.asapconnected.com/#CourseGroupID=45646>



### Cards & Games

- **500 Social Cards**  
Friendly, casual, drop-in group, suitable for experienced card players.  
**Camberwell:** Fri 1pm - 3pm (ongoing)  
\$2 per session  
<http://www.camberwellcc.org.au/courses/card-game-players>
- **Learn to Play Bridge**  
**Balwyn:** Thu 11am - 12.15pm  
15/7 weekly (ongoing) \$5 per session
- **Bridge**  
**Balwyn:** Tue 12.45pm - 4pm weekly (ongoing) \$5 per session  
**Balwyn:** Thu 12.45pm - 4pm weekly (ongoing) \$5 per session  
**Balwyn:** Sat 12.45pm - 4pm weekly (ongoing) \$5 per session  
**Canterbury:** Wed 12pm - 5pm  
30/6 (12wks); 22/9 (12wks)  
Call for details
- **Bridge (Intermediate to advanced)**  
Duplicate games, partners required.  
**Camberwell:** Wed 12.30pm - 4pm (ongoing) \$5 per session  
<http://www.camberwellcc.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  
16/7 (ongoing) \$5 per session  
**Camberwell:** Thu 1pm - 4pm (ongoing) \$5 per session  
<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>  
**Canterbury:** Fri 10am - 12pm 16/7 (10wks) \$50; 8/10 (9wks) \$45  
**Surrey Hills:** Fri 1.30 - 4pm  
16/7; 8/10 (ongoing) \$4.50 per session  
<https://surreyhillsnc.org.au/course-category/community/>
- **Scrabble**  
**Balwyn:** Mon 12.30pm - 4.30pm  
12/7 (10wks); 4/10 (10wks)  
\$5 per session  
This friendly group welcomes new players.  
**Surrey Hills:** 1st, 3rd & 5th  
Tue 1pm - 4pm 20/7 (ongoing)  
\$4.50 per session  
<https://surreyhillsnc.org.au/course-category/community/>
- **Solo**  
**Balwyn:** Thu 9.30am - 1.30pm  
15/7 (10wks); 7/10 (10wks) \$5 per session  
**Camberwell:** Wed 9.30am - 11.30am (ongoing) \$5 per session  
<http://www.camberwellcommunitycentre.org.au/courses/card-game-players>



## ■ 21st Century Office Skills via ZOOM

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

**Alamein:** Wed 6.30pm - 8.30pm  
11/8 (3wks); 13/10 (3wks) \$25  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Barista Training

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

**Kew:** Contact reception for course dates 9853 3126

## ■ Building Resilience **NEW**

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

**Alamein:** Thu 10am - 12pm  
2/9 (3wks); 18/11 (3wks) \$30  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Build Your Own Website

We will create a free account on WordPress and design a basic website for bloggers, artists or small businesses.

**Kew:** Fri 10am - 1pm  
23/7 (3wks); 15/10 (3wks) \$150

## ■ LEAP into Cleaning

Build skills and confidence needed for employment in the cleaning industry in this short and practical course.

**Alamein:** Wed 12.30pm - 2.30pm  
14/7 (3wks); 13/10 (3wks) \$25  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ ESL Tutoring Support: Introduction

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

**Alamein:** Tue 12.30pm - 3pm  
13/7 (10wks); 5/10 (10 sessions) \$85  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Event Management: Introduction via Zoom

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

**Alamein:** Thu 6pm - 8.30pm  
22/7 (8wks); 14/10 (8wks) \$45  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

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

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

**Alamein:** Tue 9.30am - 2.30pm  
27/7 (5wks); 12/10 (5wks) \$85  
<http://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Floristry

Learn theory and practical aspects with Kelli from The Petal Provedore - take your creation home each week!

**Kew:** Thu 6.30pm - 9pm  
15/7 (7wks) \$350

## ■ Marketing through Digital Media via ZOOM

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

**Alamein:** Wed 12pm - 2.30pm  
21/7 (8wks); 13/10 (8wks) \$45  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Rejuvenate Your Resume

Harnessing your transferable skills to target the job you want!

**Alamein:** Mon 12.30pm - 3pm  
2/8 (2wks); 8/11 (2wks) \$25  
<https://www.alameinnlc.com.au/course-category/business-skills/>

## ■ Running Your Own Business: Introduction via ZOOM

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  
19/7 (8wks); 4/10 (8wks) \$85  
<https://www.alameinnlc.com.au/course-category/business-skills/>

## ■ Volunteering & Beyond: Introduction

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

**Alamein:** Mon 12.30pm - 3pm  
19/7 (8wks); 4/10 (8wks) \$85  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Warehousing & Distribution **NEW**

Interested in the warehousing and distribution sector? A suitable pathway to finding work in this area.

**Alamein:** Thu & Fri 10am - 3pm  
26/8 (20 sessions, nc 23/9 - 1/10) \$198/\$140  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Web Design: Introduction via ZOOM

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

**Alamein:** Thu 12.30pm - 3pm  
22/7 (8wks); 14/10 (8wks) \$85  
<https://www.alameinnlc.com.au/course-category/career-pathways/>

## ■ Win Arguments **NEW**

Gain confidence in negotiating. Learn the basic types, concepts, the phrases and skills needed.

**Alamein:** Tue 12.30pm - 2.30pm  
31/8 (3wks); 16/11 (3wks) \$30  
<https://www.alameinnlc.com.au/course-category/business-skills/>

## Computers, Tablets & IT

### ■ LEAP into Coding & Robotics

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

**Alamein:** Mon 12.30pm - 3pm  
6/9 (2wks); 22/11 (2wks) \$25  
<https://www.alameinnlc.com.au/course-category/computer-and-technology/>

### ■ Amazing Uses for iPads

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

**Alamein:** Tue 9.30am - 12pm  
13/7 (8wks); 5/10 (8wks) \$85  
<https://www.alameinnlc.com.au/course-category/computer-and-technology/>

### ■ iPad for Beginners

Please bring your own device.

**Balwyn:** Mon 10am - 12pm  
2/8 (4wks); 18/10 (4wks) \$100  
A new group that begins the journey with iPads, exploring a variety of functions that this device has to offer. BYO iPad.

**Hawthorn: NEW** Thu 1pm - 3pm  
15/7 (10wk) \$40 (MAC)  
7/10 (11wk) \$40 (MAC)

### ■ iPads at Your Pace (ongoing)

A group that explores the variety of opportunities and functions that this device has to offer. New participants welcome. BYO iPad.

**Hawthorn:** Thu 10.30am - 12.30pm  
15/7 (10wk) \$40 (MAC)  
7/10 (11wk) \$40 (MAC)

### ■ IT for Beginners

Created for those who would like to develop their computer skills and gain confidence in using the internet, windows and word

**Kew:** Thu 12.30pm - 3pm  
5/7 (10wks); 7/10 (10wks) \$150

### ■ IT for Office

A course designed to improve your IT skills and get you up to date with Windows 10, Office suite 2016, social media and technology commonly used in the work place environment.

**Kew:** Thu 9am - 11.30am  
15/7 (10wks); 7/10 (10wks) \$150

### ■ MS Excel - Introduction

**Alamein:** Wed 10am - 12.30pm  
14/7 (8wks) \$102 (cost of manual included)  
<https://www.alameinnlc.com.au/course-category/computer-and-technology/>

- **MS Word - Introduction**  
**Alamein:** Mon (online via Zoom) & Wed (onsite) 10am - 12.30pm 6/9 (8 sessions) \$102 (cost of manual included) <https://www.alameinnlc.com.au/course-category/computer-and-technology/>
- **MS Word & Excel - Level 2**  
**Alamein:** Wed 10m - 12.30pm 13/10 (8wks) \$102 (cost of manual included) <https://www.alameinnlc.com.au/course-category/computer-and-technology/>
- **Social Media Marketing for Small Business**  
Learn social media marketing skills for small business. A pathway to small business start-up.  
**Kew:** Fri 2pm - 4pm 16/7 (10wks); 8/10 (10wks) \$100
- **Social Media for Seniors**  
Learn how to use social media in this introductory course.  
**Balwyn:** Thu 10am - 12pm 4/11 (3wks) \$75

- **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 11am - 12pm FREE (ongoing) <https://acc.asapconnected.com/#CourseID=221150>
- **Technology Today - Introduction to Coding, Drones, VR, 3D Printing NEW**  
**Alamein:** Thu 12.30pm - 3pm 22/7 (8wks); 14/10 (8wks) \$105 <https://www.alameinnlc.com.au/course-category/computer-and-technology/>

## Individual Support

- **Individual iPad/iPhone/Mac/PC/Laptop/Phone Support**  
Need more skills in using your mobile phone, computer or tablet?  
**Bowen Street:** Various times and days. \$10 per session

- **Tech Help Desk FREE**  
Have all your technology related questions answered in a relaxed one-on-one setting with one of our patient and relaxed Digital Mentors.  
Free for members  
**Ashburton:** Tue 12.30pm - 2pm  
Fri 10.30am - 11.30am  
Sat 10am - 12pm, (13/7) FREE (ongoing) <https://acc.asapconnected.com/#CourseGroupID=45688>
- **Tech Private Tutoring FREE**  
Meet on a weekly basis with one of our patient Digital Mentors and to support your tech learning according to your own individual needs.  
Free for members  
**Ashburton:** Mon 11am - 11.45am and 12pm - 12.45pm  
12/7 (10wks); 4/10 (10wks) FREE  
**Ashburton:** Wed 9.30am - 10.15am and 10.30am - 11.15am  
14/7 (10wks); 6/10 (10wks) FREE <https://acc.asapconnected.com/#CourseGroupID=45688>

## ROOM HIRE

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

- **Ashburton Community Centre**  
Our modern centre has various sized rooms and a registered kitchen available for hire for community, not-for-profit and commercial use. Our rooms are suitable for meetings, classes and workshops. For more details visit <https://ashburtoncc.org.au/room-hire/>
- **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](http://www.bowenstreet.org.au)

- **Camberwell Community Centre**  
The Centre is user friendly with all abilities access and amenities including kitchens and bathrooms on both levels as well as parking for 30 vehicles. The new building is light, bright and welcoming with the latest in Audio Visual (AV) technology and equipment operating throughout the facility. Enquire about venue hire on 9882 2611 or visit <https://camberwellcommunitycentre.org.au/venue-hire>
- **Craig Family Centre**  
Rooms suitable for meetings, seminars and parties.  
Enquires welcome 9885 7789
- **Hawthorn Community House**  
Hire one of our three rooms for meetings, birthday parties, small events and more. Reasonable rates for community groups. Lovely access to private garden, large kitchen and parking available. Room hire available year-round, including during school holidays. Call 9819 2629 to enquire.

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



**Neighbourhood Houses  
Boroondara**