# Live & Lean

### **January to June 2023**

SHORT COURSES, ACTIVITIES & SOCIAL EVENTS @ BOROONDARA NEIGHBOURHOOD HOUSES





## Explore your creative side at a Neighbourhood Centre

The City of Boroondara is home to 11 neighbourhood centres, bringing the community together to connect, learn and contribute to their local area through social, educational and support activities.

### **Enrolments**

To enrol in a class, call or email the relevant centre, using the contact information provided or visit their website to enrol online. Most centres have a small annual membership fee to help support the centre's running costs and charge an individual course fee if applicable. 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.

### **COVID-safe**

We are pleased to welcome people back onsite, under strict COVID-safe guidelines, including hygiene and cleaning processes and capacity regulations. In the event of COVID lockdowns in the future, our activities may revert to online delivery.

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### Rooms for hire

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

### ALAMEIN NEIGHOURHOOD AND LEARNING

Various rooms available for local community groups with current audio visual and interactive whiteboard technology. Suitable for meetings, classes and workshops.

### **ASHBURTON COMMUNITY CENTRE**

Rooms and registered kitchen available for hire for community, not-for-profit and commercial use. Suitable for meetings, classes and workshops. Discounts available for regular hire.

### BALWYN COMMUNITY CENTRE AND FUNCTION CENTRE

Beautiful function room for parties, workshops and seminars. Smaller rooms suitable for classes, workshops, meetings and community groups.

### **BOWEN STREET COMMUNITY CENTRE, CAMBERWELL**

BSCC has two buildings, with various spaces suitable for different purposes, available for hire to local residents, groups and organisations.

### **CAMBERWELL COMMUNITY CENTRE**

Fairholm hall and studio/class spaces for hire. Includes kitchens and the latest in audio visual (AV) technology.

### **CANTERBURY NEIGHBOURHOOD CENTRE**

Modern facilities available for local hire including meeting rooms, registered kitchen, dedicated art space and outdoor workshop. Discounts available for regular hire.

### **CRAIG FAMILY CENTRE ASHBURTON**

Rooms suitable for meetings, seminars, community groups and parties.

### **HAWTHORN COMMUNITY HOUSE**

Rooms available for meetings, parties, small events. Access to private garden, large kitchen and parking available.

### KEW NEIGHBOURHOOD LEARNING CENTRE

Rooms available at very competitive rates. Harrier's Pavilion is also available for event or party hire.

### SURREY HILLS NEIGHBOURHOOD CENTRE

Various rooms and a registered kitchen available for hire. Suitable for meetings, workshops, cooking classes and celebrations.

### TRENTWOOD COMMUNITY HOUSE

New well-equipped centre has various sized rooms and a large kitchen available for hire for community groups and commercial use. Suitable for meetings, workshops, and functions.

## There's a little bit of creativity in all of us

When asked, many people will say they're not creative. That's because they associate creativity and being creative with being artistic. But really, we can be creative in so many ways.

Creativity has been defined as the tendency to generate or recognise ideas, alternatives or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

In other words, being creative is about looking at things in new ways or from different perspectives. Next time you come up with a solution to a tricky problem, you're being creative. When you add a new ingredient to a recipe, you're being creative. When you think of a new use for an old sock, you're being creative.

### How to increase your creativity

Some people seem to be naturally creative, but here are some things we can all do to improve our creativity:

- Be open to new ideas Be willing to try new things and explore new pursuits.
- Embrace the ambiguity Not knowing the answers creates opportunities to try something new.
- Be persistent Spend time working to produce new things. Your efforts might not always work out, but continued practice builds skills that contribute to creativity. Focus on what you can learn from each activity, not what you didn't get right.
- Make time for creativity Set aside a little time each day or each week specifically to brainstorm, practice, learn or create.
- Get a good night's sleep Creativity involves connecting loosely associated ideas, and good sleep strengthens this ability. Deep sleep allows our brains to restructure and reorganise information. And then during REM sleep, we connect things that didn't seem connected. It allows us to consider information and solutions from different perspectives and without preconceptions and prejudices.
- Do something you enjoy Generally, pressure and stress prevent creative thinking. Allowing yourself to have fun and enjoy the process creates the best environment for creativity.



Neighbourhood houses are a great place to find and develop your creative streak. The trainers at **Alamein Neighbourhood and Learning** demonstrate their creativity every day, by designing and delivering courses that accommodate a range of learning styles. At **Bowen St Community Centre** and **Canterbury Neighbourhood Centre**, you can explore creative ways to upcycle and repurpose everyday items.

Camberwell Community Centre, Balwyn
Community Centre, Ashburton Community Centre
and Kew Neighbourhood and Learning Centre
encourage you to dive in and get your hands dirty – it
might be throwing clay, polishing furniture, splashing
paint on a canvas or trying a trade.

If you're interested in creative storytelling, check out **Hawthorn Community House**'s Cinema and Chat and Short Story Book Club. Or try telling your own life story with **Trentwood**'s life writing program.

Programs at Surrey Hills Neighbourhood Centre and the Craig Family Centre prove that people of all ages and abilities can be creative.

Check out ways to nurture your creative streak in this latest edition of Live and Learn.

LIVE & LEARN JAN - JUNE 2023

### ALAMEIN NEIGHBOURHOOD AND LEARNING

### Ingenuity in the classroom

Thankfully, long gone are the days of purely rote learning. As a Learn Local, we understand that individuals learn in many ways. Our tutors creatively design and deliver training with this front of mind, whatever the course.





Sandii gets creative teaching literacy and numeracy through science. She brings scientific topics and life experiences into the classroom, to create engaging lessons for people learning to read, write and count. Learners read and write about science experiments and then have fun doing those experiments in a supportive multi-modal environment.

Ed teaches Home Maintenance, empowering learners to tackle jobs at home or speak to tradespeople with greater confidence. He uses a range of resources to engage with learners, including videos and hands-on practical opportunities. By the time they've completed the course, learners have fixed several things around their home.

Vrinda teaches technology classes in easy-to-learn digestible chunks and prompts learners to stop and stretch for physical and mental wellbeing. Learners appreciate the added support through classroom volunteers. Her creative approach to technology is obviously working:



### "THANK YOU FOR THE BEST TECHNOLOGY LESSONS OF MY LIFE!"

Our courses and workshops are designed to engage learners using a range of senses and we connect the learning by 'doing'. Enrol in a class and find out for yourself. **1** 



### **Alamein Neighbourhood and Learning**

Phone: 9885 9401 Email: admin@alameinnlc.com.au Website: www.alameinnlc.com.au

### WORKSHOPS & CLASSES FOR THIS SEMESTER

### **HEALTH AND WELLBEING**

Pilates Yoga Laughter Away Stress Managing Your Time Pet Care

### **ARTS AND CRAFTS**

Beginners Ceramics Mosaics Better Photos on Your iPhone Sewing Projects

### **SOCIAL GROUPS**

Community Garden Working Bees Discussion Group Men's Shed Drop-In Craft Group Drop-In Games Group Tiny Library Book Club

### **GARDENING AND SUSTAINABILITY**

Horticulture for Beginners

### **LANGUAGES AND LITERACY**

English Communication Skills English for Work & Study Literacy for Practical Purposes Literacy Through Computers Japanese for Beginners Chinese for Beginners

### **DIGITAL SKILLS**

Cloud-based Platforms
Digital Literacy Essentials
Google Docs & Google Sheets
Online Communication Tools for Work
Rejuvenate Your Resume Online
Trello for Event & Project Management
Cybersecurity for Your Devices
Website Analytics
Xero for Bookkeeping

### **LIFE AND WORK SKILLS**

Building Resilience
Carpentry for Beginners
Confident Public Speaking
Customer Service Essentials
Essential Life & Workforce Skills
Financial Wellbeing Basics
Introduction to Volunteering
Home Maintenance
Negotiation with Your Teenager
Pathways to Aged Care
Pathways to Community Services
Pathways to Employment
Returning to Study



### **CHILDREN'S PROGRAMS**

Mini Groovers Comic Art for Kids

### **HEALTH AND WELLBEING**

Ageless Grace
Exercise to Music
Fit for You
Keep Fit
Line Dancing
Mat Pilates
Nordic Walking
Yoga
Yoga and Pilates
Your Healthy Spine

### **ARTS AND CRAFTS**

Acrylic Painting
Art for All Abilities
Advanced Watercolour Painting
Botanical Watercolour and Illustration
Chinese Brush Painting
iPad Art
Life Drawing
Watercolour Painting and Mixed Media

### **SOCIAL GROUPS**

Bookclubs
Cryptic Crosswords
Spinners and Knitters
Craft, Coffee and Chat
Patchwork and Handcraft
Floral Art
Acoustic Group
Blues Music Jamming Group
Table Tennis
Walking Group
Mah Jong Group and Lessons
Global Film & Discussion Nights

### **GENERAL INTEREST**

Ukulele The Joy of Good Books Your Life Stories – Writing Group Cooking

### **LANGUAGES AND LITERACY**

French for Beginners French Advanced Conversation Italian Intermediate

### **DIGITAL SKILLS**

Tech Help Desk for Seniors (one-on-one) Get Connected for Seniors Stay Connected for Seniors



### ASHBURTON COMMUNITY CENTRE

### Choose your own art adventure

A doodle or an abstract shape? An object or a landscape? A pencil or a paintbrush? It doesn't really matter which art adventure you choose – they're all good for your brain.

Did you know the simple act of drawing activates both the left and right sides of your brain? So not only have you created something, you've stimulated the parts of the brain that help with problem solving, strategic thinking, focus and positive thinking.



Tutor and illustrator, Dina Theodoropoulos, uses everyday items for inspiration – for instance, a bunch of natives for a flower workshop she conducted last year. With simple linework, step-by-step instruction and a splash of watercolour, students walked away with a new-found confidence and understanding that they could create art.

"IT DOESN'T NEED TO BE PERFECT," SAYS DINA. "JUST TAKING THAT FIRST STEP OF PICKING UP A PENCIL OR A PAINTBRUSH CAN TAP INTO A DESIRE TO FIND OUT WHAT ELSE IS POSSIBLE."

And just as important are the social connections people make. Our flower drawing workshop last year sparked a social drawing group that still meets every month.

### Art is for everyone

Ashburton Community Centre has a range of classes that attract NDIS funded students including our Art for All Abilities. Classes range from life drawing and painting, to iPad art for adults, to comic art for kids.

Most classes cater for beginners through to more experienced artists looking to build their skills and spend time with others in a fun and supportive environment.

Check out the displays at the centre. Come for a free trial. Give it a go and start a new adventure. **1** 



### **Ashburton Community Centre**

Phone: 9885 7952 Email: office@ashburtoncc.org.au Website: www.ashburtoncc.org.au

### **BALWYN COMMUNITY CENTRE**

### Are you an undercover artist?

From painting to drawing, French polishing and more... We're uncovering artists in our creative classes at BCC.

Weekdays and weekends, there are undercover artists at Balwyn Community Centre. On the outside they look just like you and me. But when they arrive for class, they become artists!

Could you be our next Undercover Artist? If you're up to the challenge, join one of our classes:

 In Life Drawing with Mark, you'll learn how to draw the lines, shapes and shadows of the human body using correct sketching technique with a life model.



"I LOVE COMING TO LIFE DRAWING. IT'S A FEW HOURS THAT ARE JUST FOR ME. WITH MARK'S HELP, I HAVE SURPRISED MYSELF. I'M A LOT BETTER THAN I THOUGHT I WOULD BE." SARAH

- Watercolour Painting is timeless. It's a technique that's easy to pick up but hard to master. You'll learn to paint dreamy landscapes, still life and portraits using the full colour spectrum.
- In Botanical Art, you'll learn how to paint botanically correct flowers and plants and produce wonderful works of art.
- Gordon's drawing classes follow a syllabus that introduces you to many types of drawing medium and subjects. Be part of his tutorial and then try for yourself, with tuition and support.

Painting for Pleasure in a mixed mediums class, French Polishing, Decoupage and Fashion Illustration are just some of the other options available. 

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### **Balwyn Community Centre**

Phone: 9836 7942 Email: reception@balwyncc.org.au Website: www.balwyncc.org.au

### WORKSHOPS & CLASSES FOR THIS SEMESTER

### **CHILDREN'S PROGRAMS**

Occasional care childcare Italian Kids Cooking Class

### **HEALTH AND WELLBEING**

Mums and Bubs Yoga
Meditation, Yoga and Chair Yoga
Balwyn Batters Table Tennis Group
High Low Aerobics
Balance Back to Exercise
Zumba Gold
Stretch and Strengthen
Pilates
Tai Chi and Qi Gong
Early morning Fit for You

### **ARTS AND CRAFTS**

Life Drawing
Botanical Art
Decoupage
Drawing
Watercolour Painting
Painting for Pleasure
Fashion Illustration
French Polishing & Furniture Restoration
Make a Rag Book Workshop
Knit and Crotchet
Tapestry

### **SOCIAL GROUPS**

Learn to Play Bridge Scrabble Group Bridge group

### **GARDENING AND SUSTAINABILITY**

Surrey Hills/Balwyn Veggie and Produce Swap Community garden plots

### COOKING

Sourdough Breadmaking Workshop Sri Lankan Cooking Class Downsize your Home Declutter and Gain Back Control

### **LANGUAGES AND LITERACY**

English Conversation Fun
French Beginners, Intermediate and
Advanced Conversation
Italian Beginners and Intermediate
Italian for Travellers
German Advanced Beginners and
Intermediate
French for VCE



### **CHILDREN'S PROGRAMS**

Playgroups
Sessional Childcare
French Playgroup
Gumnut Music
Chinese Language classes
Mrs Clarke's School Readiness Program
Safe Seats, Safe Kids
Robotics

### **HEALTH AND WELLBEING**

Yoga for All
Arts and Crafts
Sewing for All Levels
How to Draw What You See
Painting and Prosecco
Upcycling Workshops
Various Craft Workshops

### **SOCIAL GROUPS**

Multiple Birth Association Playgroup Morris Dancing Chinese Warblers

### **GARDENING AND SUSTAINABILITY**

Garden Design Workshop Cooking Asian Dumplings Turkish Cooking Alfajores cookies (South American)

### **LANGUAGES AND LITERACY**

Italian Language classes
Italian Conversation
French Conversation
Spanish Conversation – Beginners
and Advanced
English as an Additional Language

### **DIGITAL SKILLS**

Tech Help Desk (one-on-one support) Life and work skills Hearing Australia

### **BOWEN STREET COMMUNITY CENTRE**

## Upcycling – The creative way to reuse our 'rubbish'

Our textiles tutor shares her passion for upcycling and reducing waste. With a little creative thinking, Barbara can help you make something new out of something old.



Meet Barbara Niglio – pattern maker, crafter, upcycler, fashion designer. One of the fabulous tutors at Bowen St, Barbara has been a maker from a young age.

### "MY DESIRE TO CREATE IS MUCH LIKE A PHYSICAL ITCH THAT HAS TO BE SCRATCHED," SHE SAYS.

Her love of clothes led to studying, working and eventually teaching in the fashion industry. But while she loves fashion, Barbara was always uncomfortable with the wastefulness of the industry. One way she could help fix the problem was to work with recycled materials and create wearable art.

As well as using traditional crafts and construction methods, Barbara enjoys investigating new techniques. She uses materials such as paper, plastic bottles, coffee pods, coffee bags, can tabs, inner tubes, e-waste and much more. She teaches sewing and dressmaking, as well as recycling techniques she has developed. And apart from teaching new skills, she loves to see the positive effects of creative activities.

"BEING CREATIVE HAS SO MANY BENEFITS – INCREASING POSITIVE EMOTIONS, LESSENING DEPRESSIVE SYMPTOMS, REDUCING ANXIETY, AND EVEN IMPROVING OUR IMMUNE SYSTEM," BARBARA SAYS.

As well as Barbara's upcycling classes, Bowen St has a range of classes that inspire creative pursuits. Check out our listing.



### **Bowen Street Community Centre**

Phone: 9889 0791 Email: info@bowenstreet.org.au Website: www.bowenstreet.org.au

### Give in to creativity with clay

The trick to working with clay is to forget about the end result and

just let yourself go.

That's the message from ceramicist Kim Waters. Clay is a fickle friend; her advice is to approach it with maximum enthusiasm and minimal expectation.

### "IT'S ABOUT THE PROCESS," SHE SAYS.

So many things can influence the final result. Clay can crack, warp, sag, explode and disappoint. But it can also be rolled, pinched, thrown on a wheel and moulded, and can bring joy to the maker. Working with clay is a very tactile sensory experience



– the feel, the smell, the mess. And according to Kim, there is nothing more rewarding than seeing a sketch on a page become the 3D real thing.

### "LET YOURSELF GET INTO A STATE OF FLOW, WHERE YOU FORGET ABOUT TIME AND YOU'RE JUST IN THE MOMENT, MAKING AND CREATING," SAYS KIM.

She's been teaching in The Clay Room since 2018. She started at the original house, relocated to the temporary site at St Oswalds Church and is now happily at home in the new purpose-built ceramics studio at Camberwell Community Centre.

### "STUDENTS COME BACK TERM AFTER TERM AND IT IS A PLEASURE TO HELP THEM ALONG THEIR CREATIVE JOURNEY," SHE SAYS.

We encourage everyone to come and experience the joy of working with clay. **(1)** 



### **IBERWELL** Camberwell Community Centre

Phone: 9882 2611 Mobile: 0478 766 683 Email: contacts@camberwellcc.org.au Website: www.camberwellcommunitycentre.org.au

### WORKSHOPS & CLASSES FOR THIS SEMESTER

### **HEALTH AND WELLBEING**

Line Dancing Mat Pilates Tai Chi Qigong Yoga for Back Care Yoga

### **ARTS AND CRAFTS**

Acrylics & Mixed Media
Chinese Calligraphy
Drawing & Painting
Figure Drawing
Illustrations
Japanese Ink
Oil Painting
Pastels
Pottery Wheel-work & Hand-building
Friday Painters
Printmaking
Watercolour

### SOCIAL GROUPS

Book Club

Bridge Camberwell Film Society Greek Senior Citizens Club Italian Senior Citizens Club Mahjong Senior Citizens Club Social Cards Walking Group

### **LANGUAGES AND LITERACY**

French German Italian Through Opera Japanese Social Italian Spanish



### **CHILDREN'S PROGRAMS**

After School Art Structured Playgroup School Holiday workshops

### **HEALTH AND WELLBEING**

Buff Bones Pilates Tai Chi Yoga Walking Group Zumba

### **ARTS AND CRAFTS**

Alcohol Ink Art
Interior Decorating
Floral Design
Linocut Printing
Mosaics
Nature in Art
Open Art
Punch Needle
Upholstery
Watercolour
Wood burning

### **SOCIAL GROUPS**

Book Club Chatty Cafe Craft Club Garden Club Mah Jong Umbrella Dementia Cafe

### GARDENING AND SUSTAINABILITY

Beekeeping Basics Community Garden Composting 101 Gardening in Small Spaces Organic Vegetable Gardening

### **COOKING**

From My Kitchen Jams, Pickles and Sauces

### **LANGUAGES AND LITERACY**

French Italian Spanish Family History The Written Word Writing Life

### **DIGITAL SKILLS**

Digital Mentors – Drop In Managing Digital Clutter Travelling with Technology



### CANTERBURY NEIGHBOURHOOD CENTRE

### Get creative with a little DIY project

The old saying is that your home is your castle. And if your castle is feeling more medieval than modern, looking at your interiors and furniture might have surprising benefits.

Living in spaces that we enjoy lifts our mood, encourages creativity, and makes us feel happier.

Repurposing and recycling are back on trend. Aside from the clear environmental benefits, repurposing furniture reflects a broader shift towards quality over quantity and craftsmanship over mass production.

Textiles can make a big difference to the feel of your space and our tutor Amber has been sharing her upholstery knowledge and skills with our community for over 10 years. She can show you how to take a piece that is feeling a little forlorn and bring it back to something you love.

In 2023 we are offering a range of new workshops to spark your creativity and freshen up your home – including furniture painting, interiors, floral design and more.

Join our email list to have inspiration delivered regularly. 🗓







**Canterbury Neighbourhood Centre** 

Phone: 9830 4214 Email: office@canterburynh.org.au Website: www.canterburync.org.au

### CRAIG FAMILY CENTRE ASHBURTON

## Nurture your child's creativity and imagination

All children are creative! At the Craig Family Centre, children get the time, tools, encouragement and companionship to explore their creativity.



Drawing is so much more than the art. It helps children develop some really important skills – fine motor, visual, memory and verbal language skills. And it's a way for children to learn about the world and communicate their ideas.

Music is another wonderful creative outlet for children, helping them to learn and grow. Our music programs provide a range of musical concepts, sensory experiences, singing, dancing and play-based learning. These programs are also a great way for you to bond with your child.

But the most important thing we're creating is a strong community that fosters each child's sense of belonging and identity, nurturing their creativity and continuity of learning. Our tutors and educators are friendly and highly qualified. All our programs are term-based and allow for 'free play' after each scheduled activity.

Check out our website for more information about our children's programs or other activities: www.craigfc.org.au **1** 



### **Craig Family Centre**

Phone: 9885 7789 Email: enquiries@craigfc.org.au Website: www.craigfc.org.au

### WORKSHOPS & CLASSES FOR THIS SEMESTER

### **CHILDREN'S PROGRAMS**

Baby Sensory Classes
Baby Playgroup
Bush Playgroup
Creative Play with Squiggle Kids
Friday Parent-Led Playgroup
Gumnut Music with Louise
Kindergarten, 3 & 4-Year-Old
Mandarin Playgroup
Tuesday Morning Music with Jo
Sessional Child Care
Spanish Playgroup
Stage and Screen Musical Theatre

### **HEALTH AND WELLBEING**

Family Yoga Mums 'n' Bubs Yoga Mums Walking Group Parenting Information Events Wellbeing Workshops

### **ARTS AND CRAFTS**

Acting & Singing for Teens Family Art & Craft Workshops Floristry Workshops

### **SOCIAL GROUPS**

Al-anon
Australian Breastfeeding Association
Book Club
Edge Community Fund
Family Film Nights
GOLD Group
Lions Club
Parenting Support Groups
Victorian Egg Decorators Guild
Victorian Guild of China Painters

### **GARDENING AND SUSTAINABILITY**

Food Forest Ashburton

### COOKING

Community Cooking Workshops

### **LANGUAGES AND LITERACY**

Bright Brains Homework Club English Classes for Children Mandarin Classes for Children

### LIFE AND WORK SKILLS

Child Car Seat Fittings
Jobs Advocacy, Jobs Victoria



### **HEALTH AND WELLBEING**

Dynamic Mat Pilates Pilates Strength and Balance Qi Gong and Tai Chi Slow Flow Yoga Walking Group

### **ARTS AND CRAFTS**

Natural Object & Still Life Drawing Class Paper Clay Workshop

### **SOCIAL GROUPS**

Men's OM:NI (Older Men: New Ideas) Lifelong Learning Meetings (LLM) Pathways for Carers Walking Group

### COOKING

Cooking Small, Eating Well

### LANGUAGES AND LITERACY

French Italian Rendezvous to Write Life Writing

### **DIGITAL SKILLS**

iPad for Beginners iPad Continuation

### **LIFE AND WORK SKILLS**

Philosophy Begins in Wonder Short Story Book Club Cinema and Chat

### Ask us about:

William St Playhouse 39 William St, Hawthorn

The William St Playhouse is a lively and welcoming community space where local families can meet, join playgroups, host children's parties and other child-friendly activities.



### HAWTHORN COMMUNITY HOUSE

### **Engaging** discussions and new connections

Our fortnightly Cinema & Chat group makes watching TV at home a creative pastime. But if literature is more your creative outlet, join our Short Story Book Club



Come and join a casual conversation that starts with a short story or film and then wanders off from there!

Our Short Story Book Club taps into the growing popularity of this writing format. We explore award winning stories from around the world. The stories are short enough for most people to read in a fortnight, but long enough for close, detailed discussions about the story, its characters and themes.

"IT'S LIKE A BOOK CLUB BUT WITHOUT THE COMMITMENT OF HAVING TO READ A WHOLE NOVEL," EXPLAINS OUR LIVELY TUTOR MAREE. "EVERYONE'S THOUGHTS AND REFLECTIONS ON THE STORY ARE ENJOYED, VALUED AND SHARED."

Maree also takes our Cinema & Chat group, which follows the same format. Each fortnight, the group watches a film from SBS on Demand. Maree sends out questions to get them thinking while they're watching. Then, they come together to share their thoughts on various elements of the film.

"SOMETIMES FILMS ARE CHALLENGING FOR PARTICIPANTS," SAYS MAREE, "BUT THERE IS ALWAYS AN OPEN AND FRANK DISCUSSION."

For more information about our courses visit our website.





**Hawthorn Community House** 

Phone: 9819 5758 Email: info@hch.org.au Website: www.hch.org.au

### KEW NEIGHBOURHOOD LEARNING CENTRE

### Try a trade

Kew Neighbourhood Learning Centre is a place in the community where people come to share, connect, learn and realise their potential. We offer diverse programs in adult education, children's services and social activities. We also offer a wide range of responsive programs to those in our community who are

experiencing social isolation.

Are you looking for a practical outlet for your creativity? Perhaps you're considering a trade, but don't know which one you'd like to try?

Then check out 'Try a Trade' at Kew Neighbourhood and Learning Centre.

As the name suggests, Try a Trade gives people the opportunity to try a range of trades to see which one suits them hest.

The first session outlines information on trade careers - e.g. training and employment opportunities, wages and conditions. Then you can choose as many taster sessions as you like.

There are 6 workshops, each specialising in a specific trade:

- Electrical
- Bricklaying
- Carpentry
- Horticulture
- Plumbing
- Engineering.

As well as demonstrating some basic skills, industry experts in each field provide more information about working in their chosen trade.

Head to our website for more information.





### **Kew Neighbourhood Learning Centre**

Phone: 9853 3126 Email: admin@kewnlc.org.au Website: Kewnlc.org.au

### **WORKSHOPS & CLASSES FOR THIS SEMESTER**

### **CHILDREN'S PROGRAMS**

Facilitated Playgroups Occasional Care

### **HEALTH AND WELLBEING**

Yoga Fit for You Mat Pilates Tai Chi

### **ARTS AND CRAFTS**

Ukulele

Writing for Pleasure and Publication Women's Shed

### **SOCIAL GROUPS**

Conversation and Culture Women's Shed Inclusive Communities Program

### **LANGUAGES AND LITERACY**

EAL Beginners/intermediate/Advanced Effective Writing for EAL Digital Literacy for EAL Fast track to Residency

### **DIGITAL SKILLS**

Be Connect for Seniors Small Business Skills Digital Skills for the Workplace – Google Suite or Microsoft 365 Digital Essentials Digital solutions for GIG economy workers Introduction to Microsoft word & Excel

### **LIFE AND WORK SKILLS**

Barista Training Taster in Trades Transition to Employment Taster in Floristry Introduction to Creative Industries Taster in Sport and Recreation Taster in Hospitality Taster in Event management Taster in Textile Taster in Beauty and Wellness Taster in Customer Service Taster in Kitchen Hand



### **CHILDREN'S PROGRAMS**

Parents with Prams Walking Group Playgroup (1–5 years) Children's Art Class (5–12 years) GymFun (2–5 years) Learn to Sew Learn to Knit Lego Club

### **HEALTH AND WELLBEING**

Active Living 60 Plus
After-drop-off Group Personal Training
Ageless Grace
Bike Riding groups
Fit for Life Chair Exercises
Qi Gong
Pilates
Strength Training (YMCA)
Table Tennis (day and evening groups)
Tai Chi (self-directed sessions)
Walking Groups
Yoga Hatha

### **ARTS AND CRAFTS**

Crafternoons for Mums
Watercolour Painting
Drawing
Mixed Media
Mosaics
Ukulele (from beginner to advanced)

### **SOCIAL GROUPS**

Tuesday Evening Book Group Knit for Charity Scrabble Mah Jong Group Men's Discussion OM:NI Foreign Film & Discussion Group Stitch and Chat Women's Reflection Circle

### COOKING

Italian Cooking
Cake Decorating
Make a High Tea
Blokes in the Kitchen

### LANGUAGES AND LITERACY

Italian Spanish

### SURREY HILLS NEIGHBOURHOOD CENTRE

## Finding your inner creative. Why bother?

The benefits of encouraging creativity in both children and adults have been confirmed across multiple studies over many years. Nurturing your inner creative can increase positive emotions and mood, reduce stress, decrease anxiety and even improve your immune system functioning.

Think you're not creative? Think again! There's a well of creativity in everyone and classes at the Surrey Hills Neighbourhood Centre cover a wide range of activities to help you discover your perfect creative outlet.

For children, check out our new Children's Art Classes, which run on Wednesdays at both 4pm and 5pm. Aimed at 5–12 year olds, each term covers a range of techniques and media. Kids can also join our Learning to Sew and Learning to Knit courses.

And for adults, we have our highly popular Watercolour or Drawing Classes, led by award winning watercolour artist Velda Palazzi. Professional artist Julia McLeish guides participants of our Mixed Media course, where you can experiment with everything from charcoal and watercolour pencils to painting with



acrylics and using stencils and inks to add to your artistic journey.

For those who prefer a more 3D creative experience, we run a Charity Knitting group and a Stitch and Chat group. Each term this semester, we're running a special course over 3 Thursday nights to create a mosaic wall plaque for your garden.

There's more information on all these classes, under the Creative menu on our website. **1** 



### **Surrey Hills Neighbourhood Centre**

Phone: 9890 2467

Email: reception@surreyhillsnc.org.au Website: www.surreyhillsnc.org.au

### TRENTWOOD COMMUNITY HOUSE

### Bring your writing to life on the page

People, maybe all people ... want their lives to be noticed, acknowledged, remembered, recorded. ... You, however, want to offer to your readers your unique observations of things, your vision of what life has been like for you.

### - CARMEL BIRD, AUSTRALIAN WRITER



If you have considered writing about your life – for yourself, for your family, for the love of words and story, for publication – join us on alternate Thursday afternoons to start your storytelling adventures.

Rendezvous to Write is a program for older people interested in life writing. The fortnightly interactive sessions will help with useful ideas to tap into your recollections and bring your writing to life on the page. Various prompts, readings from published works and stories shared by the participants will inspire you to recall your own personal history.

There is much joy, laughter, empathy and creativity to be experienced as stories are shared and writing celebrated.

Each person is a story waiting to be told. Put a regular 'writing appointment' in your diary to discover your unique way of telling yours.

No writing experience required, only life experience!





### **Trentwood at the Hub Community House**

Phone: 9006 6590 Email: info@trentwood.org.au Website: www.trentwood.org.au



### **WORKSHOPS & CLASSES** FOR THIS SEMESTER

### **CHILDREN'S PROGRAMS**

Study Space Table Tennis

### **HEALTH AND WELLBEING**

**Belly Dancing** 

Changing Directions Music

Chinese Cultural Dancing

**Pilates** 

Post Natal Exercise (Babies welcome)

Qigong/Tai Chi Beginners

Strength and Balance – Mon (Ages 55+)

Strength and Balance – Fri (Ages 65+)

**Table Tennis** 

Tai Chi - Level 2

Tai Chi- Beginners

Yin and Flow yoga

Walking Group

Zumba

### **ARTS AND CRAFTS**

Still Life with Essence Art Class Art (Mixed Media) Natural Objects and Still Life Drawing

### **SOCIAL GROUPS**

Cryptic Crosswords Craft, Coffee and Chat **Table Tennis** Walking Group

### **GARDENING AND SUSTAINABILITY**

Small instructive gardening workshops Repair Café

### COOKING

Persian cooking workshops Turkish cooking workshops \$5 Meals (NDIS)

### **LANGUAGES AND LITERACY**

French (intermediate)

### **LIFE AND WORK SKILLS**

Rendezvous to Write



### Still looking for inspiration?

### **CHECK OUT SOME SPECIAL EVENTS**

### ALAMEIN NEIGHBOURHOOD AND LEARNING **Harmony Day**

### 22 March 2023, 10.30am - 12pm

Join us for delicious food, fun activities and meet our wonderful, diverse community. Dress in orange, the Harmony Day colour.

### **ASHBURTON COMMUNITY CENTRE**

### Ashburton-a-Fair

### 1 April 2023 and 24 June 2023, 9.30am - 2.30pm

Includes a craft market, art & craft workshop, free creative activities for all ages, Devonshire Tea and sausage sizzle.

### **Bookfest Ashburton - Summer Pop Up Event**

### 26 February 2023, 10am - 2pm

Second-hand book sale, free craft activities for all ages, Devonshire Tea and sausage sizzle as part of the Ashburton Community Festival.

### **BALWYN COMMUNITY CENTRE**

### **Women's Self Defence Workshop**

### 8 March 2023, 6.30pm - 8.30pm

Balwyn Community Centre and Trentwood at the Hub are holding a self-defence workshop for women and girls. Suitable for women of all ages and abilities.

### **BOWEN STREET COMMUNITY CENTRE**

### Harmony Day - "Everyone belongs"

### 23 March 2023, 10am – 12pm

Join us for a children's puppet show and morning tea. The event is free, but booking is essential.

### **CRAIG FAMILY CENTRE**

### **Harmony Day**

### 25 March, 12pm – 4pm

Feast on international cuisine and enjoy a wide range of cultural performances as we celebrate diversity in our community.

### **HAWTHORN COMMUNITY HOUSE**

### **Bands and Burgers in the Park**

### 10 February 2023, 4.30pm - 8pm

Join us in Central Gardens – the Rocket Park – for music and children's entertainment, food and fun. Enjoy the local food trucks and listen to bands and entertainers.

### **HAWTHORN COMMUNITY HOUSE**

### **International Women's Day**

### 8 March 2023, 9.30am - 2pm

Listen to inspiring guest speakers and stimulating discussion as we celebrate women in our community. This event is run in partnership with Trentwood at the Hub.

### KEW NEIGHBOURHOOD AND LEARNING CENTRE Longest Lunch with the Neighbours

### 24 March 2023, 12pm - 3pm

To celebrate Neighbour Day, KNLC will host The Longest Lunch. Our Sparechair Café will provide a wonderful spread. Bring a friend or make some new ones!

### SURREY HILLS NEIGHBOURHOOD CENTRE

### **Surrey Hills Music Festival**

### 25 February 2023, 3pm - 10pm

The 2023 Festival features an afternoon session with our Chill Vibes: Acoustic, Blues, Roots and Folk music. Night Vibes showcases bands and solo artists in the Pop, RnB, Soul, Hip Hop & Funk genre.

### **International Women's Day**

### 8 March 2023, 8am - 9.30am

Gather as a community of women for a morning event with an inspiring speaker, a breakfast pastry and barista coffee.

### TRENTWOOD COMMUNITY HOUSE

### **Summer holiday Table Tennis Tournaments for Boroondara Youth**

### 23-24 January 2023, 11am - 2pm

Join Boroondara Youth at Trentwood for a table tennis show down. Meet new friends and test your skills in this round robin tournament. For people aged 14–25 years.

### Neighbourhood House Week at your Boroondara Neighbourhood Houses



### 8 - 14 May 2023

Your local Boroondara Houses and Centres will be providing free trials, taster classes and activities. Visit our websites to see what's on.

**Our Locations** 

1 Alamein Neighbourhood and Learning 49 Ashburn Grove. Ashburton 3147

Phone: 9885 9401 Email: admin@alameinnlc.com.au

Website: www.alameinnlc.com.au

Facebook: Alamein Neighbourhood and Learning Centre

2 Ashburton Community Centre

160 High Street, Ashburton 3147 Phone: 9885 7952 Email: office@ashburtoncc.org.au

Website: www.ashburtoncc.org.au Facebook/Instagram: ashburtoncc

Balwyn Community Centre

412 Whitehorse Road, Surrey Hills 3127

Phone: 9836 7942 Email: reception@balwyncc.org.au

Website: www.balwyncc.org.au Facebook: BalwynCC

4 Bowen Street Community Centre

102 Bowen Street, Camberwell 3124

Phone: 9889 0791 Email: info@bowenstreet.org.au

Website: www.bowenstreet.org.au

Camberwell Community Centre

33-35 Fairholm Grove, Camberwell 3124

Phone: 9882 2611 Mobile: 0478 766 683

Email: contacts@camberwellcc.org.au

Website: www.camberwellcommunitycentre.org.au Facebook: camberwellcommunitycentre.org.au

6 Canterbury Neighbourhood Centre

2 Kendall Street, Canterbury 3126

Phone: 9830 4214 Email: office@canterburynh.org.au

Website: www.canterburync.org.au

Craig Family Centre

7 Samarinda Avenue, Ashburton 3147

Phone: 9885 7789 Email: enquiries@craigfc.org.au Website: www.craigfc.org.au

8 Hawthorn Community House

32 Henry Street, Hawthorn 3122

Phone: 9819 5758 Email: info@hch.org.au

Website: www.hch.org.au

 ${\it Facebook:} www.{\it facebook.com/hawthorncommunity} house$ 

Instagram: www.instagram.com/hawthorncommhouse

Kew Neighbourhood Learning Centre

2-12 Derby Street Kew 3101

Phone: 9853 3126 Email: admin@kewnlc.org.au

Website: Kewnlc.org.au

Instagram: @kewlearning

Facebook: @kewneighbourhoodleaningcentre

10 Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills 3127

Phone: 9890 2467

Email: reception@surreyhillsnc.org.au Website: www.surreyhillsnc.org.au

Facebook: www.facebook.com/surrey.neighbourhoodcentre

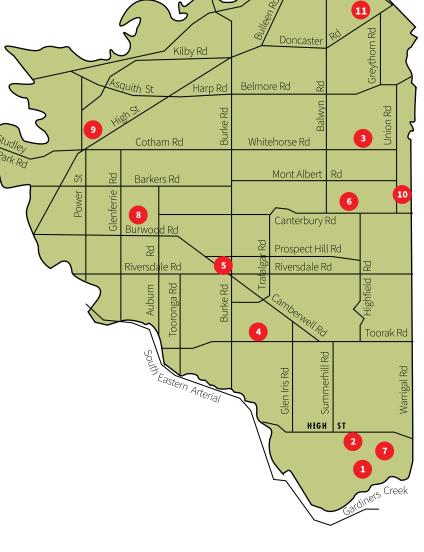
111 Trentwood Community House

2 Centre Way, Balwyn North 3104

Phone: 9006 6590

Email: info@trentwood.org.au Website: www.trentwood.org.au

Facebook: Trentwood at the Hub



### **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.

**Disclaimer:** Details are correct at the time of publication.

The community and neighbourhood centres reserve the right to add, withdraw and substitute events, workshops and programs should the need arise.

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