

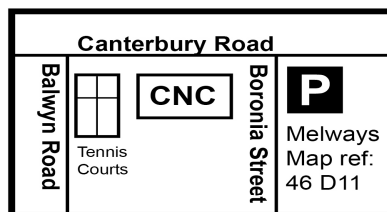


171 Canterbury Road Canterbury Vic. 3126  
 Phone: 9830 4214  
 Email: office@canterburynh.org.au  
 www.canterburynh.org.au  
 ABN 90 896 989 116  
**MERRY CHRISTMAS & HAPPY NEW YEAR!**

#### Office hours

9am - 3.30pm—Mon., Tues., Wed. and Thurs.  
 9am - 12.30pm—Friday

The office is located in Weller House (enter via the front or side doors).



- **Bookings** may be made in person, by phone or by mail and must be accompanied by full fees.
- If a member withdraws from their course less than one week before commencement, a cancellation fee of 20% will be charged.
- **No refund** will be given once a course has begun.
- Courses that do not achieve a minimum enrolment may be cancelled and a full refund will be issued.
- Concession rate is available for health care card holders for childcare and some classes.

As a not for profit organisation we operate on very small margins. Late withdrawals from classes can result in a class becoming financially unviable. Your fees are used to cover costs including tutor and staff salaries, general administration, publicity, photocopying, postage, coordination of courses, etc.

#### Membership (for all participants at the Centre)

\$10 per family per year.

This fee helps cover the cost of administration, tea and coffee, kitchen and bathroom supplies and other consumables supplied for your convenience.



**Watercolour**

**Home Gardening**

**German**

**Mandarin**

**Japanese**

**Writer's Workshops**

**Literature Classes**

**Understanding  
Today's World**

**Spanish**

**French**

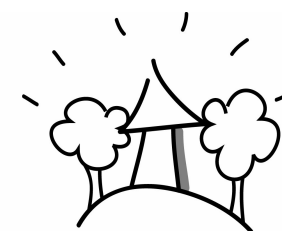
**Italian**

**Zumba**

*See inside for more details  
of these and other exciting  
courses*

2012

**Term 1**



CANTERBURY  
NEIGHBOURHOOD  
CENTRE

# Playgroup

## Structured Playgroup

Structured fun activities are provided by supportive staff who will encourage children to learn through art, craft, music and constructive play. Parents in attendance.

Monday, Tuesday, Friday  
9.30am to 11.30am

Wednesday  
9.45am to 11.45am

Cost: \$72 per term (9 weeks)  
\$46 for second child in same family over 12 months.

*Term 1 starts Wednesday 1 Feb*

## Parent Playgroup

Are you a group of parents who like to get together with your children but are finding it hard to do so at home?

We have a spacious room with good equipment, available some afternoons.

\$26 per group per week

(payable by the term).

Phone for more information.

# Be Supported

## Anxiety Support Group

A group to support people with OCD, panic, agoraphobia, generalised anxiety, hoarding, BDD, Tricho/Hair Pulling, Social Anxiety/Shyness & Phobias

2nd Thursday monthly  
6.30pm-8.30pm

Cost: Free (gold coin donation appreciated) Further enquiries to the Anxiety Recovery Centre Victoria (ARCVic) on 9830 0533 (Helpline) or [www.arcvic.org.au](http://www.arcvic.org.au)

## Trauma Support Group for women who have experienced child abuse

An ongoing group for women who have experienced child abuse. Conducted by a holistic counsellor who has previously facilitated ASCA Support Groups.

Thursdays (monthly) 6.30pm-8.30pm  
Cost: \$10 (\$5 conc.) Further enquiries to Tabitha on 0422 646 021

## Time Out For Parents

You are welcome to leave your child in childcare and use a quiet spot in the Centre to study, sew, read or simply relax.

# Get Fluent

## Italian for Travellers and Beginners

**new**

with Nicolas Panayotis

Students interested in basic Italian for travel &/or for pleasure. No experience necessary.

Wednesdays 12.45pm-2.45pm

Starts 8 Feb (8 weeks)

Cost: \$126.50 (incl photocopying)

## Italian for Intermediate with Maria Volpe

Increase your knowledge of Italian and learn to speak, read and write Italian. Maria provides a practical course relating to everyday situations. **This class assumes 3 years of previous tuition.**

Thursdays 12.20pm-2.20pm

Starts 9 Feb (8 weeks)

Cost: \$126

## Italian Advanced with Nicolas Panayotis

Students have covered all the basic grammar and some 13 tenses and begin to concentrate on conversation about issues and daily events.

**This class assumes 4 years of study.** Wednesdays 3pm-5pm

Starts 8 Feb (9 weeks)

Cost: \$126.50 (incl photocopying)

## Mandarin for Beginners with Zhou Wang

Learn to read, write and speak Mandarin in this practical course..

**No experience necessary.**

Fridays 10am—12noon

Starts 10 February

Cost: \$126 (8 weeks)

## Italian Advanced Conversation with Maria Volpe

Maria concentrates on conversation and writing with revision of grammar as needed. These classes assume a good knowledge of grammar and general vocabulary and focus on issues & themes of general interest.

Thursdays 10am-12noon

Starts 9 Feb (8 weeks)

Cost: \$126

## Italian Language / Conversation (High/Advanced) with Nicolas Panayotis

Students refine their grammar and ideas and discuss issues/write in various genres. **Assumes over 5 years of previous learning in Italian**

Wednesdays 9.30am -11.30am.

Starts 8 Feb (8 weeks)

Cost: \$126.50 (incl photocopying)

## German for Beginners

**new**

with Sigrid Erdt

Learn to speak, read and write in this class for complete beginners.

Mondays 1pm-3pm

Starts 6 February (except 12th Mar)

Cost: \$110 (7 weeks)

## German Level 2

with Sigrid Erdt

Learn to speak, read and write in this class for those with 2 to 3 years of previous tuition.

Tuesdays 10am-12noon

Starts 7 February

Cost: \$126 (8 weeks)

# Get Fluent

## French for Beginners 2 with Marie Baker

Learn to speak, read and write French in this practical course in language and culture. **Assumes 32 hours previous tuition.**

Mondays 1pm-3pm. Starts 6 Feb  
Cost: \$110.50 (7 weeks)

## French Intermediate 1 with Marie Baker

Learn to speak, read and write French with this practical course about everyday situations.

**Assumes 1 1/2 years of previous tuition.**

Mondays 7pm-9pm Starts 6 Feb  
Cost: \$110.50 (7 weeks)

## French Intermediate 2 with Marie Baker

Learn to speak, read and write French with this practical course about everyday situations.

**Assumes over 3 1/2 years of previous tuition.**

Mondays 10.30am-12.30pm.  
Cost: \$110.50 (7 weeks)

## French for Intermediate 2 with Marie Baker

Marie leads an interesting and practical course about everyday situations. For those not yet fluent.

**This class assumes 3 1/2 years of experience.**

Starts 10 Feb  
Fridays 1pm-3pm.  
Cost: \$126 (8 weeks)

## VCE French Conversation with Marie Baker

Marie works with you to help prepare for your VCE oral exam by practising with a small group of no more than 8 students.

Yr 11 – Mondays 4.30pm-5.30pm  
Cost: \$49 (4 weeks) Starts 27 Feb  
Yr 12 – Mondays 5.30pm-7pm  
Cost: \$92 (5 weeks) Starts 20 Feb

## French Advanced 1 with Marie Baker

Marie leads a practical and entertaining course looking at everyday situations. Marie uses text, DVD and voice tapes to illustrate the culture and language.

**This class assumes 4–5 yrs of previous tuition.** Starts 10 Feb  
Fridays 10.30am-12.30pm  
Cost: \$126 (8 weeks)

## Spanish—Term 1 With Ana Gioino

new

### Spanish for Beginners

Wednesdays 6pm to 8pm  
Starts: 8 February  
Cost: \$126 (8 weeks)

### Intermediate Spanish

(1½ - 3 yrs experience)  
Tuesdays 3pm to 5pm  
Starts: 7 February  
Cost: \$126 (8 weeks)

### Spanish Adult Conversation

Tuesdays 5pm to 6pm  
Starts: 7 February  
Cost: \$78 (8 weeks)

# Childcare

## Childcare

Our Childcare Centre provides a supportive, happy and safe setting where children learn through play. We offer programs which facilitate children's continued growth and development based on their individual needs. Our qualified, trained and experienced staff ensure that quality care and education is provided. **Term 1 starts Wed 1 Feb.**

## Term Bookings

Term bookings for occasional care  
**Tuesday, Wednesday and Friday**

Fees: \$30 per session (3 hours)  
(\$17 for each additional child)

### Monday and Thursday

Fees: \$39.50 per session (4 hours)  
(\$23 for each additional child)

## Childcare Centre Hours

**Tuesday, Wednesday and Friday**

9.15am-12.15pm

**Monday and Thursday**

9.00am-1.00pm

## Casual Occasional Care

Casual Occasional Care places are available for each session.

## Course Places

For parents using the occasional care while doing a course at the centre.

Fees: \$24 per session

\$13 for each additional child

Early bookings are required for places to be guaranteed.

You are most welcome to phone or call in for bookings or more information regarding our Childcare Centre.

# For the little ones

## Preschool French

Fun with language for children  
Mondays 10am-10.45am  
Starts: 6 February  
Contact Rachel Lee  
on 0438 350 150 or  
rachel.lee@lcfclubs.com.au

## Parenting Information Sessions

Strategies and solutions for parents of children of all ages to learn the skills to become confident in their parenting.

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

Parentline 13 22 89

# Get Interested

## Understanding Today's World

with **Dr. Nihal Henry Kuruppu**

Interesting and informative discussions to gain a better understanding of domestic and international political affairs both historical and present day.

Wednesdays (fortnightly)

10am-11am

Dates: 8 & 22 Feb, and 7 & 21 March

Cost: \$43.00 (4 sessions)

## CNC Book Club

facilitated by **Judy Kirkham**

Tuesdays—3rd of each month

10:30-11:30 am

Cost: \$3 per month & member fee

Please ring and enrol through the office if you would like to join in.

new

## Scrabble

Join this friendly group every Wednesday 1 February (weekly)

1:00 - 3:00 pm.

Cost: \$18 (or \$3 per session).

## Chess

Fridays

10:00am—12 noon

Cost: \$3 per session

new

## Trivial Pursuit

Thursdays - 1st & 3rd of each month. 10:00am—12 noon

Cost: \$3 per session

new

## Writers Group

An ongoing literary group which produces an annual publication. Provides an opportunity to present your own writing, and have it discussed and enjoyed in a friendly and supportive environment.

Last Thursday of each month

10am-12noon

Term 1 Dates: 23 Feb, 29 March

Cost: \$3 per session.

## Community Garden

Interested people are being sought to look after the centre's vegetable plot at the Canterbury Community Garden. Share in the harvest of the crops and enjoy gardening for good health.

Contact us for more information.

## Children's Spanish-Term 1

Please register your interest for Term 1. Phone Rachel Lee on 0438 350 150 or [rachel.lee@lcclubs.com.au](mailto:rachel.lee@lcclubs.com.au)

for the following classes at CNC during Term 1. Subject to interest!

### Preschool Spanish

Mondays 11am to 11.45am

### Primary School Spanish

(5 to 11 years)

Mondays 4pm to 5pm

# Be Creative

## French Polishing/Furniture Restoration

with **Robert Zass**

Robert will show you how to bring that old piece of furniture back to it's original splendour.

Suitable for beginners and

advanced students

Thursdays 9.15am-11.45am

Cost: \$145 plus materials

Starts: 9 February (8 weeks)

(Some storage is available)

## Easy Home Gardening with Sandi Pullman

Sandi will show you how to prepare and beautify your garden for spring and summer by learning about types of soils, irrigation and choices of plants

Tuesdays 9.30am – 12.30pm

Cost: \$166 (includes materials)

Starts: 14 February (7 weeks)

## Upholstery/Soft Furnishings

with **Amber Callaghan**

Amber is very skilled in the traditional craft of upholstery and will help and inspire you to turn that old piece of furniture into something beautiful for your home. Suitable for beginners and advanced students.

Tuesdays 12noon –3pm

Cost: \$181.50 (8 weeks)

Starts: 7 February

full

## Grow Perfect Vegetables with Sandi Pullman

Sandi will demonstrate how best to produce perfect vegetables from your own garden.

Wednesdays 12.30pm—3pm

Cost: \$123 (5 weeks)

Starts: 29 February

# Be Healthy

## Lifestyle Refocus Workshops with Michele Tocci

### Manage My Time

Are you suffering from the feeling that there isn't enough time to do what you need to do, let alone what you want to do? This course will provide practical strategies, techniques and tools so you can be balanced and effective and be able to make time for the people and activities that you love.

Wednesday 10am—12.30pm

Cost: \$36

Date: Wed 29 Feb

### Declutter Your Mind

Simplicity, clarity, peace of mind...When was the last time you experienced that in your life?

This course will provide you with practical steps to help you relax, plan, find balance, develop positive habits and to focus on what is really important to you.

Wednesday 10am-12noon

Cost: \$28.50

Date: Wed 14 March

### Diabetes Prevention-Life! with Gideon Armer

Courses are conducted at the centre each term. For information about this course call Gideon on 0418 399 866 or 9939 1663  
[www.lifestylemanagementaustralia.com](http://www.lifestylemanagementaustralia.com)

### Stroke Talk with Caroline de Moel

(The Health Desk)

What exactly is a Stroke? How does it occur? Who is at risk? How to prevent and treat it.

It will emphasise exercise and will include tips for carers and the importance of the carer in many recovery situations.

Tuesday 14 February 2pm to 3pm.

Cost: \$14

Bookings essential

### Depression & Anxiety Talk with Caroline de Moel

This talk will explain: What is Depression and what is anxiety?

What are the differences between them and the treatments and strategies that can help?

Tuesday 21 February 2pm to 3pm

Cost: \$14

Bookings essential

### Merry Christmas from CNC!

The staff, volunteers, and the Committee of Management of the Canterbury Neighbourhood Centre, sincerely thank you - all our members and participants - for your support throughout the year, and for helping us celebrate our 30th Birthday! We wish you all a very Merry Christmas, a Happy New Year and a wonderful and enjoyable 2012!

# Get Interested

## History & Culture with Sue Braint

### Words of War

Centuries of conflict have indelibly imprinted themselves in our vocabulary & in our literature. We will examine the influence of wars on our language, poems & literary heritage. Handouts are provided.

Wednesdays 1pm-3pm

Cost: \$67 (4 weeks)

Starts: 8 February

### Readings from 'Bleak House'

Dickens, the master ventriloquist, tells this story of legal entanglement & personal tragedy through many voices. We approach the novel with readings from key scenes, followed by analysis.

Wednesdays 1pm-3pm

Cost: \$67 (4 weeks)

Starts: 7 March

## Congratulations to Sue Braint

An experienced writer & editor who has recently had a novella published!

Titled "A Transparent Death", It is available from Ginninderra Press.

[www.ginninderrapress.com.au](http://www.ginninderrapress.com.au)

Info :[www.suebraint.blogspot.com](http://www.suebraint.blogspot.com)

## Writers Workshop—Craft for Experienced Writers

Are you prepared to be challenged in your writing? A stimulating group allowing for reflection & practice. Sessions cover the use of dialogue, developing your characters, the significance of syntax and developing stylistic techniques.

Thursdays (fortnightly)

10am-12noon (incl. photocopying)

Cost \$66.50 (4 sessions)

Dates: 9 & 23 Feb, 8 & 22 March

## Writers Workshop for Beginners.

If you've always wanted to write but are not sure how to get started, then this is the course for you.

Thursdays (fortnightly) 10am-12

Dates: 2 & 16 Feb, 1, 15 & 22 Mar

Cost: \$82 (5 sessions)

## Canterbury History Group

is an active community group that collects, preserves and presents historical material about Canterbury. It meets monthly at the Centre.

Enquiries can be made to

Frances on 9836 9117

President: Jan Pigot

email: [canthist@gmail.com](mailto:canthist@gmail.com)

Web: [home.vicnet.net.au/~canthist](http://home.vicnet.net.au/~canthist)

# Get Fit

## Fit for You with Bill Humphries

Please register your interest for Term 2 as class is on a break in Term 1.

Focusing on core strength, resistance training and stretching, along with body balance and some cardiovascular conditioning. Be fit, have fun, stay younger!  
Wednesdays 10am-11am.

## Zumba with Helen Donovan

Dance your way to fitness! Learn easy to follow dance steps with energising Latin rhythms. Check out the website [www.lifestylemanagementaustralia.com](http://www.lifestylemanagementaustralia.com)  
Suitable for all ages and fitness levels  
Mondays 5.30pm-6.30pm  
6.30pm-7.30pm  
Cost: \$95 (10 weeks) (\$90 conc.)  
Starts: 16 January  
\$12 per casual session (\$10 conc.)  
Student concession available

## Walk and Talk

Make new friends and get fit at the same time. Come and join our small and enthusiastic group of walkers for an hour's walk followed by a cuppa and a chat.

*This group walks at a very brisk pace.*

Thursdays  
Meet at the centre at 9.30am.  
No cost with \$10 Centre membership. Resumes 2 Feb 2012

## Social Tennis

Two courts are available weekdays between 9am-3pm.  
Would suit a group looking for a venue or an individual wanting to join a group.  
Cost: \$4 per session per person  
Phone us to book.

# Be Artistic

## Botanical Art with Terry Napier

Learn to use specific watercolour techniques as they are applied to botanical illustration.  
Mondays 9.30am-12noon  
or 12.30pm-3pm  
Starts: 6 February  
Cost: \$150.50 plus materials  
(7 weeks)

## Watercolour with Deb Mawdsley

Create your own works of art! Beginners and advanced students are welcome to join these friendly, supportive and inspiring classes under Deb's encouraging and talented supervision.  
Tuesdays 9.30am-11.30am  
or 12.45pm-2.45pm.  
Starts: 7 February  
Cost: \$108.50 plus materials  
(7 weeks)

## Knitting and Stitching Chat Group

Come and share your skills with others in a friendly group. Bring along any kind of craftwork to this chatty group, hand sewing, crochet, beadwork, knitting, lacework, quilting and patchwork, embroidery etc. that you have on the go!  
Tuesdays from 7 February  
1pm-3pm No cost for members

new

## French Conversation

With Marie Baker  
For those already fluent or conversational.  
Thursdays 3pm to 4.30pm  
Starts 9 February 2012  
Cost: \$115.50  
(8 weeks)

new

## Japanese for Beginners— With Rumiko Komonz NEW!!

Start to learn how to read, write and speak Japanese. No experience necessary.  
Tuesdays  
10am to 12noon  
Starts: 14 February  
Cost: \$110.50  
(7 weeks)