

Short Course Guide

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

Semester 1: January to June 2020



WHO WE ARE & WHERE WE ARE

The City of Boroondara is home to eleven Community and Neighbourhood Houses.

Our Centres offer over 200 courses and activities; ranging from art groups, further education and personal development, friendly fully-accredited childcare facilities, child and youth activities, social groups to fitness classes – all conveniently located around Boroondara.

You will be surprised at what is on offer and how close you are to one!

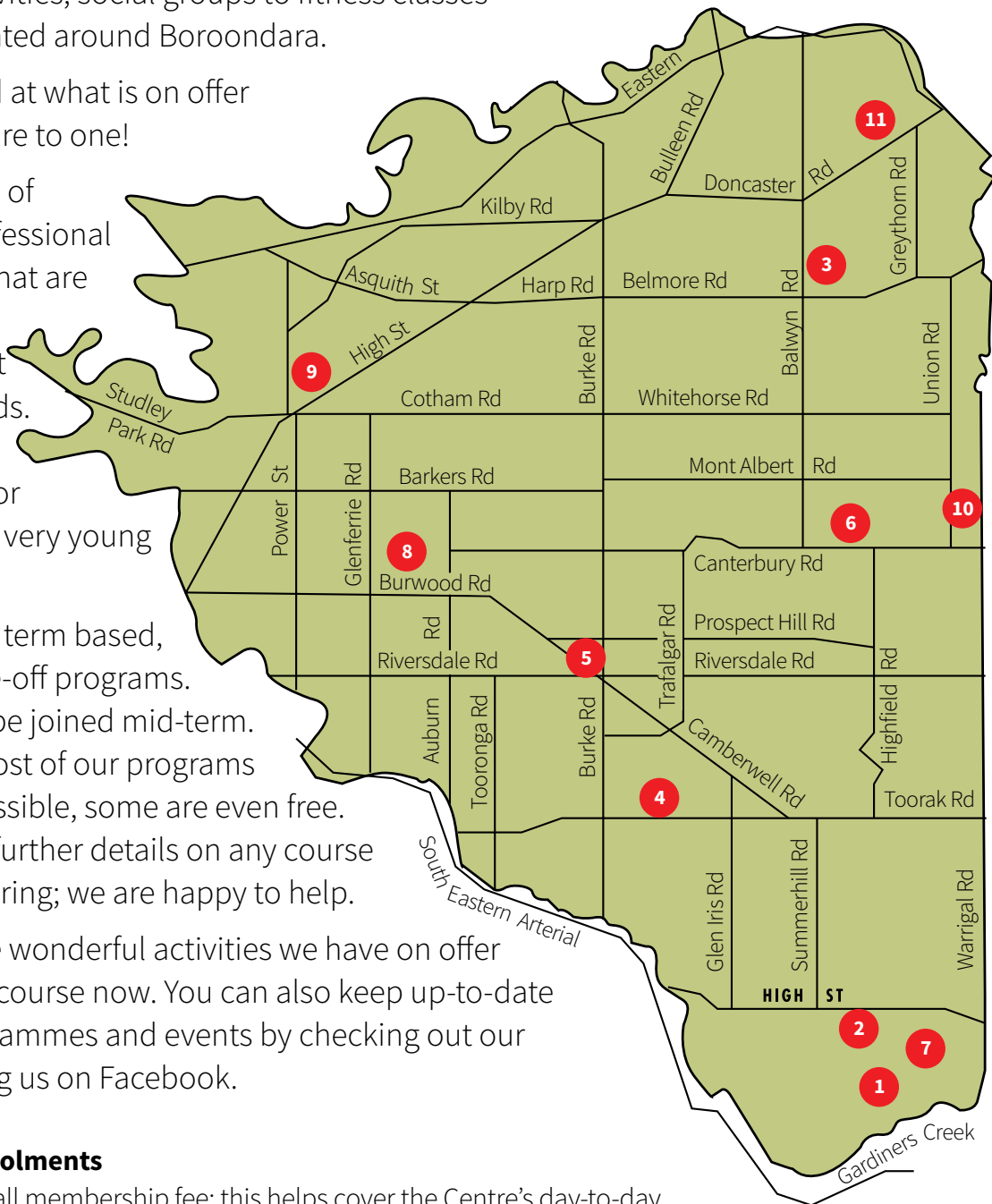
We have many years of experience with professional tutors and courses that are constantly evolving and growing to meet our community needs. Most importantly, there is something for everyone – from the very young to the most senior.

Courses are a mix of term based, short courses or one-off programs. Often activities can be joined mid-term. We try to keep the cost of our programs affordable and accessible, some are even free. Call our Centres for further details on any course that you are considering; we are happy to help.

Look up some of the wonderful activities we have on offer and enrol in a short course now. You can also keep up-to-date with our latest programmes and events by checking out our websites or following us on Facebook.

Memberships and Enrolments

Most Centres have a small membership fee; this helps cover the Centre's day-to-day running costs, administration overheads and hospitality expenses. 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 printing and may change occasionally.



Neighbourhood Houses
Boroondara



1 Alamein Neighbourhood and Learning Centre

49 Ashburn Grove, Ashburton 3147
Ph: 9885 9401 E: admin@alameinnlc.com.au
W: www.alameinnlc.com.au
FB: Alamein Neighbourhood and Learning Centre

2 Ashburton Community Centre

160 High Street, Ashburton 3147
Ph: 9885 7952 E: office@ashburtoncc.org.au
W: www.ashburtoncc.org.au
Facebook.com/ashburtoncc Instagram.com/ashburtoncc

3 Balwyn Community Centre

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

4 Bowen Street Community Centre

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

5 Camberwell Community Centre

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

6 Canterbury Neighbourhood Centre

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

7 The Craig Family Centre

7 Samarinda Avenue, Ashburton 3147
Ph: 9885 7789 F: 9885 6299 E: enquiries@craigfc.org.au
W: www.craigfc.org.au

8 Hawthorn Community House

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

9 Kew Neighbourhood Learning Centre

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

10 Surrey Hills Neighbourhood Centre

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

11 Trentwood at the Hub

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

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January to June 2020



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CHILDCARE

The following Centres provide sessional child care in a supportive, safe and fun setting where children learn through play. Qualified early childhood educators staff all sessions. Contact Centres directly for further details or to enquire about vacancies.

■ Occasional/Sessional Childcare

Balwyn: Mon to Fri 9am - 12pm
28/1 (9wks); 14/4 (11wks)

\$37.50 per session or \$45 casual

Mon to Fri 9am - 2pm

28/1 (9wks); 14/4 (11wks)

\$62.50 per session or \$75 casual

Mon to Fri 12pm - 2pm

28/1 (9wks); 14/4 (11wks)

\$25 per session or \$30 casual

Bowen Street: Quality CCS Approved sessional childcare programs in line with the Early Years Framework.

(6mths to 5yo) Wed and Fri

9.15am - 12.15pm 29/1 (9wks); 15/4 (11wks)

(12mths to 5yo) Wed and Fri

9.30am - 2.30pm 29/1 (9wks); 15/4 (11wks)

Extra term break sessions

Wed 9.30am - 2.30pm

22/1, 1/4, 8/4, 1/7, 8/7 Call Centre for cost

Craig: A program facilitated by qualified early childhood educators.

Children enjoy a range of activities.

Childcare subsidy available.

Mon to Fri 9am - 2pm

28/01 (9wks); 14/04 (11wks) \$72 per session

Hawthorn: Mon, Tue, Wed

9.15am - 1.15pm, Thu 9.15am - 2.15pm,

28/1, 14/4. Ph: 9819 2629

■ 3-Year-Old Program/Occasional Care

Facilitated by qualified early childhood educators, enhances children's development with a combination of structured and unstructured activities. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin. CCS available.

Craig: Tue and Thu 9am - 2pm

28/01 (9wks); 14/04 (11wks)

\$820 per term plus \$12.50 per week if Mandarin classes are partaken in.

■ 3-Year-Old Kindergarten

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

Craig: Mon and Wed 9am - 2pm

29/01 (9wks); 15/04 (11wks) \$835 per term

■ Funded 4-Year-Old Kindergarten

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

Craig: Mon, Wed and Fri 9am - 2pm

29/01 (9wks); 15/04 (11wks)

\$590 per term, funded

CHILDREN & TEEN ACTIVITIES



■ Shoestring Occasional Care

Take a break while your children explore through play. Bookings and payment made on a school term basis.

Kew: Mon, Tue, Wed or Thu 9am - 12pm
3/2 (8wks); 13/4 (10wks) \$36 per session

■ Shoestring Plus (3 - 5yrs)

Activities include art, cooking and science. Enrol for 1 or 2 afternoons.

Kew: Mon, Tue or Thu 1pm - 4pm
3/2 (8wks); 13/4 (10wks) \$36 per session

CHILDREN & TEEN ACTIVITIES

■ Preschool Birthday Parties

Room hire for preschool birthday parties. Virtual tour of facilities and details: www.bowenstreet.org.au

Bowen Street: Sat and Sun
9am - 1.30pm or 1.30pm - 5pm
some weekdays available

\$150 (Members \$110)

Children's Art & Craft

■ Clay Play-Hand Built Ceramics for Children 8-12yrs **NEW**

Canterbury: Wed 4.15pm - 5.45pm
19/2 (6wks); 6/5 (6wks) \$186

■ Comic Art for Kids

Learn the fundamentals of illustration & drawing using a comic style, suitable for 8-12 years.

Ashburton: Sat 9.30am - 10.30am
1/2 (9wks) \$135; 18/4 (10wks) \$150

■ Messy Play (18mths - 5yrs)

Enjoy a variety of sensory and creative play experiences allowing children to explore, create and discover through messy mediums such as slime, goop, playdough, wet and dry sand, paint and water.

Trentwood: Wed 10am - 11am
12/2 (6wks); 20/4 (6wks) \$75

■ 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 5/2 (8wks)
\$180; 15/4 (10wks) \$220

■ Neighbourhood Art for Kids

A workshop suitable for 7-12 years old. Get creative printing and painting using mixed media.

www.trybooking.com/574578

Hawthorn: Sun 15/3, 2pm - 5pm, \$55

■ Young at ART with Toshi (8 - 13yrs)

Camberwell: Tue 4pm - 5.30pm

4/2 (8wks); 28/4 (8wks) \$168

Dance, music & yoga

■ Caroline's Little Stars - Kids' Music (8mths - 5yrs)

Ashburton: Mon 9.30am - 10.15am
3/2 (7wks) \$105; 20/4 (9wks) \$135
(sibling discount available)

Ashburton: Mon 10.30am - 11.15am
3/2 (7wks) \$105; 20/4 (9wks) \$135
(sibling discount available)

■ Young Superstars - acting for children (3 - 4yrs)

Canterbury: Fri 9.30am - 10.30am
28/2 (1wk); 29/5 (6wks) \$25

■ Drama basics for children (5 - 7yrs)

Canterbury: Wed 4pm - 5pm
5/2 (8wks); 22/4 (8wks) \$160

■ Mini Groovers (18mths - 5yrs)

Fun and creative dance classes for pre-schoolers.

Ashburton: Thu 9.45am - 10.15am
31/1 (9wks) \$135; 16/4 (11wks) \$165
(sibling discount available)

■ Kids Yoga & Movement **NEW**

A mixture of dance, acrobatics, yoga and mindfulness, to teach coordination, embodiment, trust and connection, suitable for 6 - 12 years.

Ashburton: Thu 4.15pm - 5pm
(8wks) \$120. Dates to be confirmed.
Call 9885 7952 to register your interest.

■ Kinder Circus (3 - 5yrs)

A 45-minute class of juggling balls, hoola-hoops, spinning plates, devil sticks, sock pois and twirling ribbons, all with fun music! The program is designed to promote gross motor skills and confidence.

Hawthorn: Thu 1pm - 1.45pm
4/2 (8wks); 14/4 (8wks) \$179

- **Kinder Gymnastics (3 - 5yrs)**
PMP/Tabloid sport for children aged 3-5 years of age. This 45 minutes program of fun gymnastics drills focus is on promoting self-esteem, fundamental motor skills and building confidence. Siblings welcome!

Hawthorn: Tue 12pm - 12.45pm
4/2 (8wks); 14/4 (8wks) \$179

- **Yoga for Mothers Babies**

Bring your baby/child to Yoga as you exercise and relax. Bring your own mat.

Bowen Street: Tue 10am - 11am
11/2 (7wks) \$105; 21/4 (10wks) \$150

Exploring & education

- **Bright Brains Homework Group (8 - 17yrs)**

Homework and study service for primary and secondary students. Fun, safe learning environment, receive tutoring with study, debate, explore and play.

Craig: Wed 4pm - 5.30pm
5/2 (9wks); 22/04 (10wks) **FREE**

- **Cooking with Kids**

Cooking session for parents and children to learn about healthy eating for developing stages 2 - 4 years. Provided in collaboration with Alamein Neighborhood House.

Craig: Last Thu of every month
\$7 per session

- **Developing Understanding of Self and others (DUSO) for Kids (5 - 10yrs) NEW**

With the help of DUSO the Dolphin, children will explore emotions, social skill and personal strengths through stories, dramatisation and puppet play.

Trentwood: Sat 10am - 11am
8/2 (8wks) \$200; 2/5 (9wks) \$225

- **Mandarin/English Class (4+ yrs)**

Fun and effective play-based class.

Craig: Mon to Sun, times vary according to age
\$550 per term 3/2 (9wks); 20/4 (10wks)

Playgroups

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

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

Craig: Fri & Sun, class times vary according to age \$297 per term
(2 - 3 years) \$297 per term
(3 - 4 years) \$330 per term
7/2 (9wks); 17/4 (10wks)

- **Grandparents'**

Bowen Street: Facilitated open-age playgroup for grandparents and carers.
(0 - 5 years) Mon 9am - 11am during school terms \$5 per session

Hawthorn: Through our newly started Grandparents playgroup we aim to meet the needs of families with pre-school children cared for by grandparents, providing them with an opportunity to connect with local community.

(0 - 5 years) Fri 11am - 12.30pm
31/1 (10wks), 17/4 (11wks) \$58
Contact us for details.

Kew: Organised activities for children with their grandparents

(0 - 5 years) Wed 11am - 1pm
15/1 (ongoing) \$3.50 per session

- **Mandarin Playgroup Facilitated (2 - 4yrs)**

Mandarin immersion activities: storytelling, music, games, handicraft.
Email: info@realmandarin.com.au

Craig: Thu, Fri, Sat & Sun, class times vary according to age.

(2-3 years) \$297 per term
(3-4 years) \$330 per term
3/2 (9wks); 16/4 (10wks)

- **New to the Area**

Unstructured, open-age, for new families.

Bowen Street: Thu 9am - 11am
Membership fees apply

- **Parent Led (0 - 5yrs)**

Craig: Facilitated by CFC families. Meet other families in your community, participate in play-based activities with your child. Mon, Tue, Thu, Fri 28/1 (9wks); 14/4 (11wks) \$6.50 per session.

Kew: Facilitated by our Early Childhood Educator.

Wed 12.30pm - 2pm 15/1 (ongoing);
Thu **(0 - 2 years)**

12.30 - 2pm 16/1 (ongoing);
Fri 10am - 12pm 17/1 (ongoing)
\$5.50 per session

Surrey Hills: Includes visits from the Balwyn Library.

Thu 9.30am - 11.30am
30/1 (9wks) \$45; 16/4 (11wks) \$55;
Fri 9.30am - 11.30am
31/1 (9wks) \$45; 17/4 (11wks) \$55

- **Play Circle (0 - 5yrs)**

Fun playgroup activities for children with their parents or carers.

Hawthorn: Fri 9.30am - 11am
31/1 (10wks); 17/4 (11wks) \$58

- **Structured (1 - 5yrs)**

Facilitator led playgroups to develop **NEW** skills through play, stories and music. Under 12 months free.

Canterbury: Mon 9.30am - 11.30am
3/2 (7wks) \$109; 20/4 (8wks) \$124
Tue 9.30am - 11.30am
4/2 (8wks) \$124; 21/4 (10wks) \$140

- **Supported Playgroup (0 - 5yrs)**

For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.

Hawthorn: Fri 1pm - 3pm
31/1 (10wks), 17/4 (11wks), **FREE**

- **Unstructured**

New to the area and looking for a playgroup? Secure playground and access to kitchen facilities.

Bowen Street: Membership fees apply. Virtual tour and details:
www.bowenstreet.org.au

For teens and up

- **After School Art (11 - 14yrs) NEW**

Refine drawing skills, explore painting techniques and have fun with printmaking using a variety of mediums. Materials included

Trentwood: Mon 4pm - 5.30pm
3/2 (6wks) \$150; 20/4 (8wks) \$180

- **Boroondara Youth Foundation**

The Boroondara Youth Foundation aims to empower young people. We provide grants of up to \$1,500 to young people (14 to 25) with a 'community-focused' project idea that impacts positively in its youth.

Website: www.byf.org.au

Email: byf@supportingourcommunity.com.au

Enquiry's contact CFC: 9885 7789 or 0435 530 525

- **Study Space**

Run in partnership with the City of Boroondara. A great space to do homework, study for exams or get your assignment done. Free Wi-Fi and tea and coffee making facilities.

Trentwood: Every weekday 3pm - 6pm (ongoing) **FREE**

- **Table Tennis**

Social table tennis.

Trentwood:
\$3 per session
Contact Centre

Holiday workshops

- **Children's Craft for 7 - 11 years NEW**

Children will have fun completing a crafty project. Materials provided.

Bowen Street: Fri 10am - 12pm
3/7 (1 session) \$38

- **Sewing for Teens**

Teens will learn basic sewing skills and complete a project. Materials provided.

Bowen Street: Fri 12.30pm - 3.30pm
3/7 (1 session) \$65



■ Alamein Men's Shed

Located at Alamein railway station. Open to Boroondara men, all ages.
Alamein: Tue and Thu 9.15am - 12pm \$30 per term. Call for details

■ Aged and Disability Programs

Activities for people with a disability, mental health issues and programs for over 65's
Kew: Mon to Fri, contact reception for further details

■ Ashburton Handcrafted

Visit the Ashburton Community Centre, browse the ACRA Artisan Market where you can talk to the artisans and find that unique gift, book into an art & craft activity, enjoy refreshments and entertainment on the day. For full details visit www.ashburtoncc.org.au
Ashburton: Sat 10am - 2pm 28/3, 27/6 **FREE**

■ Ashburton Festival

While at the festival, make sure you visit our chill zone or join in one of the activities we have planned for the day at the Ashburton Community Centre.
Ashburton: Sat 11am - 2pm 23/2 **FREE**

■ Charity Knitting Group

Surrey Hills: Mon 7pm - 9pm 3/2 & 20/4 (ongoing) **FREE**

■ Chinese Activity Group

Recreational, educational and support activities for Chinese speaking community.
Kew: Tue 10am - 1pm from 4/2 Contact Reception

■ Community Library

FREE - books on assorted topics.
Bowen Street: Mon to Fri

■ Cooking Club

Demonstrate your favourite recipe and eat something tasty.
Alamein: Thu 1pm - 2.30pm 6/2, 5/3, 7/5, 4/6 \$5 + food cost per session

■ 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

■ Cultures Together

We match mentors with learners for English conversation practice. We also offer wider cultural exchange support groups.

Kew: Contact Reception

■ 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 Centre for details

■ Discussion Group

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

Alamein: Thu 1pm - 2.30pm 13/2, 12/3, 16/4, 14/5, 18/6 \$2 per session

■ Drop-In Morning Tea

Surrey Hills: Mon 9.30am - 11.30am 3/2 & 20/4 (ongoing) \$3 per session

■ Florins (women's social group)

Surrey Hills: Thu 2pm - 4pm 30/1 & 16/4 (ongoing) \$4.50 per session

■ Food Forest Ashburton (FFA)

A friendly group of people who enjoy permaculture & the outdoors.
Cost: FFA Membership \$25 Full, \$15 Conc www.foodforestashy.wordpress.com
Meetings: 4th Thu or Sat of the month. Enquiries: foodforestashy@gmail.com

■ Garden Club

Share in the fun of nurturing plants in the International Year of Plant Health.
Alamein: Thu 10am - 11.30pm 30/1 (fortnightly); 23/4 (fortnightly)

■ Growing Together

A community project at the Ashburton Community Garden, come join us to grow veggies with friendly locals.
Craig: Fri 10.30am - 12.30pm ongoing, **FREE**

■ Growing Older Living Dangerously (GOLD)

Seniors social recreation group for women over 55.
Craig: Thu 10.45am - 12.15pm 30/1 (5wks); 16/4 (6wks) Annual membership fee of \$50

■ Harmony Day Celebrations

Alamein: Come together for a yummy morning tea and meet local community groups and see what's happening in your local area. (Activate Alamein). RSVP 18/3.
Fri 10.30am - 12pm 20/3, **FREE**
Bowen Street: "Everyone Belongs". All are welcome to a free George Dreyfus Quartet concert and morning tea. Booking essential.
Thu 10am - 12pm 26/3, **FREE**

■ Kew Community Shed

A place to work individually or to contribute to special projects around KNLC.

Kew: Contact reception for details

■ Mandarin Children's Library

Come and join Boroondara's first Mandarin Children's Library with access to over 2,000 Mandarin picture books. Suitable for children of all cultural backgrounds.

Craig: Sun 11am - 3pm \$50 deposit plus \$0.50 per book loan charge. 3/2 (9wks); 19/4 (10wks)

■ Men's Discussion Group

Surrey Hills: Fri fortnightly 9.30am - 11.30am 1/1 & 17/4 \$4.50 per session

■ Mum's drop in group - Smiling after PND

Peer support group for mums at risk or who are experiencing postnatal anxiety and depression. Explore strategies to improve physical and mental wellbeing, sleep settling, body changes, diet, self-esteem, and bonding with baby. Incl morning tea. Children welcome.

Hawthorn: Mon 10.30am - 12pm 3/2 (10wks); 20/4 (10wks) \$50

■ Needleworkers

Surrey Hills: Sun 10am - 12pm (2nd Sunday of month) 9/2 & 10/5 (ongoing) \$4.50 per session

■ Neighbourhood House Week Celebrations

Alamein: Free BBQ: Open house. All welcome. Enjoy our centre, gardens, activities and meet people in the local community (Activate Alamein). Contact Alamein for bookings. Thu 12pm - 3pm 14/5 RSVP 12/5.
Bowen Street: Activities include a craft workshop and an open playgroup with morning tea.
Call for details 8/5 - 15/5 **FREE**

■ Repair Cafe

Bring your broken household item and meet our great team of volunteers who will help make any repairs needed.
Trentwood: 10am - 12pm 16/2, 15/3, 19/4 and 17/5

■ Senior Citizens Groups

Multi-Cultural (0418 523 215)
Greek Club (0409 564 411)
Italian Seniors (0412 840 703)
Camberwell: Phone for details

■ Stitch and Chat

Surrey Hills: Mon fortnightly 1.30pm - 3.30pm 3/2 (4 weeks); 20/4 (5 weeks) \$4.50 per session

■ Surrey Hills / Balwyn Produce Swap

Swap your excess home-grown vegies and produce for free! Meet other green thumbs in the community.

Balwyn: 3rd Sun of month from 9am - 10am 19/1, 16/2, 15/3, 19/4, 17/5 & 21/6

■ The Edge Community Fund

A community volunteer group providing last resort funding for families.

Email: edgefund@craigfc.org.au

Craig: Mon and Thu 10am - 11am

■ Victorian Egg Decorators Guild

Meet, discuss and practice this delicate art.

Craig: 1st Sat of month 9.30am - 3pm (ongoing)

■ 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 10am - 11.30am

(fortnightly) 31/1 & 17/4 (ongoing)

\$4.50 per session

ARTS

History & Literature

■ A Snapshot of Garden Art History **NEW**

This course explores aspects of garden art history and landscape design in Persian, Italian Renaissance, French Baroque, eighteenth-century English landscape and nineteenth-century Arts & Crafts gardens.

Camberwell: Sat 9.30am - 11.30am 29/2 (4wks) \$120

■ A Snapshot of Japanese Art **NEW**

This course explores common themes that are given expression in Japanese art forms (including gardens) from ancient times to the early twentieth century.

Camberwell: Sat 9.30am - 11.30am 2/5 (4wks) \$120

■ Heritage Collection

Surrey Hills: Mon 9am - 3pm 3/2 (9 weeks) ; 20/4 (11 wks) **FREE**

■ Historical Society

Surrey Hills: Tue 8pm - 10pm 11/2; 28/4 (ongoing) \$4.50 per session

■ "History" #1 **NEW**

Canterbury: Tue 10am - 12pm 12/5 (4wks) \$96

■ Literature

Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives. Term 2 Canadian writers

Canterbury: Wed 1pm - 3pm 22/4 (9wks) \$216



■ The Joy of Good Books

Part book group, part literature class. Tutor lead discussion.

Ashburton: Tue 1pm - 3pm 28/1 (6wks); 14/4 (6wks) \$120

Music & Movies

■ Acoustic Group

Ashburton: 1st and 3rd Fri 7.30pm - 9.30pm 7/2 (ongoing) \$5 per session

■ Blues Group

Ashburton: 2nd and 4th Fri 8pm - 10pm 14/2 (ongoing) \$5 per session

■ Camberwell Film Society

25 Ingelsby Road Camberwell. Phone 9347 6969 for details

Camberwell: 3rd Wed of month 7pm

■ Chinese Choir **NEW**

Sing songs from around the globe. members welcome anytime.

Kew: Every Sun except public holidays 3.30pm - 5.30pm Gold Coin donation

■ Foreign Film Group

Enjoy a foreign film followed by a discussion with refreshments available to purchase on the night.

Ashburton: 1st Wednesday of the month, 7pm from 4/3 (ongoing) **FREE**

■ Family Flicks

Snacks & drinks available to purchase at the event.

Ashburton: 2nd Friday of the month. 4.30pm from 14/2 (ongoing) **FREE**

■ Guitar (Beginners)

Learn basic guitar skills from a qualified professional. If you know nothing about the guitar except that you want to play then this is the course for you.

Kew: Tue 6pm - 7pm 4/2 (8wks) \$130; 14/4 (10wks) \$160

■ Monday Music Session **NEW**

Suitable for elderly who wants to have a bit of fun, meet new friends and love music. Includes afternoon tea.

Hawthorn: Mon 2pm - 3.30pm 3/2 (8wks); 20/4 (10wks) \$40

■ Rhythm 'n Soul Choir

Four-part harmony choir singing pop, soul and gospel. All levels welcome.

Hawthorn: Mon 7.45pm - 9.15pm 3/2 (9wks); 20/4 (9wks) \$176.

■ SHNC Film Society

Surrey Hills: Wed (3rd Wed monthly) 7.30pm - 10.30pm

12/2; 29/4 (ongoing) \$10 per session

■ Surrey Hills Community Choir

Surrey Hills: Sun 7pm - 8.30pm

1/2 (9wks) \$90; 18/04 (10wks) \$100

■ Ukulele

A fun class for beginners and intermediate players.

Ashburton: Wed 2pm - 3pm 29/1 (9wks) \$135; 15/4 (11wks) \$165

Surrey Hills: Fast-track beginners. Tue 6.30pm - 7pm

3/3, 10/3, 17/3, 24/3 (4wks) \$45 **NEW**

Beginners. Wed 11.45am - 12.45pm 29/1 (9wks) \$144; 15/4 (11wks) \$176

Intermediate. Wed 1.30pm - 2.30pm 29/1 (9wks) \$144; 15/4 (11wks) \$176

Advanced. Tue 7pm - 8pm 28/1 (9wks) \$144; 14/4 (11wks) \$176

Advanced. Wed 2.45pm - 3.45pm 29/1 (9wks) \$144; 15/4 (11wks) \$176

The Written Word

■ Creative Writing

Ashburton: Wed 1pm - 2.30pm 29/1 (6wks); 15/4 (6wks) \$120

■ Earn Money Writing for a Living

A practical six-hour course, writing for a living with Carole Goldsmith, an international journalist.

www.trybooking.com/574590

Hawthorn: Sun 2pm - 5pm 14/6 & 21/6, \$55

■ Life Writing

A supported program where you record and share anecdotes from life.

Hawthorn: Call for details. \$40 per semester

■ Rendezvous to Write

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: Every 2nd Tue 1pm - 3pm 4/2; 14/4 \$40

Trentwood: Every 2nd Thu 1pm - 3pm 30/1 (4wks) \$25; 16/4 (5wks) \$30

■ Writing for Pleasure

Like writing but need encouragement? Share the fun of stringing words together in all sorts of ways.

Kew: Tue 1pm - 3pm 4/2 (8wks) \$200; 14/4 (10wks) \$250

■ Writing life (ongoing)

Write recollections from your life and family history.

Canterbury: Tue 10am - 12pm 21/4 (9wks) \$216

CREATIVE PURSUITS

Visual arts

■ Acrylic Painting

Ashburton: Mon 10.30am - 12.30pm
3/2 (7wks) \$175; 20/4 (9wks) \$225

Balwyn: Wed 1pm - 3pm
5/2 (8wks) \$175; 22/4 (9wks) \$197

■ Advanced Drawing Workshop

Aimed at those wishing to take their skills to the next level, this workshop will look at graphic techniques to convey surface, texture and light to better portray various subjects.

Balwyn: Sun 10am - 3pm
31/5 (1 session) \$130

■ Art Play

An informal art group, beginners welcome.

Ashburton: Mon 7.30pm - 9.30pm
3/2 (1st and 3rd Monday) \$5 per session

■ Beginners Drawing Workshop

Leave any preconceptions at the door as you learn to draw and see the world in a different way! This workshop will focus on three keystones of artistic creation

Balwyn: Sun 10am - 3pm
15/3 (1 session) \$130

■ Botanical Art and The Art of Drawing

Create observational drawings and colour studies of various plant elements found in nature. Prerequisite: must have basic drawing skills.

Kew: Wed 1pm - 3pm
5/2 (8wks); 15/4 (8wks) \$220

■ Botanical Painting and Drawing

Balwyn: Wed 9.15am - 12.15pm
5/2 (8wks) \$255.50; 22/4 (9wks) \$287
Wed 1.15pm - 3.45pm
5/2 (8wks) \$213; 22/4 (9wks) \$239

■ Botanical Watercolour Illustration

Learn how to paint flowers, plants or fruit in watercolour. Suitable for beginners.

Ashburton: Tue 6.30pm - 8.30pm
28/1 (9wks) \$225; 14/4 (11wks) \$275
Wed 9.15am - 10.15am
29/1 (9wks) \$225; 15/4 (11wks) \$275
Hawthorn: Thu 2pm - 4pm
30/1 (10wks) \$178; 16/4 (11wks) \$196
Trentwood: Thu 9.15am - 11.10am
30/1 (9wks) \$115; 16/4 (10wks) \$125
Thu 11.15am - 1.10pm
30/1 (9wks) \$115; 16/4 (10wks) \$125

■ Chinese Brush Painting

Learn different techniques and compositions along with Chinese calligraphy.

Ashburton: Wed 10am - 12pm
29/1 (9wks) \$225; 15/4 (11wks) \$275
Trentwood: Fri 10am - 12pm
31/1 (9wks) \$115; 24/4 (10wks) \$125

■ Creative Drawing NEW

Canterbury: Wed 10am - 12pm
5/2 (8wks) \$208; 22/4 (8wks) \$208

■ Creative Easter Decorations

A hands-on workshop creating unique and colourful Easter decorations.

www.trybooking.com/574544
Hawthorn: Tue 7/4, 7pm - 8.30pm \$25

■ Contemporary Still Life Painting

Using acrylics, learn to paint still life paintings in a bold, colourful and contemporary style. All levels welcome

Trentwood: Fri 10.30am - 12.30pm
31/1 (9wks) \$115; 24/4 (10wks) \$125

■ Decoupage

Balwyn: Mon 12.30pm - 2.30pm
3/2 (7wks) \$156.50; 20/4 (9wks) \$200.50
Thu 10am - 12pm
6/2 (8wks) \$178.50; 23/4 (9wks) \$200.50

■ Drawing

Balwyn: Tue 10am - 12pm
4/2 (8wks) \$175; 21/4 (9wks) \$197
Wed 10am - 12pm

5/2 (8wks) \$175; 22/4 (9wks) \$197
Thu 10am - 12pm

6/2 (8wks) \$175; 23/4 (9wks) \$197
Camberwell: Mon 1pm - 3pm
3/2 (6wks) \$141; 27/4 (8wks) \$188
Wed 1pm - 3pm

5/2 (8wks); 29/4 (8wks) \$188
Thu 4.30pm - 6.30pm
6/2 (6wks) \$141; 30/4 (8wks) \$188
Surrey Hills: Tue 2.30pm - 4.30pm
28/1 (9wks) \$162; 14/4 (11wks) \$198

■ Drawing for Absolute Beginners NEW

Camberwell: Mon 3.30pm - 5.30pm
3/2 (4wks); 27/4 (4wks) \$94

■ Drawing and Thinking

Ashburton: Fri 10am - 12pm
7/2 (8wks) \$160; 24/4 (9wks) \$180

Ashburton: Fri 12.30pm - 2.30pm
7/2 (8wks) \$160; 24/4 (9wks) \$180

■ Friday Painters - Open Studio

Atmosphere
Camberwell: Fri 9.30am - 12.30pm
7/2 (8wks); 1/5 (8wks) \$258
Fri 1pm - 4pm
7/2 (8wks); 1/5 (8wks) \$258

■ Ikebana - The Art of Japanese Floral Arrangement

A brief history of Ikebana, main principles, and a hands-on Ikebana experience. www.trybooking.com/574562

Hawthorn: Sun 10am - 12pm 16/2 \$55

■ Introduction to Gouache -

Monochrome NEW
Surrey Hills: Tues 4.15pm - 6.15pm
11/2 (4wks) \$125

■ Japanese Calligraphy (Shodo) Workshop NEW

Surrey Hills: Sat 10am - 12pm 7/3 \$70

■ Japanese Koi and Goldfish Painting (Sumi-e) Workshop NEW

Surrey Hills: Sat 1pm - 4pm 7/3 \$85

■ 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 12.30pm - 2.30pm
12/2 (6wks) \$75; 22/4 (8wks) \$100

■ Life Drawing

Work from a professional life model each session and learn how to draw the human figure.

Ashburton: Thu 7.30pm - 9.30pm
30/1 (9wks) \$235; 16/4 (11wks) \$285
Sat 10am - 12pm
1/2 (8wks) \$210; 18/4 (9wks) \$235



■ Mandala Magic

Includes all materials
Camberwell: Fri 9.30am - 12.30pm
7/2 (8wks); 1/5 (8wks) \$343
Fri 1pm - 3pm
7/2 (8wks); 1/5 (8wks) \$254

■ Mixed Media Art for Beginners

Surrey Hills: Fri 2pm - 4pm
31/1 (9wks) \$162; 17/4 (11wks) \$198

■ Mosaics

Create beautiful art from tiles and ceramics. BYO tiles.

Alamein: Fri 1pm - 3pm
21/2 (6wks) \$115/\$105;
1/5 (8wks) \$150/\$140

■ Natural History Watercolor Illustration

Visually capture butterflies, shells, insects and more. Suitable for beginners.

Hawthorn: Fri 12.30pm - 2.30pm
31/1 (10wks) \$178; 17/4 (11wks) \$196

■ Nature in Art

Illustrate the natural world with painting.
Canterbury: Mon 9.30am - 12pm or
12.30pm - 3pm
3/2 (7wks) \$196; 20/4 (8wks) \$224

■ Oil Painting

Balwyn: Tue 7pm - 9pm
11/2 (7 wks) \$154; 21/4 (9 wks) \$197

■ **Painting for Pleasure**

Balwyn: Tue 1pm - 3pm
4/2 (8wks) \$175; 21/4 (9wks) \$197
Thu 1pm - 3pm
6/2 (8wks) \$175; 23/4 (9wks) \$197

■ **Painting in the Garden**

Take your easel into our beautiful garden and be creative.
Hawthorn: Wed 9.30am - 10.30am
29/1 (10wks) \$178; 15/4 (11wks) \$196

■ **Pastel Painting**

Balwyn: Tue 1.30pm - 3.30pm
4/2 (8wks) \$175; 21/4 (9wks) \$197
Camberwell: Tue 9.30am - 12pm
4/2 (8wks); 28/4 (8wks) \$235

■ **The Art of Floristry**

Be introduced to the wonderful world of floristry in a friendly and welcoming environment. Learn new skills each week and take your creation home with you.
Kew: Thu 7pm - 9pm
6/2 (7wks) \$350; 16/4 (7wks) \$350

■ **Watercolour for Absolute Beginners** **NEW**

Camberwell: Thu 4pm - 6pm
3/2 (6wks) \$141; 27/4 (8wks) \$188

■ **Watercolour Painting**

Ashburton: Mon 1pm - 3pm
Experienced 3/2 (7wks) \$140
20/4 (9wks) \$180
Balwyn: Mon 10am - 12pm
3/2 (7wks) \$154; 20/4 (9wks) \$197
Mon 1pm - 3pm
3/2 (7wks) \$154; 20/4 (9wks) \$197
Thu 10am - 12pm
6/2 (8wks) \$175; 23/4 (9wks) \$197
Fri 10am - 12pm
7/2 (8wks) \$175; 24/4 (9wks) \$197
Camberwell: Multiple classes, multiple levels, contact the Centre for more details.
Mon 10.30am - 12.30pm
3/2 (6wks) \$141; 27/4 (8wks) \$188
Tue 1pm - 3pm
4/2 (8wks); 28/4 (8wks) \$188
Wed 10.30am - 12.30pm
5/2 (8wks); 29/4 (8wks) \$188
Thu 10am - 12pm
6/2 (8wks); 30/4 (8wks) \$188
Thu 1.30pm - 3.30pm
6/2 (8wks); 30/4 (8wks) \$188
Thu 7pm - 9pm
6/2 (6wks) \$141; 30/4 (8wks) \$188
Sat 10.30pm - 12.30pm
1/2 (8wks); 2/5 (8wks) \$188
Canterbury: Tue 9.30am - 11.30am or 12.45pm - 2.45pm
4/2 (8wks); 21/4 (8wks) \$208
Surrey Hills: Wed 10am - 12pm & 1pm - 3pm
29/1 (9wks) \$162
15/4 (11wks) \$198

■ **Watercolour Painting & Mixed Media**

Ashburton: Tue 1pm - 3pm
Beginner/Experienced
28/1 (9wks) \$180; 14/4 (11wks) \$220

Pottery



■ **The Clay Room**

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

Camberwell: Mon 1pm - 3pm
3/2 (7wks) \$298; 27/4 (8wks) \$340
Mon 6.30pm - 8.30pm
3/2 (7wks) \$298; 27/4 (8wks) \$340
Tue 6.30pm - 8.30pm
4/2 (8wks); 28/4 (8wks) \$340
Wed 6.30pm - 8.30pm
5/2 (8wks); 29/4 (8wks) \$340
Thu 1pm - 3pm 6/2 (8wks)
30/4 (8wks) \$340
Thu 6.30pm - 8.30pm
6/2 (8wks); 30/4 (8wks) \$340
Fri 1pm - 3pm
7/2 (8wks); 1/5 (8wks) \$340
Sat 10am - 12pm
1/2 (8wks); 2/5 (8wks) \$340
Sat 1pm - 3pm
1/2 (8wks); 2/5 (8wks) \$340

Craft, Textiles, Jewellery & Furniture

■ **Beeswax Wraps Workshop** **NEW**

Surrey Hills: Fri 6pm - 8pm
20/3 \$65/\$55 (member)

■ **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
28/1 (9wks) \$180; 14/4 (11wks) \$220

■ **Creative Woodwork**

Learn to make your own handcrafted items using sustainable or recycled timbers in a three part beginner workshop.
Hawthorn: Wed 6pm - 8pm
12/2 (3 wks); 15/4 (3wks) \$150

■ **Crochet and Knitting Class with Instructor**

Balwyn: Thu 1pm - 3pm (ongoing)
\$10 per session

■ **French Polishing and Furniture Restoration**

Balwyn: Wed 12.30pm - 3.30pm
5/2 (8wks) \$262; 22/4 (9wks) \$294
Thu 12.30pm - 3.30pm
6/2 (8wks) \$262; 23/4 (9wks) \$294
Thu 7.30pm - 9.30pm
6/2 (8wks) \$177.50; 23/4 (9wks) \$199

■ **Kokedama Moss Balls (Japanese Floral arranging) Workshop** **NEW**

Surrey Hills: Sun 10am - 12pm
23/2 \$120/\$110 (member)

■ **Patchwork and Quilting Group**

Ashburton: Thu 1pm - 3pm
30/1 (ongoing) \$5 per session

■ **Sewing - Learn to use your Machine**

Got a brand new machine and don't know how to use it? Learn how to thread your machine, wind the bobbin, and learn a variety of stitches and various types of seams.
Bowen Street: Fri 9.30am - 12pm
14/2 (1 session); 1/5 (1 session) \$50

■ **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, let Barbara show you how.
Bowen Street: Fri 9.30am - 12pm
21/2 (6wks) \$230; 8/5 (6wks) \$230

■ **Silver-Smithing for beginners** **NEW**

Ashburton: Thu 7pm - 8.30pm 12pm
30/1 (9wks) \$195; 16/4 (11wks) \$235

■ **Soy Candle Making Workshop** **NEW**

Surrey Hills: Sun 10am - 1pm
15/3 \$100/\$90 (member)

■ **Spinners and Knitters Group**

Ashburton: 2nd and 4th Wed of the month 1pm - 3pm
12/2 (ongoing) \$5 per session

■ **Tapestry Workgroup**

Balwyn: Tue 10am - 12pm (ongoing)
\$5 per session

■ **Thursday Craft Club**

Camberwell: Thu 10.30am - 12.30pm (ongoing) \$5 per session

■ **Upholstery and Soft Furnishing**

Reinvigorate that piece of furniture.
Canterbury: Tue 9.45am - 12.45pm or 12.45pm - 3.45pm
4/2 (8wks) \$244; 21/4 (9wks) \$275

English

- **Aussie English NEW**
Basic Literacy and Numeracy
Contact centre for interview and cost.
Alamein: Mon 9.30am - 12pm
3/2 (ongoing)
- **English as an Additional Language**
Beginners, Intermediate & Advanced
ACFE Program. Practise speaking,
listening, reading and writing in English.
Contact reception for details.
Kew: Mon and Wed commences
3/2 (8wks); 13/4 (10wks)
Permanent residents: \$100 per term.
Non-residents \$280 per term
- **English Communication Skills
(Pre-intermediate English)**
Contact centre for interview and cost.
Alamein: Tue 9.30am - 12pm 4/2 (ongoing)
- **English for Work and Study
(Upper-intermediate English)**
Contact centre for interview and cost.
Alamein: Wed 9.30am - 12pm
5/2 (ongoing)
- **Intensive English (Pre-intermediate
English)**
Improve your speaking, listening, reading
and writing in this 6-week course.
Alamein: Tue - Thu 10am - 3pm
18/2 (18 sess) \$117/\$70
- **Introduction to Office Skills (for ESL
speakers: Intermediate English and
above)**
Improve your English in customer service,
teamwork, negotiation, office technology
and more.
Alamein: Fri 12.30pm - 3pm
1/5 (8wks) \$85
- **Leap into Literacy**
A 4 session course to learn basic reading
and writing skills to complete forms.
Alamein: Mon 12.30pm - 3pm
24/2 (4wks) \$20
- **Literacy and ESL through Computers**
Contact centre for interview and course
cost.
Alamein: Fri 9.30am - 12pm
7/2 (ongoing)
- **Living English (Beginners English)**
Contact centre for interview and cost.
Alamein: Tue 12.30pm - 3pm
4/2 (ongoing)
- **Returning to Study (Leap into Study)**
Learn how to get back into study patterns,
writing preparation, expectations in the
classroom today and more.
Alamein: Fri 12.30pm - 2.30pm
6/3 (4wks) \$20

French

- **French for Students (VCE Year 12)**
Balwyn: Wed 4pm - 5.30pm
5/2 (8wks) \$134; 22/4 (10wks) \$167
- **Absolute Beginners**
Canterbury: Fri 10am - 12pm
7/2 (8wks) \$192; 24/4 (9wks) \$216
- **Beginners & Travellers (up to 12 mths)**
Ashburton: Mon 9.30am - 11.30am
(8wks) \$200.
Call 9885 7952 to register your interest.
Camberwell: Mon 10am - 12pm
3/2 (7wks) \$159; 20/4 (9wks) \$205
Mon 1pm - 3pm
3/2 (7wks) \$159; 20/4 (9wks) \$205
Mon 3pm - 5pm
3/2 (7wks) \$159; 20/4 (9wks) \$205
Canterbury: Tue 1.15pm - 3.15pm
4/2 (8wks) \$192; 21/4 (9wks) \$216
Trentwood: Wed 10am - 12pm
5/2 (8wks) \$175; 15/4 (10wks) \$220
- **Intermediate (1 - 3 yrs exp)**
Balwyn: Wed 1pm - 3pm
5/2 (8wks) \$178; 22/4 (9wks) \$200
Wed 7pm - 9pm 5/2 (8wks) \$178;
22/4 (9wks) \$200
Thu 1pm - 3pm
6/2 (8wks) \$178; 23/4 (9wks) \$200
Camberwell: Mon 1pm - 3pm
3/2 (7wks) \$159; 20/4 (9wks) \$205
Canterbury: Mon 1pm - 3pm
3/2 (7wks) \$168; 20/4 (8wks) \$192
Hawthorn: Fri 9.45am - 11.45am
31/1 (10wks) \$178; 17/4 (11wks) \$196
- **Advanced/Conversation (3 yrs+ exp)**
Ashburton: Fri 11am - 1pm
7/2 (8wks) \$200; 17/4 (11wks) \$275
Balwyn: Thu 10am - 12pm
6/2 (8wks) \$178; 23/4 (9wks) \$200
Thu 7pm - 9pm
6/2 (8wks) \$178; 23/4 (9wks) \$200
Camberwell: Thu 10am - 12pm
6/2 (8wks) \$182; 23/4 (9wks) \$205
Canterbury: Mon 10.45am - 12.45pm
13/2 (7wks) \$168; 20/5 (8wks) \$192
- **Travellers/Conversation**
An informal conversation class.
Ring to book.
Bowen Street: Thu 10am - 11.30am
13/2 (ongoing) Gold Coin donation

German

- **Absolute Beginners**
Balwyn: Wed 10am - 12pm
5/2 (8wks) \$178; 22/4 (9wks) \$200
Camberwell: Wed 6.30pm - 8.30pm
4/2 (8wks) \$182; 22/4 (9wks) \$205 **NEW**
- **Beginners (up to 12 mths exp)**
Bowen Street: Wed 10am - 12pm
12/2 (7wks) \$168; 22/4 (10wks) \$240 **NEW**
Camberwell: Tue 4pm - 6pm
4/2 (8wks) \$182; 21/4 (9wks) \$205

- **Intermediate (1 - 3 yrs exp)**
Balwyn: Tue 10am - 12pm
4/2 (8wks) \$178; 21/4 (9wks) \$200
Fri 10am - 12pm
7/2 (8wks) \$178; 24/4 (9wks) \$200
Camberwell: Tue 7pm - 9pm
4/2 (8wks) \$182; 21/4 (9wks) \$205
- **Advanced/Conversation (3 yrs+ exp)**
Hawthorn: Wed 9.30am - 11am
29/1 (10wks) \$161; 15/4 (11wks) \$177

Italian

- **Travellers/Conversation**
An informal conversation class.
Ring to book.
Bowen Street: Thu 2pm - 3.30pm
13/2 (ongoing) Gold Coin donation
- **Absolute Beginners**
Bowen Street: Tue 3pm - 4.30pm
4/2 (8wks) \$144; 21/4 (10wks) \$180
Canterbury: Fri 9.30am - 11.30am
7/2 (8wks) \$192; 24/4 (9wks) \$216
- **Beginners (up to 12 mths exp)**
Balwyn: Mon 1pm - 3pm 3/2 (7wks)
\$156; 20/4 (9wks) \$200
Bowen Street: Tue 1.30pm - 3pm
4/2 (8wks) \$144; 21/4 (10wks) \$180
Canterbury: Thu 12.30pm - 2.30pm
6/2 (8wks) \$192; 23/4 (9wks) \$216
- **Intermediate (1 - 3 yrs exp)**
Ashburton: Mon 1pm - 2.30pm
3/2 (7wks) \$175; 20/4 (9wks) \$225
Balwyn: Fri 9.15am - 11.15am
7/2 (8wks) \$178; 24/4 (9wks) \$200
Fri 11.30am - 1pm
7/2 (8wks) \$134.50; 24/4 (9wks) \$151
Bowen Street: Tue 11.30am - 1pm
4/2 (8wks) \$144; 21/4 (10wks) \$180
Canterbury: Wed 12.45pm - 2.45pm
5/2 (8wks) \$192; 22/4 (9wks) \$216
Wed 3pm - 5pm
5/2 (8wks) \$192; 22/5 (9wks) \$216
Thu 9.45am - 11.45am
6/2 (8wks) \$192; 23/5 (9wks) \$216
Thu 12.20pm - 2.20pm
6/2 (8wks) \$192; 23/5 (9wks) \$216
Hawthorn: Wed 11.15am - 12.45pm
29/1 (10wks) \$161; 15/4 (11wks) \$177

- **Advanced (3yrs + exp)**
Balwyn: Fri 1.30pm - 3pm
7/2 (8wks) \$134.50; 24/4 (9wks) \$151
Bowen Street: Tue 10am - 11.30am
4/2 (8wks) \$144; 21/4 (10wks) \$180
Canterbury: Wed 9.30am - 11.30am
5/2 (8wks); 22/4 (9wks) \$216
Thu 10am - 12pm
6/2 (8wks) \$192; 23/4 (9wks) \$216

Spanish

- **Spanish for Travelers NEW**
Adult beginners for those who like to
travel. Interactive, informal and practical.
Hawthorn: Wed 6.30pm - 8.30pm
15/4 (10wks) \$178

- **Absolute Beginners**
Camberwell: Thu 6.30pm - 8.30pm
 6/2 (8wks) \$182; 23/4 (9wks) \$205 **NEW**
Canterbury: Mon 1pm - 3pm
 3/2 (8wks) \$192; 20/4 (9wks) \$216
- **Intermediate (1 - 3 yrs exp)**
Canterbury: Mon 10.30am - 12.30pm
 3/2 (7wks) \$168; 20/4 (9wks) \$216
- **Spanish Conversation Meet-Ups on Saturdays NEW**
 Practice your Spanish conversational skills with like-minded people in a fun casual environment.
Camberwell: Sat 12.30pm - 2.30pm
 14/3 (4wks) \$35; 2/5 (8wks) \$70
- **Spanish Conversation**
 An informal conversation class.
 Ring to book.
Bowen Street: Thu 12pm - 1.30pm
 13/2 (ongoing) Gold Coin donation

TECHNOLOGY

Computers, Tablets & IT

- **21st Century PA**
 Create professional business documents, includes alignment, spacing, formatting, banners, charts.
Alamein: Tue 10am - 12pm
 5/5 (3wks) \$30
- **Amazing uses of iPads**
 Learn how to make calls, create playlists, photo edit, create photobooks, movies, get on social media and more all safely on the iPad.
Alamein: Tue 9.30pm - 12pm
 4/2 (8wks) \$85
- **Apple Watch**
 Discover what you can do!
Alamein: Mon 1pm - 3pm
 2/3 (1wk) \$32; 18/5 (1wk) \$32
- **Coding and Robotics workshop**
 Learn how to do basic coding for a mini robot (Sphero) and race it. Great for understanding more of the world of coding and robots.
Alamein: Mon 12.30pm - 3pm
 16/3 (2wks) \$25
- **Connect - iPads at Your Pace**
 A group of seniors exploring the variety of opportunities that iPads have to offer. Progress at your pace. BYO iPad.
Hawthorn: Wed 1pm - 3pm
 5/2 (9wks) \$40; 15/4 (11wks) \$40
- **Get online NEW**
 New to the world of digital technology, or just wanting to improve your skills?
Canterbury: Setting up a Facebook Account Securely
 Mon 9.30am - 11.30am 3/2 (1wk) \$10
Sending and receiving text messages
 Mon 9.30am - 11.30am 17/2 (1wk) \$10

Managing overseas smart phone use while travelling

Mon 9.30am - 11.30am 2/3 (1wk) \$10
Using Smart Phone Camera
 Mon 9.30am - 11.30am 16/3 (1wk) \$10

- **Intro to Computers (Windows 10)**
 Windows 10, terminology, organising the desktop, files, folders, printing and basic Word.
Alamein: Wed 12.30pm - 3.15pm
 5/2 (9 session) \$122
- **Introduction to Technology Today**
 Drones, coding, VR, 3d printing. Learn some basic coding, how to use VR and drones and 3D printing in a fun, hands-on way.
Alamein: Thu 12.30pm - 3pm
 7/5 (8wks) \$105
- **IT for the Office**
 Improve and update your IT skills with various office programs. This is a pathway to paid employment or further study.
Kew: Thu 9am - 11.30am
 6/2 (8wks) \$115; 16/4 (10wks) \$140
- **Excel: Introduction to (Intensive)**
 Create, customise, use format features, formulas, import objects, save and print.
Alamein: Tue to Fri 10am - 3pm
 30/6 - 3/7 \$105
- **Social Media Marketing for Business NEW**
 Learn social media marketing skills for small business. It provides a pathway to small business start-up.
Kew: Fri 2pm - 4pm
 8/2 (8wks) \$100; 17/4 (10wks) \$100
- **Tech Savvy (50+) NEW**
 Bring your phone, your iPad, tablet or laptop. Free small group workshops and one-on-one sessions. **FREE**
Ashburton: For details call 9885 7952.
- **Using your smart device**
 Learn to use iPads, iPhones, Samsung and androids. Suitable for beginners.
Trentwood: Thu 12.30pm - 3pm
 25/2 (2wks) \$50; 19/5 (2wks) \$50
- **Word: Introduction to**
 Create, edit, format, save, manipulate and print documents, tables, images.
Alamein: Wed 10am - 3pm
 6/5 (4wks) \$105

Exploring the Internet

- **eBay and Gumtree**
 Learn how to sell your goods and save some money by buying things on Ebay and Gumtree. A fun and practical way to declutter and restock your home.
Alamein: Mon 12.30pm - 3pm
 17/2 (2wks) \$80
Trentwood: Thu 12.30pm - 3pm
 10/3 (2wks) \$50; 2/6 (2wks) \$50

Marketing through Digital Media

Learn how to market a company or group through Facebook, Twitter, Instagram, Mail Chimp and more.
Alamein: Wed 6.15pm - 9pm
 12/2 (7wks) \$85

- **Protect your Computer**
 Keep your data, documents and photos safe, how to avoid scams and viruses, and how to back up your computer.
Alamein: Mon 12.30pm - 3pm
 1/6 (1wk) \$40
- **Social Media: What, why, how!**
 Learn how to use Facebook, Instagram, Pinterest.
Alamein: Mon 12.30pm - 3pm
 25/5 (1wk) \$40

Upskill for work

- **Barista Training**
 Provides a solid foundation in how to make coffee; and skills to find work in the café industry. ACFE funded places.
Kew: Contact reception 9853 3126
- **ESL Tutoring: Introduction to Learn English as a Second Language**
 Teaching strategies, grammar and pronunciation rules, macro language approaches and more. Excellent for people supporting ESL learners.
Alamein: Wed 10am - 12.30pm
 29/4 (10wks) \$85/\$20
- **Find a Job or Change Your Career: Pathways to Employment**
 Covers your transferable skills, creating a sellable resume, 21st century job searching, interview skills and more. Great for people looking for work/ gaining employment or study.
Alamein: Thu 10am - 3pm
 27/2 (5wks) \$70/\$20
- **Introduction to Gaming Design NEW**
Kew: Fri 12pm - 2pm
 7/2 (8wks) \$50; 17/4 (10wk) \$50
- **LinkedIn**
 Join this business networking tool.
Alamein: Wed 12.30pm - 3pm
 17/6 (1wk) \$40
- **Taster Beauty Services NEW**
Kew: Contact reception 9853 3126
- **Taster in Customer Service NEW**
Kew: Contact reception 9853 3126
- **Taster in the Fashion Industry NEW**
 Learners will have the opportunity to learn theory and practical and aspects of fashion design
Kew: Contact reception 9853 3126

Individual Support

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

Book groups, cards & games

- **Ashburton: Thursday Afternoon Bookclub**, 1st Thu of month 2pm - 4pm 6/2 (ongoing) \$5 per session
The Ashy Bookclub
1st Thu of month 7.30pm - 9.30pm 6/2 (ongoing) \$5 per session
Novels at Night
2nd Wed of month 7.30pm - 9.30pm 12/2 (ongoing) \$5 per session
Camberwell: New members welcome
3rd Mon of month 1.30pm - 3pm (ongoing) \$5 per session
Canterbury: Coffee shop meetings, lively discussion on books, films and events. Call for details.
Mailing Road 1st or 2nd Tue of month 10am - 11am, 3rd Tue of month, 2.30pm to 3.30pm **FREE** with membership.
Kew: Last Thu of month 12pm - 1.30pm Contact reception for details. Gold Coin donation
Surrey Hills: 4th Tue 7pm - 8.30pm 17/2; 5/5 (ongoing) \$4.50 per session
Thu 7.30pm - 9.30pm 30/1; 16/4 (ongoing) \$4.50 per session
- **Short Stories Book Club**
For older people to discuss short stories, discover new authors and share a love of reading and exploring literature.
Hawthorn: Tue fortnightly 10.30am - 12.30pm 4/2 (5wks) \$40; 14/4 (6wks) \$40
- **Bridge**
Intermediate to advanced players, duplicate games, partners required.
Balwyn: Tue, Thu and Sat 12.30pm - 4pm (ongoing) \$5 per session
Camberwell: Wed 12.30pm - 4pm (ongoing) \$5 per session
Kew: Mon 1pm - 4pm Contact Centre for details \$3 per session
- **Cryptic Crosswords**
Ashburton: Mon 10.30am - 11.30am 3/2 (ongoing) \$5 per session
Ashburton: Mon 2.30pm - 3.30pm 3/2 (ongoing) \$5 per session
- **Friday 500 social cards**
Friendly casual group
Camberwell: Fri 1pm - 3pm (ongoing) \$2 per session



- **Learn to Play Mah-jong**
Ashburton: Fri 12.30pm - 3.30pm (4wks) \$20. Call for details
- **Mah-jong (Western)**
Ashburton: Fri 12.30pm - 4pm 31/1 (ongoing) \$5 per session
Camberwell: Thu 1pm - 4pm (ongoing) \$5 per session
Surrey Hills: Fri 1.30pm - 4pm 31/1; 17/4 (ongoing) \$4.50 per session
- **Scrabble**
Balwyn: Mon 12.30pm - 4.30pm (ongoing) \$5 per session
Surrey Hills: 1st 3rd 5th Tue 1pm - 4pm 28/1; 14/4 (ongoing) \$4.50 per session
- **Solo**
Balwyn: Wed 6.30pm - 10pm (ongoing) \$5 per session
Fri 9am - 12pm (ongoing) \$5 per session
Very experienced group. New people welcome for a trial session.
Camberwell: Tue 12.30pm - 3.30pm (ongoing) \$5 per session
- **Supervised Solo**
Camberwell: Wed 9.30am - 11.30am (ongoing) \$7 per session

GARDENING

- **Backyard Beekeeping**
This is an introductory class in the art of beekeeping.
www.trybooking.com/574588
Hawthorn: Sun 2pm - 5pm 17/5, \$55
- **Landscape Gardening**
Dianne Beddison presents an introductory seminar to designing your own garden step-by-step. Participants are encouraged to share their own design issues.
Bowen Street: Wed 7pm - 8.30pm March (1 session) Call for details **FREE**
- **Seed Swap & Coffee Grounds**
Visit our seed swap table or collect coffee grounds for your garden.
Ashburton: Weekdays 9am - 2.30pm
- **Small Seeds - Wicking Bed Design NEW**
Learn how to design and construct a wicking bed.
Canterbury: Wed 10am - 12pm 27/2, \$20
- **Small Seeds - Autumn in my garden**
Discover what to plant and how to rejuvenate your garden in autumn. Followed by afternoon tea.
Canterbury: Tue 1.3pm - 2.3pm 3/3 **FREE**
- **\$5 Meals**
This weekly class guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home. You can access this program using your NDIS plan.
Trentwood: Mon 11am - 1pm or 2pm - 4pm starting 13/1
- **Blokes in the kitchen**
Learn to cook and share simple meals.
Surrey Hills: Fri 8am - 12pm 14/2, 20/3; 17/4, 15/5 & 12/6 \$20 per session
- **Chinese Dumplings**
Learn how to make meat and vegetarian dumplings with gluten free options.
Canterbury: Wed 10.30am - 12.30pm 26/2; 14/5 (1wk) \$75
- **Cooking Small, Eating Well**
A fortnightly program for older people to explore new recipes and learn to cook for one or two people.
Hawthorn: Tue fortnightly 1pm - 3pm 28/1; 21/4 (8wks) \$40
- **Healthy Cooking for Blokes**
Where older blokes learn cooking skills, enjoy each other's company and enjoy a meal together.
Ashburton: Thu 11am - 1pm 3/2 (4wks); 20/4 (4wks) \$60
- **Kombucha and Gut Health**
Learn how to make your own Kombucha.
www.trybooking.com/574123
Hawthorn: Tue 7pm - 8.30pm 11/2 \$25
- **Kombucha, Jun and Wild Fermented Soda Workshop NEW**
Surrey Hills: Sat 10.30am - 12pm 29/2, \$50/\$40 (member)
- **Mediterranean Cooking & Diet**
Food, science and health behind the Mediterranean Diet plus cooking.
Hawthorn: Thu 6pm - 8pm 28/1 (8wks); 16/4 (8wks) \$180



GENERAL INTEREST



■ Mediterranean Diet Workshop

A workshop covering the science and health behind the Mediterranean Diet combined with demonstrating some authentic foods.

www.trybooking.com/574541

Hawthorn: Tue 7pm - 8.30pm 31/3 \$25

■ Persian Cooking Workshop

Embark on a culinary journey through the Persian cuisine in this hands-on class.

www.trybooking.com/574583

Hawthorn: Sun 2pm - 5pm 19/4 \$55

■ Pickle and Preserving

Learn to preserve the best seasonal produce, making delicious pickles, relishes and sauces.

www.trybooking.com/574537

Hawthorn: Tue 7pm - 8.30pm 10/3 \$25

■ Sauerkraut and Fermented Veggies Workshop **NEW**

Surrey Hills: Sat 12.30pm - 2pm
2/2 \$50/\$40 (member)

■ Sauerkraut & Gut Health

A class focusing on the ins and outs of great gut health through fermented food making.

www.trybooking.com/574551

Hawthorn: Tue 7pm - 8.30pm 12/4 \$25

■ Southern Indian Cooking **NEW**

Surrey Hills:

Market tour

Fri 10:30am - 12pm 21/2

Cooking/lunch class

Sat 10.30am - 2pm

22/2 \$100/\$95 (member)

■ Sri Lankan Cooking Class

Learn how to cook Sri Lankan cuisine with our tutor, Harshini

Balwyn: Tue 6pm - 9pm 19/5, \$80

■ The Art of Making Dumplings **NEW**

Surrey Hills: Sat 11am - 3pm

28/3 \$125

■ Acting Sustainably #Where do I start? **NEW**

Canterbury: Water, water everywhere

Wed 6pm - 8pm 19/3 (1wk) \$20

People have the power

Wed 6pm - 8pm 18/4 (1wk) \$20

How green my garden grows

Wed 6pm - 8pm 15/5 (1wk) \$20

■ Asian Grocery Shopping **NEW**

Would you like to confidently walk into an Asian style store to make your gourmet purchase?

Canterbury: Wed 10.30am - 11.30pm

4/3; 21/5 (1wk) \$15

■ Connect - Stay Social, Stay Sharp

Engage, explore and extend yourself in a learning group for older people with a variety of topics for discussion.

Hawthorn: Wed 10am - 12pm

5/2 (9wks) \$40; 15/4 (11wks) \$40

■ Floral Art Group

Ashburton: Thu 10am - 12pm

30/1 (ongoing) \$5 per session

■ International Women's Circle

A place for women to talk, reflect and share experiences in a safe and encouraging place. Suitable for women 25 - 45 yrs. Includes morning tea.

Hawthorn: Thu 10.30am - 12.30pm

30/1 (10wks); 16/4 (11wks) \$50

■ Japanese Tea Flight

You'll see, smell and taste authentic Japanese teas, selected based on uniqueness, accessibility and popularity in Japan.

Bowen Street: Mon 10am - 11am

2/3 (1 session) \$42

■ Life Long Learning Meetings (LLM)

A program for older people learning, sharing ideas making new friends: includes guest speakers, discussion and afternoon tea.

Hawthorn: Thu 1.30pm - 3.30pm

30/1 (10wks) \$40; 16/4 (11wks) \$40

Trentwood: Fri fortnightly

1.30pm - 3.30pm

31/1 \$25 (5wks); 17/4 (6wks) \$30

■ NBN

Plans to choose, checking speed, the basics.

Alamein: Mon 1pm - 3pm

11/5 (1wk) \$25

■ Preserving precious family photographs **NEW**

Learn how to tackle those photos in shoe boxes, sticky albums and packets with negatives. An experienced archivist will help organise your collection and demonstrate the best ways to preserve your precious photos for the future.

Trentwood: Thu 1pm - 3pm

24/2 (2wks); 4/5 (2wks) \$45

■ Support Network for Parents of Children with Disabilities

For parents of children with disabilities (just for parents).

Bowen Street: 3rd Mon of month

10am - 12pm

■ Toilet Coaching Workshop

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

Bowen Street: Thu 9am - 11am

4/6 (1 session) **FREE**

■ Upcycle with PLAYE

Hands-on workshop, recycle and upcycle soft plastic waste in to PLAYE - a material we turn into one of a kind accessories and bags.

www.trybooking.com/574569

Hawthorn: Sun 1pm - 3pm 16/2 \$55

■ Vietnam Travel Tips

A workshop that takes you from Halong Bay, to mountainous Dalat, and cultural Hoi An. www.trybooking.com/574556

Hawthorn: Tue 7pm - 8.30pm 9/6 \$25

■ Wiser Walker, Wiser Traveller

A 3-week program for older people designed to help them learn about getting around without a car - use of public transport, Myki, taxi use, walking, community transport and support services.

Bowen Street: Fri 10.30am - 12.30pm

8/5, 15/5, 22/5 (3wks) **FREE**



■ Active Living 60 Plus

Surrey Hills: Mon 8.45am - 9.45am
3/2 (7wks) \$112; 20/4 (9wks) \$144

■ Ageless Grace

A chair-based body and brain exercise program done to uplifting music.

Ashburton: Thu 10am - 10.45am
30/1 (9wks) \$180; 16/4 (11wks) \$220

■ Al-Anon

Al-Anon helps families and friends of alcoholics recover from the effects of living with someone with a drinking problem.

Craig: Sun 6pm - 7pm (ongoing)

■ Balance Back to Exercise

A fun class particularly suitable for people coming back to exercise at a later stage of life.

Ashburton: Wed 12pm - 1pm
5/2 (ongoing) \$7 per class

Balwyn: Wed 1.30pm - 2.30pm
5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50
Wed 2.30pm - 3.30pm

5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50
Kew: Tue 11.15am - 12.10pm
4/2 (8wks) \$130; 14/4 (10wks) \$160

■ Bike Riding Groups

Surrey Hills: Mon, Tue, Wed and Thu mornings (ongoing) **FREE**

■ Boxing Exercise

Improve cardio and strength focusing on flexibility, weight bearing motion and boxing. Aimed at all ages.

Hawthorn: Mon 9.30am - 10.30am
3/2 (9wks) \$108*; 20/4 (9wks) \$108*
*MAC reduced rates available

■ Buddhist Meditation

Discover simple meditations and ways of thinking to maintain a peaceful, positive mind.

Craig: Wed 7.30pm - 9pm
\$15 per session (ongoing)

■ Buff Bones for Osteoporosis

Pilates based full body workout for bone strengthening and balance. Safe for osteoporosis.

Canterbury: Mon 9.30am - 10.30am
3/2 (7wks) \$119; 21/4 (10wks) \$170
Thu 9.30am - 10.30am
6/2 (8wks) \$136; 23/4 (10wks) \$170

■ Changing Directions Music **NEW**

A program for people with an ABI (Acquired Brain Injury) designed to encourage creative expression. A great social opportunity. You can access this program using your NDIS plan.

Trentwood: Mon 1pm - 2.30pm
starting 13/1

■ Dance Latino Style

Learn Latino style dance. Does not involve partner work.

Canterbury: Tue 10.45am - 11.45am
4/2 (8wks) \$128; 21/4 (10wks) \$160



■ Dizco

A fun Bootcamp for women only. A place for women to make friends, have fun, lose weight and become a community! Women empowering women! Dancing, booty building, abdominal and upper body strengthening. Sessions will also touch on subjects such as self-love and how to learn your worth. Group members are encouraged to be open and share stories, affirmations and tips on improving mental health. Bring a note pad for your class.

Craig: Thu 7pm - 8pm
16/1 (ongoing) Prices to be advised (packages will be available)
Instagram: @_dizco_

■ Exercise to Music Classes (50+)

Ashburton: Mon 11.30am - 12.30pm
3/2 (ongoing) \$7 per class
Tue 9.30am - 10.30am
4/2 (ongoing) \$7 per class
Fri 9.30am - 10.30am
7/2 (ongoing) \$7 per class

■ Keep Fit (Strength and Conditioning)

Ashburton: Tue 10.45am - 11.45am
4/2 (ongoing) \$7 per class
Fri 10.45am - 11.45am
7/2 (ongoing) \$7 per class

■ Fit for You - Early Morning Sessions

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

Balwyn: Tue 6.15am - 7am
4/2 (8wks) \$93; 21/4 (10wks) \$115
Thu 6.15am - 7am
6/2 (8wks) \$93; 23/4 (10wks) \$115
Kew: Mon 8.30am - 9.25am
3/2 (7wks) \$115; 13/4 (9wks) \$145

■ Fun Fitness for the Brain and Body (Ageless Grace)

Uplifting program beneficial for stress and anxiety relief, memory retention, co-ordination, balance and promotes creativity.

Canterbury: Fri 10am - 10.45am
7/2 (8wks) \$128; 24/4 (10wks) \$160
Surrey Hills: Mon 10am - 10.45am
3/2 (7wks) \$112; 20/4 (9wks) \$144

■ Hi/Lo Exercise

Balwyn: Thu 9.15am - 10.15am
6/2 (8wks) \$122.50; 23/4 (10wks) \$152.50

■ Laughter Club

Surrey Hills: Wed 8.30am - 8.50am
29/1 (ongoing) **FREE**

■ Lisa's class for the Young at Heart

A lively dynamic class for the young-at-heart and all fitness the levels. Gentle cardio, strengthening, balance and stretching.

Kew: Mon 11.30am - 12.30pm
3/2 (7wks) \$115; 13/4 (9wks) \$145

■ Mat Pilates

Build core strength, stability and develop endurance with longer, leaner muscles to improve posture.

Kew: Thu 8.30am - 9.25am
6/2 (8wks) \$130; 16/4 (10wks) \$160

■ Meditation

Balwyn: Wed 7.45pm - 8.45pm
5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50

■ Meditation and Guided Relaxation

For focusing and lowering stress.

Alamein: Thu 5.45pm - 6.45pm
13/2 (7wks) \$91; 30/4 (9wks) \$117

■ Men's Fitness

A group design specifically for men, includes a 60-min full body workout session with moderate resistance and intensity exercises for upper and lower body.

Hawthorn: Thu 2pm - 3pm
30/1 (10wks) \$120*; 16/4 (11wks) \$132*
*MAC reduced rates available

■ Mindful Meditation

Pause and learn how to enable us to be less reactive, calmer and more present. Bookings essential.

Craig: 2nd Tue of month
7.30pm - 8.30pm (ongoing)
\$15 per session

■ Mums and Bubs Exercise **NEW**

A program run by a new mum for mums, specifically targeting areas of concerns for post-natal mothers, focusing on safe pelvic floor options.

Hawthorn: Mon 9.30am - 10.30am
3/2, 20/4 (9wks) \$108

■ MuVit or Lose It! **NEW**

Surrey Hills: Thu 5pm - 6pm
20/2 (6wks) \$110

■ Nia

Nia is a fun, simple dance-based fitness class which is suitable for all ages, abilities and conditioning. Nia combines music movement and mindfulness. Blending dance, martial arts and the healing arts to improve fitness, neuroplasticity strength and balance. Free come and try day 28 Jan 10.30am - 11.30am.

Trentwood: Tue 10.30am - 11.30am
4/2 (8wks) \$80; 21/4 (10wks) \$100

■ Pilates

Control, precision, movement, balance; a mind body workout.

Alamein: Tue 6.20pm - 7.20pm
11/2 (7wks) \$91; 21/4 (10wks) \$130
Tue 7.30pm - 8.30pm

11/2 (7wks) \$91; 21/4 (10wks) \$130

Balwyn: Tue 9.15am - 10.15am
4/2 (8wks) \$122.50; 21/4 (10wks)
\$152.50

Craig: Wed 9.30am - 10.30am
\$12 per session

Hawthorn: Mon 8.30am - 9.30am
9.45am - 10.45am, 12pm - 1pm
1pm - 2pm 13/1 (11wks) \$132*
20/4 (9wks) \$108*

Wed 9am - 10am, 10am - 11am

15/1 (12wks) \$144*; 15/4 (11wks) \$132*

Thu 8.30am - 9.30am, 9.30am - 10.30am

16/1 (12wks) \$144*; 16/4 (11wks) \$132*

Fri 9am - 10am, 10am - 11am,

11am - 12pm 17/1 (12wks) \$144*

17/4 (11wks) \$132*

*MAC reduced fees available

Trentwood: Over 55s. Mon 9am - 10am

3/2 (9wks); 20/4 (9wks) \$105

Mon 10am - 11am 3/2 (9wks);

20/4 (9wks) \$105

Surrey Hills: Mon 10am - 11am

3/2 (7wks) \$119; 20/4 (9wks) \$153

Tue 11am - 12pm

28/1 (9wks) \$153; 14/4 (11wks) \$187

Thu 6pm - 7pm

30/1 (9wks) \$153; 16/4 (11wks) \$187

■ Pilates for flexibility

Flexibility and strength will be a focus of class. All ages.

Canterbury: Thu 10.45am - 11.45am
6/2 (8wks) \$136; 23/4 (10wks) \$170

■ Pilates with a Twist **NEW**

Surrey Hills: Mon 5pm - 6pm
17/2 (6wks) \$110

■ Pink Ribbon Pilates **NEW**

The Pink Ribbon Program was created to enhance recovery for breast cancer patients.

Canterbury: Mon 10.45am - 11.45am
9/2 (7wks) \$126; 20/4 (8wks) \$144

■ Post Natal Exercise

This exercise class is tailored for mums who want to get back into shape after pregnancy. Classes are pelvic floor safe and suitable for all fitness levels. Babies are welcome too!

Trentwood: Tues 2pm - 3pm
4/2 (8wks) \$40; 21/4 (10wks) \$55

■ Qigong

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

Camberwell: Tue 8am - 9am
4/2 (8wks) \$106; 21/4 (10wks) \$132

Surrey Hills: Wed 10am - 11.15am
29/1; 15/4 (ongoing) \$8 per session

■ Qi Gong/ ChiBall Moves

Flowing qigong movements incorporating chiBalls; comfortable, gentle and simple to follow. Improves flexibility, strength, balance and mindfulness. Suitable for all ages and abilities. Free come and try day

Tues 28/1 9.30am - 10.15am
Trentwood: Tue 9.30am - 10.15am
4/2 (8wks) \$85; 21/4 (10wks) \$105

■ Advanced Qi Gong & Tai Chi

Integration of physical postures, breathing techniques and focus. Experience necessary.

Hawthorn: Thu 12pm - 1pm
16/1 (12wks) \$144*; 16/4 (11wks) \$132*

*MAC reduced fees available

■ Reboot 2.0 **NEW**

Bootcamp is back. An 8 week fitness journey.

Surrey Hills: Tue and Thu
6.15am - 7.10am 4/2 (8wks) \$240

■ Silver Sneakers **NEW**

Silver Sneakers is an exercise and social program for over 55s incorporating strength training, regular lectures from industry experts and morning tea

Canterbury: Thu 9.30am - 10.30am
6/2 (8wks) \$136; 23/4 (10wks) \$170

■ Strength and Balance

Chair supported, light weight-bearing exercises suitable for elderly.

Hawthorn: Mon 11am - 12pm
13/1 (11wks) \$132*; 20/4 (9wks) \$108*

Wed 9am - 10am

15/1 (12wks) \$144*; 15/4 (11wks) \$132*

*MAC reduced fees available

Trentwood: Wed 9.30am - 10.30am

29/1 (9wks) \$100; 15/4 (11wks) \$125

■ Strength Training (YMCA led)

Surrey Hills: Mon, Wed and Fri

8.15am - 9.15am

Tue 8.30am - 9.30am

Tue and Thu 7.15pm - 8.15pm

Tue and Fri 12.30pm - 1.30pm

28/1 (9 weeks); 14/4 (11 weeks)

\$5.75 per class (over 65 years)

\$8 per class (under 65 years)
paid per term.

■ Stretch and Strengthen

Increase your strength and flexibility in this supportive, low-impact exercise class. Suitable for beginners and all ages.

Balwyn: Mon 7pm - 8pm
3/2 (7wks) \$107.50; 20/4 (9wks) \$137.50

Thu 10.30am - 11.30am

6/2 (8wks) \$122.50; 23/4 (10wks) \$152.50

■ Stretch and Strengthen

Tone & strengthen muscles, improve balance, increase flexibility and cardio fitness using light weights (supplied) and exercise mats (also supplied or you can bring your favourite). Work within your limits in this small class.

Camberwell: Tue 10.30am - 11.30am
4/2 (8wks) \$106; 21/4 (10wks) \$132

■ Strength and Wellbeing for Men **NEW**

Group exercise class specific to men's needs. A focus on strength training along with a strong information/ education component.

Canterbury: Fri 10.45am - 11.45am
7/2 (8wks) \$136; 24/4 (10wks) \$170

■ Table Tennis Group

Ashburton: Mon 2pm - 4pm

3/2 (ongoing) \$5 per session

Surrey Hills: Thu 1.30pm - 3pm

30/1; 16/4 \$4.50 per session

Trentwood: Thu 11am - 1pm

16/1 (ongoing) \$3 per session

■ Tai Chi for Absolute Beginners **NEW**

Camberwell: Thu 9am - 10am

6/2 (8wks) \$106; 23/4 (10wks) \$132

■ Tai Chi

A traditional Chinese mind-body relaxation exercise performed in slow, gentle movements enabling harmony in mind and body. Suitable for all ages.

Camberwell: Mon 4pm - 5pm

Mon 5pm - 6pm

3/2 (7wks) \$93; 20/4 (9wks) \$119 **NEW**

Tue 9am - 10am

4/2 (8wks) \$106; 21/4 (10wks) \$132

Thu 8am - 9am, Thu 10am - 11am,

Thu 11am - 12pm

6/2 (8wks) \$106; 23/4 (10wks) \$132

Canterbury: Fri 10.45am - 12pm

7/2 (8wks) \$128; 24/4 (10wks) \$160

Kew: Beginners Mon 1pm - 2pm

3/2 (7wks) \$115; 13/4 (10wks) \$160

Surrey Hills: Tue, Thu and Fri

8am - 9am (ongoing)

\$25/single weekly session or

\$45/multiple weekly sessions

Trentwood: Some experience

Thu 30/1 1pm - 2pm or

Introduction 2pm - 3pm

Thu 30/1 (9wks) \$100; 16/4 (11wks) \$120

■ Tai Chi/Qi Gong

Balwyn: Tue 10.30am - 11.30am

4/2 (8wks) \$122.50; 21/4 (10wks) \$152.50

Wed 10.45am - 11.45am

5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50

■ The Wellbeing Club

Ashburton: Wed 1.30pm - 2.30pm
29/1 (9wks) \$135; 15/4 (11wks) \$165

■ Walking Groups

Ashburton: Wed 10am - 11am

29/1 (ongoing) \$1 per session

Camberwell: Tue 9.30am - 10.30am

Thu 9.30am - 10.30am **FREE**

Canterbury: Thu 9.30am (fast pace),
10am (gentle pace)

6/2; 23/4 Free with membership

Hawthorn: Fri 10am - 11.30am

(ongoing) \$2 per session

Surrey Hills: Mon 9am - 10.30am

3/02; 20/04 (ongoing) **FREE**

Fri 8.30am - 10am

31/01; 17/04 (ongoing) **FREE**

■ South Melbourne Walking Tour

Canterbury: Fri 11am - 1pm

13/3 (1wks) \$20

■ Introduction to Vinyasa Yoga **NEW**

Increase strength, flexibility and balance. Learn simple breathing techniques, mindfulness and meditation to focus the mind and relax. Free come and try day

Thu 10am - 11am 30/1

Trentwood: Thu 10am - 11am

6/2 (8wks) \$125; 16/4 (11wks) \$175

■ Early Bird Yoga **NEW**

Camberwell: Fri 7.30am - 8.30am

Fri 8.30am - 9.30am

7/2 (8wks) \$106; 24/4 (10wks) \$132

■ Yoga

Balwyn: Mon 9.30am - 10.30am

3/2 (7wks) \$107.50; 20/4 (9wks) \$137.50

Thu 7pm - 8.15pm 6/2 (8wks) \$122.50

23/4 (10wks) \$152.50

Wed 7am - 8.15am 5/2 (8wks) \$122.50

22/4 (10wks) \$152.50

Camberwell: Multiple classes offered, all include relaxation and meditation practices.

Mon 6.30pm - 7.45pm

Mon 7.45pm - 9pm

3/2 (7wks) \$116; 20/4 (9wks) \$149

Tue 9.15am - 10.30am

Tue 10.30am - 11.45am

4/2 (8wks) \$132; 21/4 (10wks) \$166

Thu 5.45pm - 7pm, Thu 7pm - 8.15pm

6/2 (8wks) \$132; 23/4 (10wks) \$166

Canterbury: Mon 9.30am - 10.30am

3/2 (7wks) \$98; 20/4 (8wks) \$112

Tue 9.30am - 10.30am 4/2 (8wks) \$112

21/4 (10wks) \$140

Kew: Wed 6.30pm - 8pm

5/2 (8wks) \$145; 15/4 (10wks) \$180

Surrey Hills: Mon 6pm - 7pm and

7.15pm - 8.15pm 3/02 (7wks) \$119

20/04 (9wks) \$153

Surrey Hills: Wed 5.45pm - 6.45pm

29/01 (9wks) \$153; 15/04 (11wks) \$187

Surrey Hills: Thu 9.30am - 10.30am

28/01 (9wks) \$153; 14/04 (11wks) \$187

■ Yoga: Chair Based

Balwyn: Mon 10.45am - 11.45am

3/2 (7wks) \$107.50; 20/4 (9wks) \$137.50

Canterbury: Mon 10.45am - 11.45am

3/2 (7wks) \$98; 20/4 (8wks) \$112

Hawthorn: Tue 10am - 11.30am

28/1 (10wks) \$120*; 14/4 (11wks) \$132*

Includes morning tea.

*MAC reduced fees available

■ Yoga: Continuing

Alamein: Mon 7pm - 8pm

3/2 (7wks) \$91; 20/4 (9wks) \$117

■ Early Bird Yoga **NEW**

Camberwell: Fri 7.30am - 8.30am

Fri 8.30am - 9.30am

7/2 (8wks) \$106; 24/4 (10wks) \$132

■ Yoga: Gentle

Alamein: Mon 5.45pm - 6.45pm

3/2 (7wks) \$91; 20/4 (9wks) \$117

■ Yoga: Hatha

Suitable for all levels.

Bowen Street: Wed 6.30pm - 7.30pm

5/2 (8wks) \$136; 15/4 (11wks) \$187

■ Yoga: Hatha Continuing

Ashburton: Mon 9.30am - 10.30am

3/2 (7wks) \$105; 20/4 (9wks) \$135

Ashburton: Tue 9.30am - 10.30am

28/1 (9wks) \$135; 14/4 (11wks) \$165

■ Yoga: Slow Flow

Ashburton: Thu 9.30am - 10.30am

30/01 (9wks) \$135; 16/4 (11wks) \$165

■ Yoga: Slow

Poses are modified to adapt to your

body. Suitable for all levels.

Hawthorn: Thu 6.30pm - 7.30pm

30/1 (10wks) \$142; 16/4 (11wks) \$156

■ Yoga: Yin

Ashburton: Thu 10.45am - 11.45am

30/01 (9wks) \$135; 16/4 (11wks) \$165

■ Yoga: Yin & Flow

Trentwood: Tue 6.30pm - 7.30pm

28/1 (9wks) \$100; 21/4 (11wks) \$120

■ Yoga with Meditation, Pranayama and Relaxation Techniques

Alamein: Thu 9.30am - 11am

6/2 (8wks) \$152; 23/4 (9wks) \$171

■ Yoga and Pilates Combo

Ashburton: Tue 2pm - 3pm

28/1 (9wks) \$135; 14/4 (11wks) \$165

■ Your Healthy Spine

Ashburton: Wed 12pm - 1.30pm

29/1 (9wks) \$135; 15/4 (11wks) \$165

Ashburton: Thu 7.30pm - 9pm

30/1 (9wks) \$135; 16/4 (11wks) \$165

■ Zumba Gold

Fabulous dance-fitness for active, older adults.

Balwyn: Wed 9.30am - 10.15am

5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50

Wed 6.30pm - 7.15pm

5/2 (8wks) \$122.50; 22/4 (10wks) \$152.50

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 rooms and a registered kitchen suitable for classes, workshops and meetings for community, not-for-profit and commercial businesses. Visit our www.ashburtoncc.org.au for more details.

Balwyn Community Centre

We have a large Function Centre available to hire for functions and events. Smaller meeting rooms also available. All hire rooms are internet and AV equipped. To enquire please call the office on 9836 7942 for details.

Bowen Street Community Centre Camberwell

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

Camberwell Community Centre

Hall, well-being room and carpeted meeting rooms available for hire. No parties. Phone 9882 2611 for details.

Craig Family Centre

Rooms suitable for meetings, seminars and parties. Special rates for not-for-profit organisations.

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 offer equipped kitchens, alfresco dining and outdoor areas for all your party, meeting, workshop and seminar needs.

Trentwood Community House

Our new well-equipped centre has various sized rooms and a kitchen available for hire for community groups and commercial use. Our rooms are suitable for meetings, classes, workshops, functions and celebrations (21 years+).

