

Live & Learn

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 NEIGHBOURHOOD 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.

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.

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



WORKSHOPS & CLASSES FOR THIS SEMESTER

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

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.



Ashburton Community Centre

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

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.

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



WORKSHOPS & CLASSES FOR THIS SEMESTER

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.

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.



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



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

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.

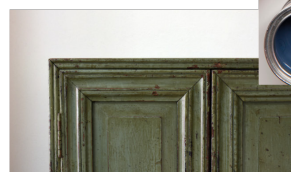
Living in spaces that we enjoy lifts our mood, encourages creativity, and makes us feel happier.

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

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



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



WORKSHOPS & CLASSES FOR THIS SEMESTER

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

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 best.

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.



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



WORKSHOPS & CLASSES FOR THIS SEMESTER

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.



Surrey Hills Neighbourhood Centre
Phone: 9890 2467
Email: reception@surreyhillsnc.org.au
Website: www.surreyhillsnc.org.au

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!

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

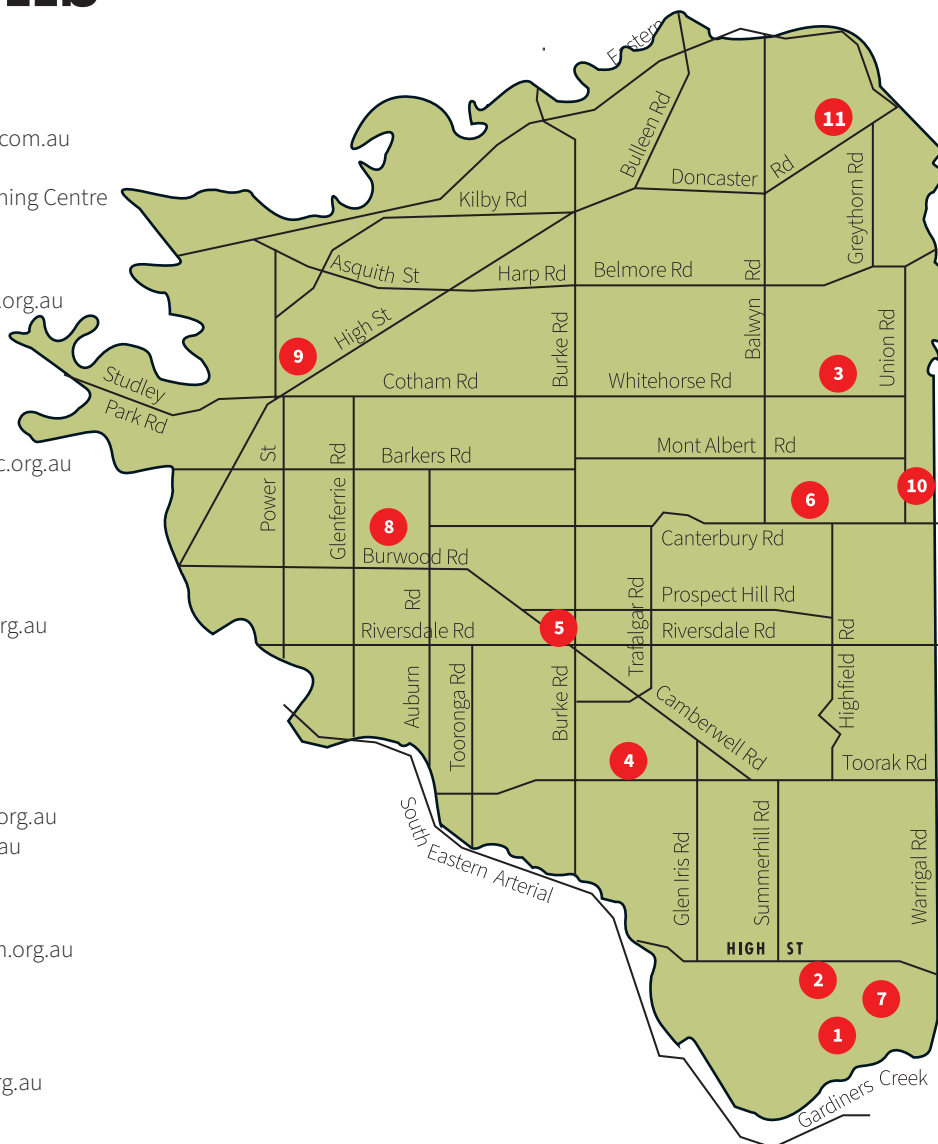
Your local Boroondara Houses and Centres will be providing free trials, taster classes and activities. Visit our websites to see what's on.



Neighbourhood Houses
The Heart of Our Community

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
- 3 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
- 5 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](https://www.facebook.com/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
- 7 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
Facebook: www.facebook.com/hawthorncommunityhouse
Instagram: www.instagram.com/hawthorncommhouse
- 9 Kew Neighbourhood Learning Centre**
2–12 Derby Street Kew 3101
Phone: 9853 3126 Email: admin@kewnnc.org.au
Website: [Kewnnc.org.au](http://www.kewnnc.org.au)
Instagram: @kewlearning
Facebook: @kewneighbourhoodlearningcentre
- 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
- 11 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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