

Short Course Guide

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

Semester 1: January to June 2019



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!

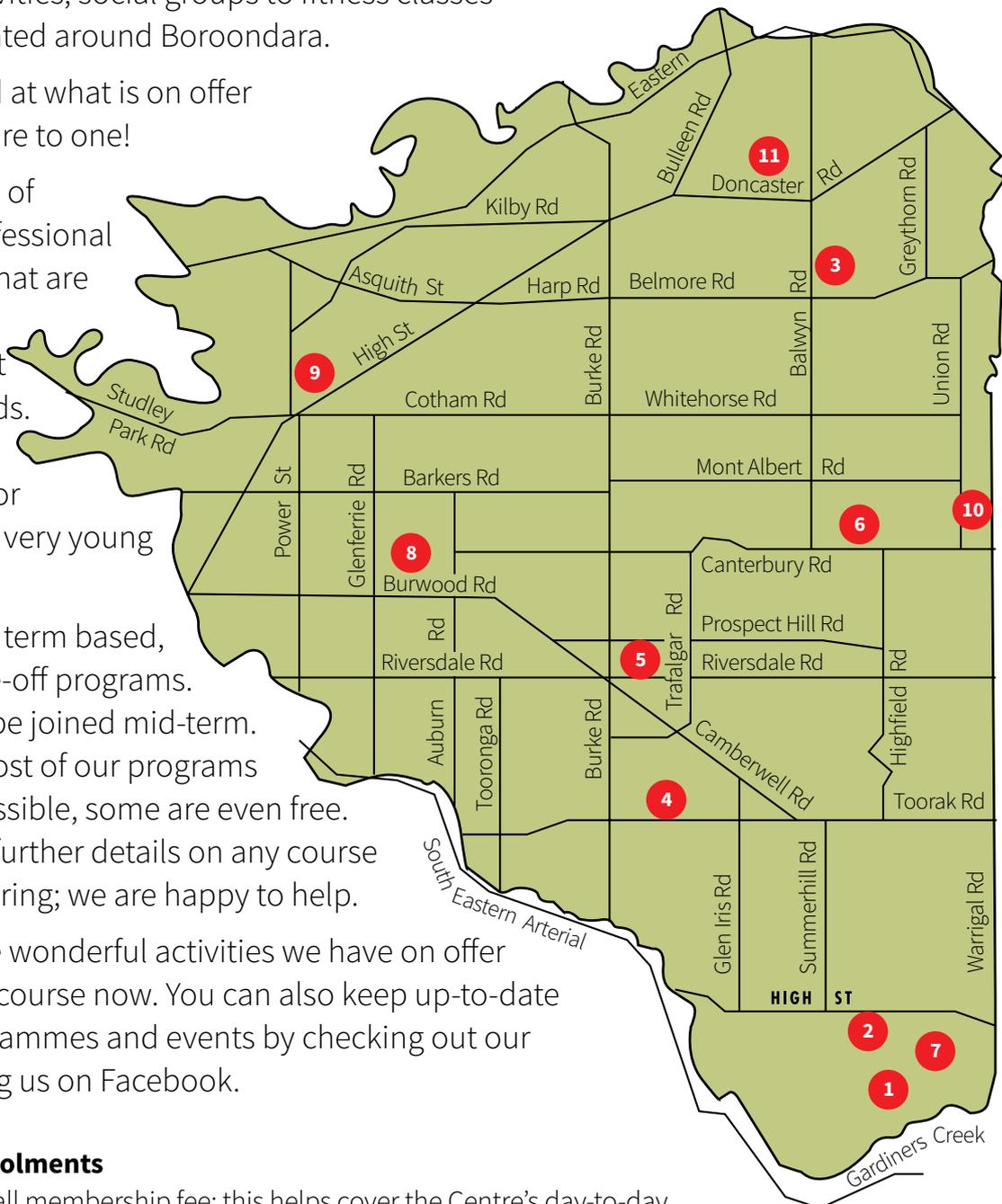
We have many years of experience with professional tutors and courses that are constantly evolving and growing to meet our community needs. Most importantly, there is something for everyone – from the very young to the most senior.

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, Camberwell

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

5 Camberwell Community Centre

33 Fairholm Grove, Camberwell 3124
Ph: 9882 2611 / 0478 766 683 E: contact@camberwellcc.org.au
W: www.camberwellcommunitycentre.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@kewnlc.org.au
W: www.kewnlc.org.au

10 Surrey Hills Neighbourhood Centre

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

11 Trentwood at the Hub

Greythorn Community Hub, 2 Centre Way, Balwyn North 3104
Ph: 9006 6590 E: info@trentwood.org.au
W: www.trentwood.org.au

What's on

January – June 2019



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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.

■ 3-Year-old Program

Craig: Tue Thu 9am - 2pm 29/1 (10wks); 23/4 (10wks) \$770/term CCS available

■ 3-year-old kindergarten **NEW**

Early childhood teacher and qualified early childhood educator. CCS available.

Craig: Mon and Wed 9am - 2pm 30/1 (10wks); 24/4 (10wks) \$785/term

■ After-kinder care **NEW**

Stay on until 5pm after attending the 3 or 4 year old kindergarten. CCS available.

Craig: (3 - 5 years) Mon Wed and Fri 2pm - 5pm 30/1 (10wks) 24/4 (10wks) \$45/session

■ Funded 4-year-old kindergarten

Craig: Mon Wed and Fri 9am - 2pm 30/1 (10wks); 24/4 (10wks) \$570/term

■ Mandarin 3-year-old program **NEW**

Includes a 30-minute session facilitated by Real Mandarin. CCS available.

Craig: Tue and Thu 9am - 2pm 29/1 (10wks); 23/4 (10wks) \$795/term

■ Occasional

Craig: Mon to Fri 9am - 1pm 29/1 (10wks); 23/4 (10wks) \$55/session plus Fri 9am - 2pm 1/2 (10wks); 26/4 (10wks) \$68/session CCS available

■ Occasional/sessional childcare

Balwyn: Mon to Fri 9am - 12pm 4/2 (9wks); 23/4 (10wks) \$36/session \$42 Casual

Mon to Fri 9am - 2pm 4/2 (9wks) 23/4 (10wks) \$60/session, \$70 Casual Mon to Fri 12pm - 2pm 4/2 (9wks) 23/4 (10wks) \$24/session, \$28 Casual

Bowen Street: (1+ group) Tue 9.15am - 12.15pm 29/1 (10wks)

23/4 (10wks) Call Centre for cost

(6mths - 5 years) Wed and Fri 9.15am - 12.15pm 30/1 (10wks)

24/4 (10wks) Call Centre for cost

(12mths - 5 years) Wed and Fri

9.30am - 2.30pm 30/1 (10wks)

24/4 (10wks) Call Centre for cost

Hawthorn: Mon Tue Wed 9.15am - 1.15pm 29/1 (8-10wks); 23/4 (8 - 10wks)

Thu 9.15am-2.15pm 31/1 (10wks)

25/4 (9wks) Call for cost

■ Shoestrings occasional care

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

Kew: Mon Tue Wed or Thu 9am - 12pm 4/2 (9wks); 23/4 (10wks) \$36/session

■ Shoestrings plus (3 - 5 years)

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

Kew: Mon Tue or Thu 1pm - 4pm 4/2 (9wks); 23/4 (10wks) \$36/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

\$140 (members \$100)

Children's art & craft

■ After-school art for young people

Balwyn: (8 - 11 years)

Tue 4.15pm - 5.45pm

5/2 (9wks); 30/4 (9wks) \$148

Learn different art and craft techniques each week, explore different materials and mediums. Materials provided.

Craig: NEW (8 - 11 years)

Mon 4.15pm - 5.45pm

11/2 (7wks) \$161; 6/6 (7wks) \$161

Hawthorn: (6 - 10 years)

Thu 4.15pm - 5.45pm 31/1 (10wks); 2/5 (10wks) \$150

■ Clay time for kids @ the clay room

Camberwell: (8 - 13 years)

Wed 4pm - 5.30pm 6/2 (8wks)

1/5 (8wks) \$225

■ Comic art for kids **NEW**

Learn the fundamentals of drawing using a comic style.

Ashburton: (8 - 12 years)

Thu 4pm - 5pm 7/2 (8wks); 2/5 (8wks) \$120

■ Messy play

Enjoy sensory and creative play experiences through messy mediums such as slime, goop, playdough, wet & dry sand, paint, water and more!

Trentwood: (3 - 5 years)

Fri 10am - 11.15am

1/2 (10wks); 26/4 (10wks) \$130

■ Mixed media art for primary students

A fun class exploring different mediums including drawing, painting, construction and sewing.

Kew: (Grades 3 - 6) Wed 4pm - 5.30pm

6/2 (9wks) \$200; 24/4 (10wks) \$220

■ Young at ART with Toshi

Camberwell: (8 - 13 years) Tue 4pm -

5.30pm 5/2 (9wks); 30/4 (9wks) \$180

Dance, music & yoga

■ Baby and me singing time **NEW**

Bond with your baby while developing their listening, motor skills and language while singing.

Craig: (0 - 2 years) Mon 10am - 11am

25/2 (6wks) \$78; 29/4 (8wks) \$104

■ Caroline's little stars: kids' music

Ashburton: (8mths - 5 years)

Mon 9.30am - 10.15am

4/2 (8wks); 29/4 (8wks) \$120

(sibling discount available)

Mon 10.30am - 11.15am

4/2 (8wks); 29/4 (8wks) \$120

(sibling discount available)

■ Children's dance class with Rockin' Robyn

A fun program that balances free creative movement and basic choreography.

Bowen Street: (2 - 3.5 years)

Mon 11.15am - 11.45am

11/2 (8wks); 29/4 (9wks) \$99

(3 - 6 years) Mon 12pm - 12.30pm

11/2 (8wks); 29/4 (8wks) \$99

Kew: (2 - 5 years) Fri 9.30am - 10am

8/2 (9wks) \$100; 26/4 (10wks) \$110

■ Kinder yoga **NEW**

Your little one will discover balance, calm, movement and fun!

Canterbury: (3 - 5 years)

Thu 10am - 10.40am

14/2 (8wks); 9/5 (8wks) \$120

■ Mini groovers

Fun and creative dance classes for pre-schoolers.

Ashburton: (18 mnths - 5 years)

Thu 9.45am - 10.15am

31/1 (10wks) \$150; (9wks) \$135

(sibling discount available)

Thu 9.45am - 10.15am

31/1 (10wks) \$150; (9wks) \$135

(sibling discount available)

■ Mums and bubs yoga & meditation **NEW**

As well as feeling stretched and strong you and baby will be soothed and relaxed by this session.

Craig: (0 - 2 years) Mon 10am - 11am

1/3 (5wks) \$115; 3/5 (9wks) \$207

■ Story time yoga **NEW**

Combines the fun of reading with the benefits of yoga - an exciting session promoting health, happiness and reading in one!

Hawthorn: (3 - 5 years)

Thu 1.30pm - 2.15pm

7/2 (8wks); 2/5 (8wks) \$113

Trentwood: (3 - 5 years)

Thu 10am - 10.45am

14/2 (6wks); 2/5 (6wks) \$60

Thu 11am - 11.45am

14/2 (6wks); 2/5 (6wks) \$60

■ Yoga & movement **NEW**

A mixture of dance, acrobatics, yoga and mindfulness, to teach coordination, embodiment, trust and connection.

Ashburton: (6 - 12 years)

Tue 4pm - 5pm

5/2 (8wks); 23/4 (8wks) \$120



Exploring & education

■ **Baby massage**

Learn how to bond and interact with your baby through interactive and informative hands-on classes. Help to calm an unsettled baby and aid sound sleep and improve your relationship after a post traumatic birthing experience. Helps baby's physical development.

Trentwood: Tue 6.30pm - 7.30pm
29/1(10wks); 23/4 (10wks) \$125

■ **Bright brains homework group (8 - 17 years)**

Homework and study service for upper primary and secondary school students. Fun, safe learning environment.

Craig: Wed 4pm - 5.30pm
5/2 (9wks); 1/5 (9wks) **FREE**

■ **Coderdojo**

Learn how to code, develop websites, apps, programs and games. BYO parent and laptop.

Hawthorn: (7 - 17 years)
2nd Sun of month 11am - 12.30pm
10/2 **FREE**

■ **Healthy cooking NEW**

Teaching kids the basics of healthy food in a fun interactive class.

Ashburton: (8 - 12 years)
Thu 4pm - 5pm
14/2 (6wks) \$90; 2/5 (9wks) \$135

■ **Mandarin children's library NEW**

Access over 2,000 Mandarin picture books.

Craig: Sun 11am - 5pm Craig annual membership \$25 full/\$15 concession and library membership

■ **Mandarin language class (4+ years)**

Craig: Wed 4.15pm - 5.45pm 6/2 (8wks); 24/4 (8wks) \$60/lesson, sibling discount available. Free trial.

■ **Resilience program for girls:****'Girls shine bright!'** **NEW**

A safe space where participants are encouraged to develop their resilience and confidence through friendship, self-discovery, personal reflection.

Free come and try sessions on 5/2 and 30/4.

Craig: (8 - 13 years)
Tue 4.15pm - 5.45pm
12/2 (8wks); 7/5 (8wks) \$200

Playgroups

■ **Ashburton's family tribe NEW**

Supported (no age restrictions). Have a cuppa, do meditation, let the kids play together.

Craig: Mon 9.30am - 12.30pm
2/5 (9wks) \$90 (during school term)

■ **Eco explorers (0 - 8 years) NEW**

Sensory and nature play activities, songs, and story-telling in local parklands.

Craig: Sat 9.30am - 12.30pm
2/3 (6wks) \$138; 11/6 (10wks) \$230

■ **Facilitated (0 - 5 years)**

Facilitated by our Early Childhood Educator.

Kew: Wed 12.30pm - 2pm 23/1 (ongoing); Fri 10am - 12pm 18/1 (ongoing) \$5.50/session

■ **Grandparents' (0 - 5 years)**

Facilitated open-age playgroup for grandparents and carers.

Bowen Street: Mon 9am - 11am during school terms \$4/session
Organised activities for children with their grandparents

Kew: Wed 11am - 1pm
23/1 (ongoing) \$3.50/session

■ **Intergenerational music playgroup NEW**

This facilitated group incorporates fun, multi-sensory activities, designed to encourage positive interactions between the generations in a natural, nurturing and respectful environment. Children under 12 months are free.

Canterbury: Fri 10.30am - 11.15am
8/2 (8wks); 10/5 (8wks) \$120

■ **Mandarin facilitated (0 - 5 years)**

Mandarin immersion activities: storytelling, music, activities and free play.

Craig: Tue 10am - 12pm
5/2 (9wks) Casual \$25/session term \$15/session
Thu Fri 4pm - 6pm
Casual \$25/session, term \$15/session

■ **New to the area**

Unstructured, open-age, for new families.
Bowen Street: Thu 9am - 11am membership fees apply

■ **Parent lead (0 - 5 years)**

Fun playgroup activities for children with their parents or carers.

Craig: Tue 9.30am - 11.30am

Babies group

29/1 (10wks); 23/4 (10wks) \$65
Wed 9.30am - 11.30am

30/1 (10wks); 24/4 (10wks) \$65

Fri 9.30am - 11.30am

8/2 (10wks); 26/4 (10wks) \$65

Hawthorn: Fri 9.15am - 10.45am

1pm - 2.30pm

1/2 (10wks); 26/4 (10wks) \$78

Surrey Hills: Thu 9.30am - 11.30am

31/1 (10wks) \$50; 25/4 (9wks) \$45

Fri 9.30am - 11.30am

1/2 (10wks); 26/4 (10wks) \$50

■ **Rainbow NEW**

Parent led (open age group). Providing a fun play environment for LGBTQI families.

Craig: Fri 9.30am - 11.30am
22/2 (7wks) \$45.50; 26/4 (10wks) \$65

■ **Structured**

Facilitator led playgroups to develop new skills through play, stories and music. Parents, grandparents and carers are encouraged to join in, make new friends and socialise in a relaxed environment.

Canterbury: (1 - 5 years)

Mon 9.30am - 11.30am

4/2 (8wks); 29/4 (8wks) \$112

Tue 9.30am - 11.30am

5/2 (9wks); 30/4 (9wks) \$126

Experienced early childhood educator.

Meet other families and participate in play based activities.

Craig: (0 - 5 years)

Mon 9.30am - 12.30pm

4/2 (7wks) \$129.50; 29/4 (10wks) \$185

■ **Supported (0 - 5 years)**

Our supported playgroup provides an opportunity for families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.

Hawthorn: Fri 11am - 12.30pm

1/2 (10wks); 26/4 (10wks) **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

■ **Boroondara youth foundation**

If you are aged 14 to 25 and have a great idea for a project (or event) that will benefit your community - we have grants to help bring your idea to life!

Craig: 9885 7789

■ **Study space**

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

Trentwood: Mon to Fri 3pm - 6pm (ongoing) **FREE**

■ **VCE Y12 French programs - refer to Languages and Literacy**

Holiday workshops

■ **Sewing for 7 - 11 years NEW**

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

Bowen Street: Fri 10am - 12pm
12/4 (1 session); 5/7 (1 session) \$38

■ **Sewing for teens NEW**

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

Bowen Street: Fri 12.30pm - 3.30pm
12/4 (1 session); 5/7 (1 session) \$65

COMMUNITY ACTIVITIES

■ 4 seasons concerts

Enjoy free concerts with professional musicians each season of this year. Contact Alamein for details and bookings.

Alamein: Tue 10am - 12pm

19/3 (1 session) **FREE**

Wed 10am - 12pm 8/5 (1 session) **FREE**

■ Alamein men's shed

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

Alamein: Tue and Thu 9.15am - 12pm

\$30/term. Call for details

■ Charity knitting group

Knit to help others in need.

Surrey Hills: Mon 7pm - 9pm

4/2; 29/4 (ongoing) **FREE**

■ Children's clothing and toys rummage sale

Sustaining Ashburton: find vintage and pre-loved children's clothing, toys and paraphernalia at bargain prices. Stall holders welcome.

Bookings essential as limited spots.

Alamein: Sat 1pm - 4pm 6/4 (1 session)

■ Chinese activity group

Recreational, educational and support activities for Chinese speaking community.

Kew: Tue 10am - 1pm from 5/2

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

7/3, 4/4, 2/5, 6/6

\$5 plus food cost/session

■ Country Women's Association

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

■ Disability social support groups

Fun, social activities for adults with intellectual disabilities who may be socially isolated.

Ace space

Friends get together to cook, enjoy meditation, games and conversation.

Craig: Tue 4pm - 7pm

5/2 (9wks) \$90; 30/4 (9wks)

\$90 & \$50 membership

A crew

Enjoy an adventure into the community: movies, exhibitions, restaurants, bowling, mini golf and BBQ's.

Fee assistance provided on request.

Craig: Sat time TBD \$10 weekly fee

& \$50 membership

■ Discussion group

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

Alamein: Thu 1pm - 2.30pm

14/2, 14/3, 9/5, 13/6 \$2/session

■ Drop in morning tea

A great way to start the week!

Craig: **NEW**

Mon 10am - 11am \$2

Surrey Hills: Mon 9.30am - 11.30am

4/2; 29/4 (ongoing) \$3/session

■ Eastern community legal service

Free legal advice and guidance on legal matters pertaining to family law, intervention orders, fines, motor vehicle accidents, minor criminal matters and neighbourhood disputes.

Hawthorn: 2nd Mon of month

1pm - 5pm. Appointments essential.

■ The edge community fund

A group providing funding to support children to attend kindergarten, school camps, sporting clubs and activities.

Email: edgefund@craigfc.org.au

Craig: Mon Thu 10am - 11am

■ Florins

A women's social group meet fortnightly to chat and enjoy excursions.

Surrey Hills: Thu 2pm - 4pm

31/1 (ongoing) \$4.50/session

■ Food forest Ashburton (FFA)

W: www.foodforestashy.wordpress.com

C: 9885 7789 or

foodforestashy@gmail.com

Craig: 4th Thu or Sat of month

FFA membership & Craig FC

membership \$25 full \$15 conc

■ Garden club

Share in the fun of nurturing plants.

Alamein: Thu 10am - 11.30am 24/1

(fortnightly ongoing)

■ Growing together

At the Ashburton Community Garden, plant and harvest seasonal organic fruit and veggies.

Craig: Fri 10.30am - 12.30pm **FREE**

■ Growing older living dangerously (GOLD): seniors social group for women

A social support and recreational group for women over 55 living in Boroondara. Healthy lifestyles, social networking and friendship.

Craig: Every 2nd Thu

10.45am - 12.15pm

31/1 (5wks); 2/5 (6wks)

Annual membership fee \$50

■ Harmony day

"Everyone Belongs". All are welcome to a free morning tea and International Tea Festival.

Bowen Street: Thu 10am - 11.30am

21/3 (1 session) **FREE**

■ Inclusive communities program

(NDIS accessible)

Provides activities and programs for people with a disability and those recovering from mental health illness

Kew: Mon to Thu

Contact reception for further details

■ Men's discussion group

Surrey Hills: Fri fortnightly

9.30am - 11.30am

1/2; 26/4 (ongoing) \$4.50/session

■ Men's shed - "Q" workshop

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

Kew: Mon 1pm - 3pm

4/2 (ongoing) \$25/term

Tue 1pm - 4pm

5/2 (ongoing) \$25/term

Wed 10am - 3pm

6/2 (ongoing) \$25/term

■ OM:NI men's discussion group

A lively discussion group where men can chat, share their knowledge and experiences.

Hawthorn: 1st and 3rd Fri of month

10am - 12pm Gold Coin donation

■ Neighbourhood house week

10 - 17 May

Contact your local neighbourhood centre to check out what's on.

Activities include a classical concert, craft workshop, a genealogy workshop and an open playgroup with morning tea and children's music.

Bowen Street: Call for details

10/5 - 17/5 **FREE**

■ Scarecrow day

Family fun day. Come and make scarecrows, bike smoothies and other great activities.

Alamein: Sat 10am - 1pm

19/1 (1 session) **FREE**

■ Senior citizens groups

Multi-Cultural (0455 411 364)

Greek (9813 3062) and

Italian Seniors (0412 840 703) meet at Chambly Hall.

Camberwell: Phone for details

■ Stitch and chat

Surrey Hills: Mon fortnightly

1.30pm - 3.30pm

4/2 (5wks); 29/4 (5wks) \$4.50/session

■ Surrey Hills/Balwyn produce swap

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

Balwyn: 3rd Sun of month 9am - 10am

21/1, 17/2, 17/3, 21/4, 19/5 and 16/6

(monthly) **FREE**

■ Twilight market

Surrey Hills: Fri 5pm - 9pm
15/2 (1 session) **FREE**

■ Victorian Egg Decorators' Guild

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

■ Victorian Guild of China Painters

Craig: 3rd Sat of month 9.30am - 3.30pm

■ Volunteering

Check out the Boroondara Volunteer Resource Centre website for opportunities: www.boroondara.vic.gov.au/community-support/volunteering

ARTS

History & literature

■ Bellevue book circle

Coffee shop meetings, lively discussion on books, films and events. Call for details.

Canterbury: 3rd Tue of month
10am - 11am, **FREE** with membership

■ Heritage collection

Volunteers curating local items of heritage value: viewed Mondays.

Surrey Hills: Mon 9am - 3pm
(during term dates) **FREE**

■ History in the making **NEW**

The Vikings; the Elizabethan Age; the Victorian Age

Ashburton: Thu 1pm - 2.30pm
7/2 (6wks); 2/5 (6wks) \$120

■ Historical society

Surrey Hills: 3rd Tue 8pm - 10pm
19/2 (ongoing) \$4.50/session

■ The joy of good books

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

Ashburton: Tue 1pm - 3pm
5/2 (6wks); 30/4 (6wks) \$105

■ Literature

Explore a broad range of written works and other media from literary, philosophical and other perspectives. Term 1: Greek, Roman and Norse myths. Term 2: Children's books that adults will love.

Canterbury: Wed 1pm - 3pm
6/2 (9wks); 1/5 (9wks) \$207

■ Maling road book circle

Coffee shop meetings, lively discussion on books, films and events. Call for details.

Canterbury: 1st or 2nd Tue of month
10am - 11am, 3rd Tue of month **NEW**
2.30pm to 3.30pm
FREE with membership

■ Shakespeare's speeches **NEW**

Join us for some of Shakespeare's most enduring speeches. From Macbeth to Hamlet's 'To be or not to be'. No prior knowledge required.

Canterbury: Tue 10am - 12pm
7/5 (4wks) \$92

Music & movies

■ Camberwell film society

25 Ingelsby Road Camberwell.
Phone 9347 6969 for details

Camberwell: 3rd Wed of month 7pm

■ Chinese choir

Sing songs from around the globe. **NEW** members welcome anytime.

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

■ Chinese dancing

Trentwood: Thu 11.30am - 12.30pm
31/1 (10wks) \$107; 2/5 (9wks) \$96

■ Foreign film group

Enjoy a foreign film followed by a discussion.

Ashburton: 1st Wed of month
7pm for 7.30pm start

6/3 (ongoing) \$10/session

Surrey Hills: 3rd Wed

7.30pm - 10.30pm
20/2 (ongoing) \$10/session

■ Guitar: beginner

We are creating a beginners' community guitar group. Course notes and materials provided. BYO guitar.

Hawthorn: Mon 7pm - 8pm

4/2 (8wks); 29/4 (8wks) \$107

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

5/2 (9wks) \$155; 9/10 (10wks) \$175

■ Guitar: intermediate **NEW**

A community guitar group suitable for anyone who have played for 3+ years. Course notes and materials provided. BYO guitar.

Hawthorn: Thu 7pm - 8pm

7/2 (9wks); 2/5 (9wks) \$122

■ Rhythm 'n soul choir

Four-part harmony choir singing pop, soul, folk and gospel.

All levels welcome.

Hawthorn: Mon 7.45pm - 9.15pm

4/2 (8wks); 29/4 (8wks) \$156

■ Surrey Hills community choir **NEW**

Sing your heart out on a Sunday night. A wonderful way to start the week.

Suits all ages and abilities.

Surrey Hills: Sun 7pm - 8.30pm

3/2 (9wks); 28/4 (9wks) \$90

■ Ukulele

For beginners and intermediate players.

Ashburton: Wed 2pm - 3pm

30/1 (10wks); 24/4 (10wks) \$150

Learn to play and have fun with the Ukulele.

Surrey Hills: Beginners

Wed 11.45pm - 12.45pm

30/1 (10wks); 24/4 (10wks) \$160

Intermediate Wed 1.30pm - 2.30pm

30/1 (10wks); 24/4 (10wks) \$160

Advanced Tue 7pm - 8pm

29/1 (10wks); 23/4 (10wks) \$160

Wed 2.45pm - 3.45pm

30/1 (10wks); 24/4 (10wks) \$160

■ Ukulele workshop - singalong songs

NEW

Bring your uke for this fun workshop playing and singing favourite songs. Requires knowledge of basic C, F and G7 chords. Includes music sheets to take home.

Surrey Hills: Wed 17/4, 2pm - 3.30pm,
\$25 (\$20 Centre member)

The written word

■ Creative writing **NEW**

Ashburton: Wed 1pm - 2.30pm

6/2 (6wks); 24/4 (6wks) \$120

■ Life writing

Write recollections from your life and family history. Record and share these valuable memories and anecdotes.

Canterbury: NEW Beginners

Tue 12.30pm - 2.30pm

5/2 (9wks); 30/4 (9wks) \$207

Ongoing Tue 10am - 12pm

5/2 (9wks); 30/4 (9wks) \$207

A supported program to help you record and share recollections and anecdotes from your life and family history.

Hawthorn: Call for details

\$30/semester

■ Rendezvous to write

Receive guidance with current writing projects and develop your writing skills.

Hawthorn: Every 2nd Tue 1pm - 3pm,

12/2; 14/5 \$30/semester

For older people interested in life writing skills. Explore your personal history and develop your writing skills.

Trentwood: Thu fortnightly

1pm - 2.30pm 31/1 (5wks)

2/5 (5wks) \$25

■ Short stories **NEW**

Writing: discover the techniques used to craft imaginative short stories in a fun and relaxed environment. Develop your ideas and characters, and conjure up a spectacular plot.

Camberwell: NEW

Sat 1.30pm - 3.30pm 2/2 (3wks) \$96

Compiling: Write, edit and share your short stories with like-minded people.

You will be encouraged to compile your stories into a booklet.

Camberwell: NEW

Sat 1.30pm - 3.30pm 27/4 (3wks) \$96

■ Writing for pleasure

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

Kew: Tue 1pm - 3pm

5/2 (9wks) \$190; 23/4 (10wks) \$210

CREATIVE PURSUITS

Visual arts

■ Acrylic painting

Ashburton: Mon 10.30am - 12.30pm
4/2 (8wks); 29/4 (8wks) \$200
Learn about mediums and colours from a professional artist. Beginners and experienced artists welcome.

Surrey Hills: Mon 1pm - 3pm
4/2 (8wks); 29/4 (8wks) \$144

■ 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
6/2 (8wks); 24/4 (8wks) \$200

■ Botanical watercolour illustration

Learn how to paint flowers, plants or fruit in watercolour. Contact Centres for more details.

Ashburton: NEW (suitable for beginners)
Tue 6.30pm - 8.30pm

5/2 (6wks); 23/4 (6wks) \$150
Balwyn: Wed 9.15am - 12.15pm
6/2 (9wks); 1/5 (9wks) \$287

Wed 1.15pm - 3.45pm
6/2 (9wks); 1/5 (9wks) \$239

Hawthorn: NEW Tue 12pm - 1pm
5/2 (8wks); 23/4 (8wks) \$107

Trentwood: Thu 10.30am - 12.30pm
31/1 (10wks) \$125; 2/5 (9wks) \$113

■ Chinese painting

Learn different techniques and compositions along with Chinese calligraphy.

Ashburton: Wed 10am - 12pm
30/1 (10wks); 24/4 (10wks) \$250

■ Crafternoon

Join this relaxed group and get creative.

Alamein: Thu 1pm - 2.30pm
21/2, 21/3, 16/5, 20/6 Gold Coin donation

■ Decoupage

Balwyn: Mon 12.30pm - 2.30pm
4/2 (8wks); 29/4 (8wks) \$178.50

Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$200.50

■ Intro to drawing with It Hao Pheh NEW

Camberwell: Mon 1pm - 3pm
25/3 (4wks) \$88

■ Drawing

Balwyn: Tue 10am - 12pm
5/2 (9wks); 30/4 (9wks) \$197

Wed 10am - 12pm
6/2 (9wks); 1/5 (9wks) \$197

Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$197

Camberwell: Wed 1pm - 3pm
6/2 (9wks); 1/5 (9wks) \$196

Thu 4.30pm - 6.30pm
7/2 (9wks); 2/5 (9wks) \$196

Surrey Hills: Tue 2.30pm - 4.30pm
29/1 (10wks); 23/4 (10wks) \$180

■ How to draw what you see NEW

With the right guidance, you can discover the artist within and learn how to draw what you see, real or imaginary! Materials supplied.

Bowen Street: Wed 10am - 12pm
5/6 (4wks) \$50

■ Drawing and thinking

Ashburton: Fri 10am - 12pm
1/2 (8wks); 26/4 (8wks) \$160

Fri 12.30pm - 2.30pm
1/2 (8wks); 26/4 (8wks) \$160

■ Drawing workshop: Beginners

Leave any preconceptions at the door as you learn to draw and see the world in a different way.

Balwyn: Sun 10am - 4.30pm
3/3 (1 session) \$160

■ Drawing workshop: Advanced

Aimed at those wishing to take their skills to the next level, this workshop looks at more advanced drawing technique.

Balwyn: Sun 10am - 4.30pm
26/5 (1 session) \$160

■ Exploring art styles and mediums

Join this exciting class with Jenny who will encourage you to explore your imagination, creativity and unique style of expression.

Kew: Wed 9am - 12pm
6/2 (9wks) \$290; 24/4 (10wks) \$325

■ Floor talks at Victorian galleries with Catherine Bainbridge

Talks last for 1 to 1.5 hours, held at different galleries in and around Melbourne. Contact Catherine for further details on 9421 3450.

Ashburton: Thu 12.45pm for a 1pm
start 21/3; 23/5, \$3/session
(plus gallery entry fee).

■ Friday painters

Open studio atmosphere

Camberwell: Fri 9.30am - 12.30pm
8/2 (9wks); 3/5 (9wks) \$275

Fri 1pm - 4pm
8/2 (7wks); 3/5 (7wks) \$215

■ Creative journaling

Express who you are and what is important to you. Taught by qualified Art Therapist, Sandy Buchanan.

Balwyn: Wed 7pm - 9pm
13/3 (4wks) \$140

■ Life drawing

Ashburton: Sat 10am - 12pm
2/2 (10wks); 27/4 (10wks) \$250

Thu 7pm - 9pm
31/1 (10wks) \$250; 2/5 (9wks) \$225

■ Mandala magic

Includes all materials

Camberwell: Fri 9.30am - 12.30pm
8/2 (8wks); 3/5 (8wks) \$344

Fri 1pm - 3pm
8/2 (8wks); 3/5 (8wks) \$254

■ Mixed media for beginners NEW

Release your inner creativity and explore a new medium including watercolour, drawing, collage and abstract.

Surrey Hills: Fri 2pm - 4pm
1/2 (10wks); 26/4 (10wks) \$180

■ Mosaics

Create beautiful arts from tiles and ceramics. BYO tiles.

Alamein: Fri 1pm - 3pm
15/2 (8wks); 10/5 (8wks) \$150/\$140

■ Nature in art

Specific watercolour techniques to illustrate the natural world. All levels.

Canterbury: Mon 9.30am - 12pm or
12.30pm - 3pm

4/2 (8wks); 29/4 (8wks) \$216

■ Oil painting

Balwyn: Fri 10am - 12pm
8/2 (9wks); 3/5 (9wks) \$197

■ Painting for pleasure

Balwyn: Tue 1pm - 3pm
5/2 (9wks); 30/4 (9wks) \$197

Thu 1pm - 3pm
7/2 (9wks); 2/5 (9wks) \$197

■ Pastel painting

Balwyn: Tue 1.30pm - 3.30pm
5/2 (9wks); 30/4 (9wks) \$197

Camberwell: Tue 10am - 12pm
5/2 (9wks); 30/4 (9wks) \$196

■ Pergamano (parchment) workgroup

Balwyn: Tue 1pm - 3pm (ongoing)
\$5/session

■ Pottery @ the clay room

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

Camberwell: Mon 1pm - 3pm
4/2 (8wks); 29/4 (8wks) \$340

Tue 6.30pm - 8.30pm
5/2 (8wks); 30/4 (8wks) \$340 NEW

Wed 6.30pm - 8.30pm
6/2 (8wks); 1/5 (8wks) \$340

Thu 1pm - 3pm
7/2 (8wks); 2/5 (8wks) \$340

Thu 6.30pm - 8.30pm
7/2 (8wks); 2/5 (8wks) \$340

Fri 1pm - 3pm
8/2 (8wks); 3/5 (8wks) \$340 NEW

Sat 10am - 12pm
9/2 (4wks); 9/3 (4wks) \$170

27/4 (8wks) \$340
Sat 1pm - 3pm

9/2 (4wks); 9/3 (4wks) \$170
27/4 (8wks) \$340

■ Silk printing NEW

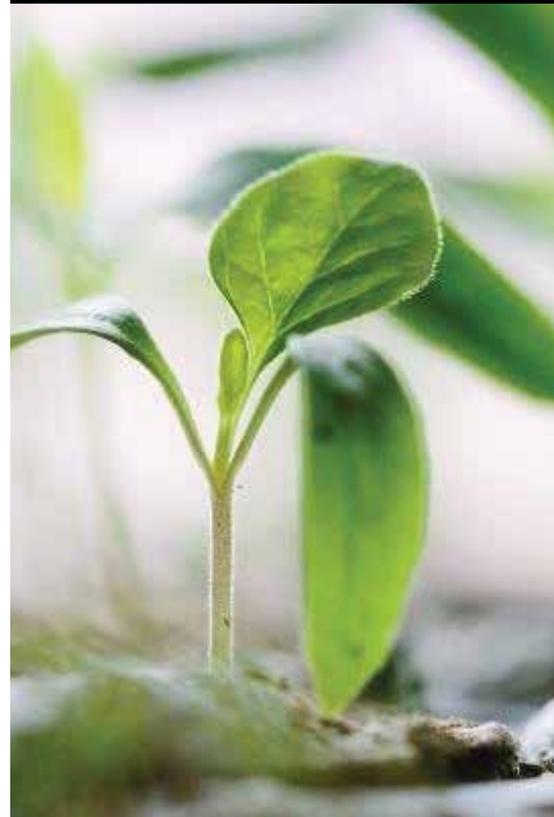
An inspiring silk printing class where you will learn creative skills and understand the art of textile painting.

Hawthorn: Wed 4 - 6pm
6/2 (9wks); 1/5 (9wks) \$296

■ Watercolour painting

Ashburton: Mon 1pm - 3pm
Experienced 4/2 (8wks)

29/4 (8wks) \$160



- **Balwyn:** Mon 10am - 12pm
4/2 (8wks); 29/4 (8wks) \$175
Mon 1pm - 3pm
4/2 (8wks); 29/4 (8wks) \$175
Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$197
Thu 7.30pm - 9.30pm
7/2 (9wks); 2/5 (9wks) \$197
Fri 10am - 12pm
8/2 (9wks); 3/5 (9wks) \$197
- **Camberwell:** Mon 10am - 12pm
4/2 (8wks); 29/4 (8wks) \$175
Tue 1pm - 3pm
5/2 (9wks); 30/4 (9wks) \$196
Wed 10am - 12pm
6/2 (8wks) \$175; 1/5 (9wks) \$196
Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$196
- **Camberwell: NEW Beginners plus**
Thu 1.30pm - 3.30pm
7/2 (4wks); 2/5 (4wks) \$90
Thu 7pm - 9pm
7/2 (9wks); 2/5 (9wks) \$196
Sat 1.30pm - 3.30pm
9/2 (9wks); 27/4 (9wks) \$196
- **Canterbury:** Tue 9.30am - 11.30am
5/2 (8wks); 30/4 (8wks) \$200
Tue 12.45pm - 2.45pm
5/2 (8wks); 30/4 (8wks) \$200
- **Surrey Hills:** Wed 10am - 12pm
30/1(10wks); 24/4 (10wks) \$180
Wed 1pm - 3pm
30/1 (10wks); 24/4 (10wks) \$180
- **Watercolour painting and mixed media**
Combine traditional watercolour methods with collage, pastel and texturing paste to create dynamic colour combinations.
Ashburton: Tue 1pm - 3pm
Beginner/experienced
29/1 (10wks); 23/4 (10wks) \$200

Textiles

- **Ashy sewing lounge**
BYO sewing machine - all levels welcome.
Ashburton: 3rd Sun of month
10am - 1pm \$5/session
- **Bobbin lace**
Ashburton: Tue 1pm - 3pm
29/1 (10wks) \$200; 30/4 (9wks) \$180
- **Crochet and knitting class with instructor**
Balwyn: Thu 1pm - 3pm
(ongoing) \$10/session
- **French polishing and furniture restoration**
Balwyn: Wed 12.30pm - 3.30pm
6/2 (9wks); 1/5 (9wks) \$294
Thu 12.30pm - 3.30pm
7/2 (9wks); 2/5 (9wks) \$294
Thu 7.30pm - 9.30pm
7/2 (9wks); 2/5 (9wks) \$199
- **Patchwork and quilting group**
Ashburton: Thu 1pm - 3pm
24/1 (ongoing) \$5/session
- **Sewing: beginners**
Learn techniques to start you off on your sewing journey.
Bowen Street: Fri 9.30am - 12pm
22/2 (6wks); 24/5 (6wks) \$230
- **Sewing: intermediate**
Learn some professional techniques and finishes to take your sewing to the next level. Sewing experience required.
Bowen Street: Fri 12.30pm - 3pm
22/2 (6wks); 24/5 (6wks) \$230
- **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
15/2 (1 session); 17/5 (1 session) \$50
- **Sinamay hats NEW**
Learn to make your own stylish headwear with one of Melbourne's most experienced milliners.
Balwyn: Sat & Sun 1pm - 5pm
4/5 & 5/5 (2 sessions)
\$70 plus \$30 materials
- **Spinners and knitters group**
Ashburton: 2nd and 4th Wed of month
1pm - 3pm (ongoing) \$5/session
- **Stitch and chat**
Camberwell: Thu 10.30am - 12.30pm
(ongoing) \$5/session
- **Tapestry workgroup**
Balwyn: Tue 10am - 12pm (ongoing)
\$5/session
- **Twined basketry NEW**
Learn how to use natural materials to make a small to medium sized basket using the traditional basketry technique of twining. Twining is the twisting of two strands of flexible material around a vertical support.
Surrey Hills: Sun 10am - 4pm
17/3 (1 session) \$90 (\$80 Centre member) plus \$20 materials
- **Upholstery and soft furnishing**
Reinvigorate that old piece of furniture or create cushions and soft furnishings.
Canterbury: Tue 9.45am - 12.45pm
or 12.45pm - 3.45pm
5/2 (9wks); 30/4 (9wks) \$270
- **Random weaving NEW**
Learn how to create a contemporary basket using a more modern basketry technique. Random weaving requires an expressive and creative way of working that appeals to many. In this workshop you can create a basket or let your imagination go wild to create a garden sculpture.
Surrey Hills: Sun 10am - 4pm
16/6 (1 session) \$90
(\$80 if Centre member) plus \$20 materials

- **Ashburton seed swap and coffee grounds**
Visit our seed swap table or collect coffee grounds for your garden.
Ashburton: Weekdays 9am - 2.30pm
- **Gardening at an older age**
Learn about the health benefits of gardening and tips for gardening safely in older age.
Balwyn: Sun 1pm - 3.30pm
17/3 (1 session) \$60
- **Greening your kitchen**
Make your kitchen more environmentally friendly in this hands on workshop!
Balwyn: Sat 1pm - 4pm
23/2 & 2/3 (2 sessions)
\$70 plus \$30 materials
- **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
6/3 (1 session) **FREE**
- **Lifelong gardening**
Are you finding gardening more challenging as you age or due to a disability? A one-day workshop presenting practical tips, techniques and opportunity to trial tools.
Hawthorn: Thu 1pm - 3pm
21/2 (1 session) \$25
- **Small seeds NEW**
Help create and maintain a small raised garden and grow fresh vegetables.
Canterbury: Contact Centre for details and to register your interest.

English

- **Basic literacy and numeracy**
Contact Centre for interview and cost.
Alamein: Mon 9.30am - 12pm
4/2 (ongoing)
- **Conversation**
English language for everyday use; helps develop English language skills in grammar, conversation and writing through a range of activities.
Trentwood: Wed 10am - 12pm
30/1 (10wks); 24/4 (10wks) \$125
- **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
4/2 (8wks), 24/4 (10wks)
Permanent residents: \$70/term
Non-residents \$270/term
- **English communication skills (pre-intermediate English)**
Contact Centre for interview and cost.
Alamein: Tue 9.30am - 12pm
5/2 (ongoing)
- **English for work and study (upper-intermediate English)**
Contact Centre for interview and cost.
Alamein: Wed 9.30am - 12pm
6/2 (ongoing)
- **Introduction to office skills for ESL speakers (intermediate English and above)**
Improve your English through learning teamwork, office technology, customer service and more.
Alamein: Fri 12.30pm - 3pm
10/5 (8wks) \$85
- **Language and iPad activity group**
For older people to practice their English while learning to use an iPad.
Hawthorn: Wed 1pm - 3pm
30/1 (10wks); 24/4 (10wks) \$35
- **Leap into literacy**
Learn the skills of filling in forms. Contact Centre for interview and course cost.
Alamein: Tue 12.15pm - 2.45pm
19/3 (2wks)
- **Literacy and ESL through computers**
Contact Centre for interview and cost.
Alamein: Fri 9.30am - 12pm
8/2 (ongoing)
- **Living English (beginners English)**
Contact Centre for interview and cost.
Alamein: Tue 12.30pm - 3pm
5/2 (ongoing)
- **Multicultural English language group**
For people with multicultural background to practice their English in a friendly setting.
Hawthorn: Wed 10am - 12pm
30/1 (10wks); 24/4 (10wks) \$35

The following Centres have small group classes where students can develop their conversation, grammar, and comprehension of the French, German, Italian or Spanish language. Classes range from absolute beginners through to advanced, and some classes are continuing. For any foreign language class enquiry, please contact the Centres directly.

French

- **For students (VCE year 12)**
Balwyn: Wed 4pm - 5.30pm
6/2 (9wks); 1/5 (9wks) \$150
- **Travellers/conversation**
An informal conversation class.
Ring to book.
Bowen Street: Thu 10am - 11.30am
14/2 (ongoing) Gold Coin donation
- **Beginners**
Absolute beginners up to 12-months' experience
Ashburton: Mon 9.30am - 11.30am
4/2 (8wks); 29/4 (8wks) \$200
Camberwell: Mon 10am - 12pm
4/2 (8wks) \$175; 29/4 (7wks) \$153
Mon 1pm - 3pm
4/2 (6wks) \$132; 29/4 (8wks) \$175
Mon 3pm - 5pm
4/2 (8wks) \$175; 29/4 (7wks) \$153
Canterbury: Tue 1.15pm - 3.15pm
5/2 (9wks); 30/4 (9wks) \$207
- **Absolute beginners**
Wed 10am - 12pm
6/2 (9wks); 1/5 (9wks) \$207
Wed 12.30pm - 2.30pm
6/2 (9wks); 1/5 (9wks) \$207
Hawthorn: Fri 9.30am - 11.30am
1/2 (10wks); 26/4 (10wks) \$178
Trentwood: Mon 12.30pm - 2.30pm
31/1 (8wks) \$171; 29/4 (9wks) \$193
- **Intermediate**
Ranges from one to three years' experience
Balwyn: Wed 1pm - 3pm
6/2 (9wks); 1/5 (9wks) \$200
Wed 7pm - 9pm
6/2 (9wks); 1/5 (9wks) \$200
Thu 1pm - 3pm
7/2 (9wks); 2/5 (9wks) \$200
Canterbury: Mon 1pm - 3pm
4/2 (8wks); 29/4 (8wks) \$184
Mon 7pm - 9pm
4/2 (8wks); 29/4 (8wks) \$184
Camberwell: Mon 1pm - 3pm
4/2 (8wks) \$175; 29/4 (7wks) \$153
- **Advanced**
Three years' plus experience
Ashburton: Fri 11am - 1pm
1/2 (8wks); 26/4 (8wks) \$200
Balwyn: Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$200
Thu 7pm - 9pm
7/2 (9wks); 2/5 (9wks) \$200
Camberwell: Thu 10am - 12pm
7/2 (9wks) \$196; 2/5 (8wks) \$175
Canterbury: Mon 10.45am - 12.45pm
4/2 (8wks); 29/4 (8wks) \$184

German

- **Beginners**
Absolute beginners up to 12-months' experience
Balwyn: Fri 10am - 12pm
8/2 (9wks); 3/5 (9wks) \$200
Camberwell: Tue 10am - 12pm
5/2 (9wks); 30/4 (9wks) \$196
Sat 10am - 12pm
9/2 (9wks) \$196; 27/4 (9wks) \$196
- **Intermediate**
Ranges from one to three years' experience
Camberwell: Tue 7pm - 9pm
5/2 (9wks); 30/4 (9wks) \$196
Hawthorn: Wed 9.15am - 10.45am
30/1 (10wks); 24/4 (10wks) \$161

Italian

- **Travellers/conversation**
An informal conversation class.
Ring to book.
Bowen Street: Thu 2pm - 3.30pm
14/2 (ongoing) Gold Coin donation
- **Beginners**
Absolute beginners through to 12 months' experience
Bowen Street: Tue 1.30pm - 3pm
12/2 (8wks) \$144; 23/4 (10wks) \$180
Canterbury: Thu 9.45am - 11.45am
7/2 (9wks); 2/5 (9wks) \$207
Canterbury: Absolute beginners
Thu 12.30pm - 2.30pm
7/2 (9wks); 2/5 (9wks) \$207
Hawthorn: Wed 11am - 12.30pm
30/1 (10wks); 24/4 (10wks) \$161
- **Intermediate**
From one to three years' experience
Ashburton: Mon 1pm - 2.30pm
4/2 (8wks); 29/4 (8wks) \$200
Balwyn: Fri 10am-12pm
8/2 (9wks); 3/5 (9wks) \$200
Bowen Street: Tue 11.30am - 1pm
12/2 (8wks) \$144; 23/4 (10wks) \$180
Canterbury: Wed 12.45pm - 2.45pm
6/2 (9wks); 1/5 (9wks) \$207
Wed 3pm - 5pm
6/2 (9wks); 1/5 (9wks) \$207
Thu 12.20pm - 2.20pm
7/2 (9wks); 2/5 (9wks) \$207
- **Advanced**
Three years' plus experience
Balwyn: Fri 1.30pm - 3pm
8/2 (8wks) \$134; 3/5 (9wks) \$151
Bowen Street: Tue 10am - 11.30am
12/2 (8wks) \$144; 23/4 (10wks) \$180
Canterbury: Wed 9.30am - 11.30am
6/2 (9wks); 1/5 (9wks) \$207
Thu 10am - 12pm
7/2 (9wks); 2/5 (9wks) \$207

TECHNOLOGY

Spanish

- **Travellers/conversation**
An informal conversation class.
Ring to book.
Bowen Street: Thu 12pm - 1.30pm
14/2 (ongoing) Gold Coin donation
- **Absolute beginners**
Canterbury: Mon 1pm - 3pm
4/2 (8wks); 29/4 (8wks) \$207
Camberwell: NEW Thu 7pm - 9pm
21/2 (7wks) \$153; 2/5 (9wks) \$196
- **Intermediate**
Ranges from one to three years' experience
Canterbury: Mon 10.30am - 12.30pm
4/2 (8wks); 29/4 (8wks) \$207

TECHNOLOGY

IT Computers

- **21st century PA**
Create professional business documents, includes alignment, spacing, formatting, banners, charts.
Alamein: Mon 6.30pm - 9pm
18/3 (2wks) \$30
- **Introduction to computers (Windows 10)**
Alamein: Thu 12.45pm - 3.30pm
7/2 (9wks) \$122
- **Excel 2016: introduction**
Alamein: Tue to Fri 9.30am - 3pm
2/7 (4days) \$105
- **iPad and iPhone (beginners)**
In a relaxed environment, these comprehensive sessions will show you how to use all the key features of your device and more. Notes provided.
Surrey Hills: Tues 10am - 12pm
7/5 (3wks), \$60 (\$50 Centre members)
- **iPads (level I)**
Learn iPads for photos, videos, internet, maps, communication and apps.
Alamein: Wed 1pm - 3pm
13/2 (8wks) \$85
- **iPad (advanced)**
Get more out of your iPad. A working email account compulsory.
Kew: Mon 9am - 11.30pm
4/2 (5wks); 29/4 (5wks) \$120
- **iPads/iPhones for travel**
Make the most of your device when you travel.
Alamein: Mon 1pm - 3pm
13/5 (3wks) \$95
- **Microsoft Office skills**
Covers Word, Publisher, PowerPoint, Excel, files and folders, mail merge.
Alamein: Tue 9.30pm - 12.30pm
30/4 (9wks) \$95

- **Protect your computer**
Protect from viruses, back up data.
Alamein: Mon 12.30pm - 3pm
4/3 (1 session) \$40
- **Samsung phone/tablet: basics**
Alamein: Mon 9.30am - 12pm
4/3 (1 session) \$40
- **Tech n tea (55+) NEW**
Learn how to use your online devices over morning tea. Bring your phone, your iPad, tablet or laptop.
Ashburton: Mon 9.30am - 10.30am TBC (8wks) Call for details
Learn more about how to use your smart phone or tablet in a relaxed and friendly café environment.
Canterbury: Mon 9.30am - 10.30am
4/2 (4wks); 29/4 (4wks) \$20

Website design and maintenance: introduction

Covers basic design, updating and maintenance of WordPress websites.

Alamein: Wed 9.30am - 12pm
8/5 (8wks) \$90

Word 2016: introduction

Alamein: Thu 12.45pm - 3.15pm
9/5 (8 sessions) \$105

Exploring the internet

- **Buy and sell online – eBay on iPad**
Learn how to use eBay on iPad and start selling and buying online.
Bowen Street: Fri 12pm - 3pm
14/6 (1 session) \$70
- **Buying and selling on Ebay and Gumtree**
Perfect post Christmas!
Surrey Hills: Tue 10am - 12.30pm
12/2 (2wks), \$50/\$40 Centre member)
- **eBay and Gumtree**
Learn how to buy and sell on-line.
Alamein: Mon 12.30pm - 3pm
18/2 (2wks) \$80
Mon 10am - 12.30pm 20/5 (2wks) \$80
- **Google analytics: introduction**
Alamein: Wed 9.30am - 12pm
20/3 (1 session) \$40
- **Marketing through digital media**
Includes Facebook, Twitter, Instagram and Mail Chimp to market your company online.
Alamein: Tue 6.30pm - 9.30pm
7/5 (6wks) \$85
- **NBN basics**
Learn about the NBN, how it will affect your landline and Internet, plans to choose.
Alamein: Mon 10am - 12pm
25/2 (1 session) \$25
- **Youtube for business**
Learn how to utilise YouTube to promote your business.
Alamein: Wed 12.30pm - 3pm
22/5 (1 session) \$40

Individual support

- **Individual iPad/iPhone/Mac/pc/laptop**
Need more skills in using your device?
Bowen Street: Various times and days
\$10/session

Upskill for work

- **Introduction to barista skills and the service industry.**
Learn coffee making, customer service, teamwork, merchandising and more.
Alamein: Fri 10am - 3pm
17/5 (5wks) \$100/\$60
- **Barista training**
Provides a solid foundation in how to make coffee; providing skills to find work in the café industry.
ACFE funded places.
Kew: Please contact 9853 3126
- **ESL tutoring: introduction**
Learn English grammar rules, teaching strategies, macro language approaches and more.
Alamein: Wed 12.30pm - 3pm
6/3 (10wks) \$85/\$20
- **Find a job or change your career: pathways to employment**
Covers employability and transferable skills, 21 century job searching, resumes.
Alamein: Tue and Thu 9.45am - 2.45pm
5/3 (5 sessions) \$70/\$20
- **The art of floristry**
Be introduced to the wonderful world of floristry in a welcoming environment. Learn new skills each week and take your creation home with you.
Kew: Thu 7pm - 9pm 7/2 (9wks) \$300
- **IT for the office**
Improve your IT skills and get up to date with various office programs. A pathway to paid employment or further study.
Kew: Thu 1pm - 3.30pm
7/2 (9wks); 2/5 (9wks) \$145
- **LinkedIn**
Join this business networking tool.
Alamein: Tue 12.30pm - 3pm
28/5 (1 session) \$40
- **Marketing 101**
Learn marketing basics for business.
Alamein: Tue 6.30pm - 9pm
12/3 (2wks) \$30
- **Rejuvenate your resume**
Identify your employability, transferable skills and update your resume.
Alamein: Thu 9.45am - 12.15pm
23/5 (2wks) \$20
- **Volunteering and beyond: introduction**
Gain skills and knowledge for particular volunteer roles, rights and responsibilities and pathways available through volunteering.A
Alamein: Tue and Thu 10am - 12.30pm
21/3 (5 sessions) \$20/\$10

BOOK GROUPS, CARDS & GAMES, GENERAL INTERESTS

Book groups

■ Book groups

Ashburton: 1st Thu of month
2pm - 4pm 7/2 (ongoing) \$5/session
1st Thu of month 7.30pm - 9.30pm
7/2 (ongoing) \$5/session

Camberwell: new members welcome

3rd Mon of month 1.30pm - 3pm
(ongoing) \$5/session

Kew: Last Thu of month
12pm - 1.30pm

Contact reception for details.
Gold Coin donation

Surrey Hills: 4th Tue 7pm - 8.30pm
26/2; 28/5 (ongoing) \$4.50/session

■ Book club - short stories **NEW**

Meet and discuss short stories, discover new authors and share a love of reading and exploring literature.

Hawthorn: Every 2nd Tue
10.30am - 12.30pm

5/2 (5wks); 30/4 (5wks) \$35/semester

Cards & games

■ Bridge

Intermediate to advanced players, duplicate games, partners required.

Balwyn: Tue Thu and Sat
12.30pm - 4pm (ongoing) \$5/session

Camberwell: Wed 12pm - 3.30pm
(ongoing) \$5/session

Kew: Mon 1pm - 4pm

Contact Centre for details \$3/session

■ Cryptic crosswords

Ashburton: Mon 10.30am - 11.30am
4/2 (6wks); 29/4 (6wks) \$30

■ Friday 500 social cards

Friendly casual group

Camberwell: Fri 1pm - 3pm (ongoing)
\$2/session

■ Learn to play mah-jong

Ashburton: Fri 12.30pm - 3.30pm TBC
(4wks) \$20. Call for details

■ Mah-jong (western)

Ashburton: Fri 12.30pm - 4pm
25/1 (ongoing) \$5/session

Camberwell: Thu 1pm - 4pm (ongoing)
\$5/session

Surrey Hills: Fri 1.30pm - 4pm
1/2; 26/4 (ongoing) \$4.50/session

■ Scrabble

Balwyn: Mon 12.30pm - 4.30pm
(ongoing) \$5/session

Surrey Hills: 1st 3rd 5th Tue
1pm - 4pm 29/1; 30/4 (ongoing)
\$4.50/session

■ Solo

Balwyn: Wed 6.30pm - 10pm (ongoing)
\$5/session

Fri 9am - 12pm (ongoing) \$5/session
Very experienced group. New people welcome for a trial session.

Camberwell: Tue 12.30pm - 3.30pm
(ongoing) \$5/session

■ Supervised solo

Camberwell: Wed 9.30am - 11.30am
(ongoing) \$7/session

General interests

■ Armchair travel

Contact: 9889 7509

Camberwell: Last Fri of month
1pm - 4.30pm

Travel the world from the comfort of our Hawthorn meeting room!

Hawthorn: NEW

Every 2nd Tue 10.30am - 12.30pm
29/1 (5wks); 23/4 (5wks)
\$35/semester

■ Australian contemporary art **NEW**

Explore the unique inventions of contemporary Australian art through the study of a selection of internationally respected Australian artists.

Camberwell: Sat 9.30am - 11.30am
2/2 (3wks) \$96

■ Australian indigenous art: the ancient and the new **NEW**

Explore the diversity of Australian Indigenous art, its origins and development to the present day.

Camberwell: Tue 10am - 12pm
30/4 (3wks) \$96

■ Coping with parenting today **NEW**

Ashburton: Tue 7.30pm - 8.30pm
12/2 (8wks); 23/4 (8wks) \$80

■ Create your own vision board for your extraordinary life!

Alamein: Sun 10am - 4pm
31/3 (1 session) \$90

■ The dazzling art of the impressionists **NEW**

Enjoy a colourful presentation of ground-breaking Impressionist art produced at the end of the 19th century by legendary artists such as Monet, van Gogh, Gauguin and Cezanne.

Camberwell: Tue 10am - 12pm
5/2 (3wks) \$96

■ Decluttering **NEW**

Are you drowning in clutter and stuff or simply need help getting organised? This workshop will help give you some great tools to create a life that you love.

Surrey Hills: Sat 2pm - 4pm
16/2, \$30 (\$25 for centre members)

■ Family meal planning **NEW**

Meal preparation can be a chore, but with a little forethought and planning the nightly grind can be much easier and more enjoyable.

Surrey Hills: Sat 2pm - 4pm
2/3, \$30 (\$25 for centre members)

■ Financial literacy for all **NEW**

Ashburton: Wed 7pm - 8pm
27/2 (3wks); 29/5 (3wks) \$30

■ Floral art

Ashburton: Thu 10am - 12pm
24/1 (ongoing) \$5/session

■ Friends and food **NEW**

A group of older people getting together over food and discussions, making new friends: includes afternoon tea.

Hawthorn: Henry St
Every 2nd Fri 1.30pm - 3.30pm
8/2 (10wks) \$35

■ Get organised

Busy, stressed and tired of not getting everything done in your day? In this workshop Julie Cliff can help you become more organised.

Bowen Street: Wed 12.30pm - 2.30pm
29/5 (1 session) \$20

■ Life long learning meetings (LLM)

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

Hawthorn: Glenferrie
Thu 1.30pm - 3.30pm
31/1 (10wks); 25/4 (10wks) \$35

Trentwood: Tue fortnightly
10am - 12pm
5/2 (5wks); 23/4 (5wks) \$65 tbc



■ **Movie club** **NEW**

For older people to meet up with other movie lovers to watch and discuss films in a friendly environment.

Hawthorn: Tue 1pm - 3pm
29/1 (10wks); 23/4 (10wks) \$35/term

■ **Multicultural group**

Improve your English and meet new people in a program for people who would like to practice English and gain greater confidence in their language through conversation and activities.

Trentwood: Tue fortnightly
10am - 12pm
29/1 (5wks); 30/4 (5wks) \$65

■ **Parkside pop ups**

The successful Parkside Pop Ups are run every second Tuesday of the month and are an affordable way to gain some insight to a variety of topics from kombucha, preserving, cheese making to meditation and beekeeping.

Hawthorn: Every 2nd Tue of month
7pm - 8.30pm \$20

■ **Strokesafe talk**

Learn what a stroke is, how to recognise the signs, what to do if someone is having a stroke and how to prevent a stroke.

Bowen Street: Mon 10am - 11am
1/4 (1 session) **FREE**

■ **Styled by Dad** **NEW**

Do you find doing your daughter's hair a challenge? Are school mornings a struggle? Don't know a pony from a pigtail? This session will teach you the basics of brushing and detangling, how to create the perfect pony and pigtails and basic plaiting.

Surrey Hills: Sun 10am - 11.30am
10/2, \$40 (\$30 for Centre members)

■ **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

■ **Wednesday workshops** **NEW**

Canterbury: Wednesday workshops are an opportunity for community members to share or learn new skills and knowledge. Topics can cover anything and everything! Interested in sharing your skills and knowledge? Contact CNC to express an interest in running a workshop.

■ **Handmade prints for cards and gifts**

Create a collograph using textures on a board to print an image that can be used to make cards or pictures.

Canterbury: Wed 10am - 12pm
20/2 (2wks) \$10

■ **Introduction to mindfulness**

This small class provides an introduction and high level understanding of mindfulness.

Canterbury: Wed 10am - 12pm
6/3 (1wk) **FREE**

■ **First aid for the home**

Refresh yourself on first aid basics around the home with an experienced trainer. (Workshop is not accredited).

Canterbury: Wed 10am - 12pm
13/3 (1wk) **FREE**

■ **Introduction to running**

Discover the benefits of running. Tips for getting started, posture and form, including warm ups, drills, games and cool down.

Canterbury: Wed 10am - 12pm
20/3 (1wk) **FREE**

■ **Australian history**

Be taken on a fascinating journey through aspects of Australian history.

Canterbury: Wed 1pm - 3pm
27/3 (1wk) **FREE**

■ **A hug in an envelope**

Enjoy the experience of creating handmade cards – that you will enjoy gifting.

Canterbury: Wed 10am - 12pm
27/3 (1wk) \$5

Contact the centre for more details.

■ **Western European medieval art** **NEW**

An introduction to the medieval art of Western Europe focusing on the origins of Christian art in its many and varied forms; frescoes, altarpieces, objects of devotion and sculpture.

Camberwell: Sat 9.30am - 11.30am
27/4 (3wks) \$96

■ **Wiser driver**

A 4-week program for older people designed to upgrade their knowledge and build upon experience to help them become Wiser Drivers.

Bowen Street: Wed 10am - 12pm
8/5 (4wks) **FREE**

■ **Wiser walker**

A 3-week program providing information on a wide range of public transport options and support services for older people to remain mobile.

Hawthorn: Every 2nd Tue
10.30am - 12.30pm
Call for dates (3wks) **FREE**



■ **Blokes in the kitchen**

Learn to prepare simple meals which you'll enjoy as a shared meal at the end of the session.

Surrey Hills: Fri 8am to noon
8/2, 8/3, 5/4; 3/5, 14/6 (monthly)
\$33/session

■ **Cook well eat well**

Cooking demo by a nutritionist, for older people to explore new recipes and techniques.

Trentwood: Mon 12pm - 2pm
4/2 (8wks) \$104; 29/4 (9wks) \$117

■ **Fermenting and gut health** **NEW**

Covering probiotic and prebiotic food, this 5-week course covers the basics of fermentation, how to make kombucha, sauerkraut, yoghurt and kefir.

Hawthorn: Tue 6.30pm - 8.30pm
26/2 (5wks) \$208

- **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
- **Active living 60 plus**
Surrey Hills: Mon 8.45am - 9.45am 4/2 (8wks); 29/4 (8wks) \$128
- **Ageless grace**
An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, co-ordination, balance and promotes creativity. Suitable for all ages and abilities.
Ashburton: Thu 10am - 10.45am 31/1 (8wks); 2/5 (8wks) \$120
Canterbury: Fri 10am - 10.45am 8/2 (9wks); 3/5 (9wks) \$153
Surrey Hills: Mon 10am - 10.45am 4/2 (8wks); 29/4 (8wks) \$128
Trentwood: Wed 2pm - 3pm 30/1 (8wks); 24/4 (8wks) \$85
- **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 6/2 (ongoing) \$7/class
- **Balance back to exercise (50+)**
Especially for older adults beginning or returning to exercise.
Balwyn: Wed 1.30pm - 2.30pm 6/2 (9wks) \$137.50; 24/4 (10wks) \$152.50
Wed 2.30pm - 3.30pm 6/2 (9wks) \$137.50 24/4 (10wks) \$152.50
- **Bike riding groups**
Surrey Hills: Mon Tue Wed and Thu mornings (ongoing) **FREE**
- **Buff bones for osteoporosis**
Pilates based full body workout for bone strengthening and balance, integrating pilates with strength training, functional and rehabilitative exercises. Safe for osteoporosis.
Canterbury: Mon 9.30am - 10.30am or 10.45am - 11.45am 4/2 (8wks); 29/4 (8wks) \$136
Thu 9.30am - 10.30am or 10.45am - 11.45am 7/2 (9wks); 2/5 (9wks) \$153
- **Connecting with your child workshop**
This workshop covers how parents can relate to their child in the most effective ways, in particular the impact of technology on this process. Includes Q&A time and supper.
Bowen Street: Thu 7pm - 9pm 14/3 (1 session) **FREE**
- **Exercise to music (50+)**
Ashburton: Mon 11.30am - 12.30pm 4/2 (ongoing) \$7/class
Tue 9.30am - 10.30am 5/2 (ongoing) \$7/class
Fri 9.30am - 10.30am 8/2 (ongoing) \$7/class
- **Fit for you - early morning sessions**
Balwyn: Tue 6.15am - 7am 5/2 (9wks) \$104; 23/4 (10wks) \$115
Thu 6.15am - 7am 7/2 (9wks); 2/5 (9wks) \$104
- **Hi/lo exercise**
Balwyn: Thu 9.15am - 10.15am 7/2 (9wks); 2/5 (9wks) \$137.50
- **Keep fit (strength & conditioning)**
Ashburton: Tue 10.45am - 11.45am 5/2 (ongoing) \$7/class
Fri 10.45am - 11.45am 8/2 (ongoing) \$7/class
- **Laughter club**
Surrey Hills: Wed 8.30am - 8.50am 30/1 (ongoing) **FREE**
- **Meditation**
Balwyn: Wed 7.45pm - 8.45pm 6/2 (9wks) \$137.50 24/4 (10wks) \$152.50
- **Meditation: buddhist**
Bookings essential
Craig: Wed 7.30pm - 9pm \$15/session
- **Meditation & guided relaxation**
Alamein: Thu 5.45pm - 6.45pm 7/2 (8wks) \$104; 2/5 (9wks) \$117
- **Meditation & mindfulness**
Bookings essential
Craig: 2nd Tue of month 7.30pm - 8.30pm \$15/session
A guided meditation with simple techniques to help reduce stress, suitable for both complete beginners and regular meditators.
Hawthorn: NEW Thu 7pm - 8pm 14/2 (8wks); 2/5 (8wks) \$168
- **Meditation & more**
Ashburton: Wed 1.30pm - 2.30pm 30/1 (10wks); 24/4 (10wks) \$150
- **Nia**
Combines music movement and mindfulness; blending dance, martial arts and the healing arts to improve fitness, neuroplasticity strength and balance. Suitable for all ages, abilities and conditioning.
Trentwood: Tue 10.30am - 11.30am 29/1 (8wks); 23/4 (8wks) \$85
- **Pilates**
Control, precision, movement, balance; a mind body workout.
Alamein: Tue 7pm - 8pm 29/1 (1wk) \$13; 9/4 (1wk) \$13
Tue 6.20pm - 7.20pm 12/2 (8wks); 7/5 (8wks) \$104
Tue 7.30pm - 8.30pm 12/2 (8wks); 7/5 (8wks) \$104
- Balwyn:** Tue 9.15am - 10.15am 5/2 (9wks) \$137.50; 23/4 (10wks) \$152.50
Camberwell: floor Thu 5.45pm - 6.30pm 7/2 (9wks); 2/5 (9wks) \$140
Hawthorn: Mon 8.30am - 9.30am, 9.45am - 10.45am, 12pm - 1pm 4/2 (8wks); 29/4 (8wks) \$96*
Tue 8.30am - 9.30am 29/1 (10wks); 23/4 (10wks) \$120*
Thu 8.30am - 9.30am, 9.30am - 10.30am 31/1 (10wks) \$120*; 2/5 (9wks) \$108*
Fri 9am - 10am, 10am - 11am 1/2 (10wks); 26/4 (10wks) \$120*
*MAC reduced fees available
Surrey Hills: Mon 10am - 11am 4/2 (8wks); 29/4 (8wks) \$128
Tue 11am - 12pm 29/1 (10wks); 23/4 (10wks) \$160
Thu 6pm - 7pm 31/1 (10wks) \$160; 25/4 (9wks) \$144
Trentwood: Mon 9am - 10am 4/2 (8wks) \$91; 29/4 (9wks) \$103
Mon 10am - 11am 4/2 (8wks) \$91; 29/4 (9wks) \$103
- **Qigong**
A simpler form of Tai Chi with low impact meditative exercises.
Camberwell: Tue 8am - 9am 5/2 (9wks); 30/4 (9wks) \$110
Surrey Hills: Wed 10am - 11.15am 30/1; 24/4 (ongoing) \$8/session
- **Qigong/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.
Trentwood: Tue 9.30 - 10.15am 29/1 (8wks); 23/4 (8wks) \$85
- **Seated exercise**
Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.
Trentwood: Thu 9.30am - 10.30am 31/1 (10wks) \$107; 2/5 (9wks) \$96
- **Soul food: art therapy for people with eating disorders NEW**
Incorporates mindful art making with the focus of helping those who experience symptoms of an eating disorder.
Hawthorn: Sun 10am - 11.30am 3/2 (10wks); 28/4 (10wks) \$375
- **Your healthy spine**
Ashburton: Wed 12pm - 1.30pm 30/1 (10wks); 24/4 (10wks) \$150
Thu 7.30pm - 9pm 31/1 (10wks) \$150; 2/5 (9wks) \$135
- **Strength & balance**
Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.
Hawthorn: Mon 11am - 12pm 4/2 (8wks); 29/4 (8wks) \$96*
Wed 9.15am - 10.15am 30/1 (10wks); 24/4 (10wks) \$120*
*MAC reduced fees available

■ Stretch & core strength

Camberwell: Tue 11.30pm - 12.30pm
5/2 (9wks); 30/4 (9wks) \$110

■ Stretch & strengthen

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

Balwyn: Mon 7pm - 8pm
4/2 (8wks); 29/4 (8wks) \$122.50
Thu 10.30am - 11.30am
7/2 (9wks), 2/5 (9wks) \$137.50

■ Strength training

Facilitated by YMCA instructors: exercise core muscles using weights. Medical clearance certificate required from GP.

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
\$5.50/class (over 65 years)
\$7.50/class (under 65 years)(ongoing)
Paid by term

■ Table tennis

Social table tennis.

Ashburton: Mon 2pm - 4pm
2/1 (ongoing) \$5/session

Surrey Hills: Thu 1.30pm - 3pm
31/1; 25/4 (ongoing) \$4.50/session

Trentwood: Thu 4pm - 6pm

31/1 (10wks) \$3/session

Thu 7pm - 9pm

31/1 (10wks) \$3/session

Sat session starting soon

Phone for details

■ Tai chi: introduction

Trentwood: Thu 2pm - 3pm
31/1 (10wks) \$107; 2/5 (9wks) \$96

■ Tai chi

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

Camberwell: Tue 9am - 10am
5/2 (9wks); 30/4 (9wks) \$110

Thu 7.45am - 8.45am, Thu 9am - 10am
Thu 10am - 11am, Thu 11am - 12pm

7/2 (9wks); 2/5 (9wks) \$110

Canterbury: Fri 9.30am - 10.30am
(some experience) or 11am - 12pm
(beginners) 8/2 (9wks); 3/5 (9wks) \$126

Kew: beginners Mon 1pm - 2pm
4/2 (8wks) \$125; 2/5 (9wks) \$140

Surrey Hills: Tue Thu and Fri
8.15am - 9am (ongoing)

\$25/single weekly session or
\$45/multiple weekly sessions

Trentwood: Thu 1pm - 2pm
31/1 (10wks) \$107; 2/5 (9wks) \$96

■ Tai chi/qigong

Balwyn: Tue 10.30am - 11.30am
5/2 (9wks) \$137.50

23/4 (10wks) \$152.50

Wed 10.45am - 11.45am

6/2 (9wks) \$137.50

24/4 (10wks) \$152.50

Hawthorn: Thu 11am - 12pm, 12pm - 1pm
31/1 (10wks); 2/5 (10wks) \$120*
*MAC reduced fees available

■ Tango - Argentinian

Learn Argentinian Tango with our beginners' class.

Hawthorn: Wed 7pm - 8.30pm
6/2 (9wks); 24/4 (9wks) \$127

■ Walking groups

Ashburton: Wed 10am - 11am

23/1 (ongoing) \$1/session

Camberwell: Tue 9.30am - 10.30am
FREE

Thu 9.30am - 10.30am **FREE**

Canterbury: Thu 9.30am (fast pace),
9.30am (gentle pace) **NEW** 7/2; 2/5

(ongoing) **FREE** with membership

Hawthorn: Fri 10am - 11.30am

(ongoing) \$2/session

Surrey Hills: Mon 9am - 10.30am

4/1; 29/4 (ongoing) **FREE**

Parents with prams NEW

Wed 9.30am - 11am 30/1 (ongoing)

FREE

Fri 8.30am - 10am 1/2 (ongoing) **FREE**

Fri 8am - 9.30am 26/4 (ongoing) **FREE**

Trentwood: Thu 10am - 11.30am

31/1 (10wks) \$3/session

■ Yoga

Balwyn: Mon 9.30am - 10.30am

4/2 (8wks); 29/4 (8wks) \$122.50

Thu 7pm - 8:15pm

7/2 (9wks); 2/5 (9wks) \$137.50

Fri 6.15am - 7.30am 8/2 (9wks) \$137.50;

26/4 (10wks) \$152.50

Bowen Street: Hatha

Wed 6.30pm - 7.30pm

13/2 (8wks) \$120; 24/4 (10wks) \$150

Camberwell: Mon 6.30pm - 7.45pm,

Mon 7.45pm - 9pm

4/2 (8wks); 29/4 (8wks) \$125

Tue 9.15am - 10.30am,

Tue 10.30am - 11.45am

5/2 (9wks); 30/4 (9wks) \$140

Thu 7.00pm - 8.15pm

7/2 (9wks); 2/5 (9wks) \$140

Fri 10am - 11.15am

8/2 (9wks); 3/5 (9wks) \$140

Canterbury: Mon 9:30am - 10:30am

4/2 (8wks); 29/4(8wks) \$112

Tue 9.30am - 10.30am

5/2 (9wks); 30/4 (9wks) \$126

Craig: Wed 7.30pm - 8.30pm

\$12/session

Kew: Fri 10.30am - 11.30am

8/2 (9wks) \$145; 26/4 (10wks) \$160

Surrey Hills: Mon 6pm - 7pm and

7.15pm - 8.15pm

4/2 (8wks); 29/4 (8wks) \$128

Wed 5.45pm - 6.45pm

30/1 (10wks); 24/4 (10wks) \$160

Thu 9.30am - 10.30am

31/1 (10wks); 25/4 (9wks) \$160

Trentwood: Yin Tue 6.30pm - 7.30pm

29/1 (10wks); 23/4 (10wks) \$107

■ Yoga: chair based

Balwyn: Mon 10.45am - 11.45am
4/2 (8wks); 29/4 (8wks) \$122.50

A mostly chair based social yoga practice suitable for elderly. Includes morning tea.

Canterbury: Mon 10:45am - 11:45am
4/2 (8wks); 29/4 (8wks) \$112

Hawthorn: Tue 10am - 11.30am

29/1 (10wks); 23/4 (10wks) \$120*

*MAC reduced fees available

■ Yoga: continuing

Alamein: Mon 7pm - 8pm

11/2 (7wks); 6/5 (7wks) \$91

Ashburton: Mon 9.30am - 10.30am

4/2 (8wks); 29/4 (8wks) \$120

Tue 9.30am - 10.30am

29/1 (10wks); 23/4 (10wks) \$150

■ Yoga: gentle

Alamein: Mon 5.45pm - 6.45pm

11/2 (7wks); 6/5 (7wks) \$91

■ Yoga with meditation, pranayama and relaxation techniques

Alamein: Thu 9.30am - 11am

24/1 (2wks) \$39; 7/2 (9wks) \$175;

11/4 (1wk) \$20; 2/5 (9wks) \$175

Thu 11.10am - 12.40pm

7/2 (9wks) \$175; 2/5 (9wks) \$175

■ Yoga & pilates combo

Ashburton: Tue 2pm - 3pm

29/1 (10wks); 23/4 (10wks) \$50 (

Casual classes available)

■ Yoga: seniors

Poses are modified to adapt to your body. Suitable for those with limited movement.

Hawthorn: Thu 6pm - 7pm

31/1 (10wks) \$142; 2/5 (9wks) \$128

■ Yoga: slow flow/ restorative

Ashburton: **NEW** Thu 9.30am - 10.30am

31/1 (10wks) \$150; 2/5 (9wks) \$135

Learn a gentle way to invigorate the body using slow flow and restorative yoga.

Balwyn: Sun 1pm - 4pm

7/4 (1 session) \$70

■ Yoga: vinyasa

Intermediate class suitable for those familiar with yoga basics.

Hawthorn: Thu 7.05pm - 8.05pm

31/1 (10wks) \$142; 2/5 (9wks) \$128

Trentwood: Tue 7.30pm - 8.30pm

29/1 (10wks); 23/4 (10wks) \$107

■ Zumba gold

Fabulous dance-fitness for active, older adults.

Balwyn: Wed 9.30am - 10.15am

6/2 (9wks) \$137.50

24/4 (10wks) \$152.50

Wed 6.30pm - 7.15pm

6/2 (9wks) \$137.50

24/4 (10wks) \$152.50

ROOM HIRE

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

Ashburton Community Centre

Our modern centre has various sized rooms and a registered kitchen available for hire for community, not-for-profit and commercial use. Our rooms are suitable for meetings, classes and workshops. Visit our www.ashburtoncc.org.au for more details.

Balwyn Community Centre

Smaller meeting rooms are available for hire but may be limited due to scheduling. 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

Art studio, hall, a well-being room and carpeted meeting rooms. No parties. Phone 9882 2611 for details.

Craig Family Centre

Rooms suitable for meetings, seminars and parties. Enjoy full use of our facilities including BBQ, kitchen and secure courtyard. Special rates for not-for-profits.

Hawthorn Community House

Our well-equipped childcare centre and Art Room are available for hire for birthday parties and functions. Weekends 9.30am - 1.30pm or 1.30pm - 5.30pm, \$95/session.

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

The Chandler Room is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area. The Cottage is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops, seminars. All facilities are wheelchair accessible.

Trentwood Community House

Our brand-new well-equipped centre has various sized rooms and a kitchen available for hire for community, not-for-profit and commercial use. Our rooms are suitable for meetings, classes, workshops, functions and parties (21 years+).

