

# Short Course Guide

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

Semester 2: July to December 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!

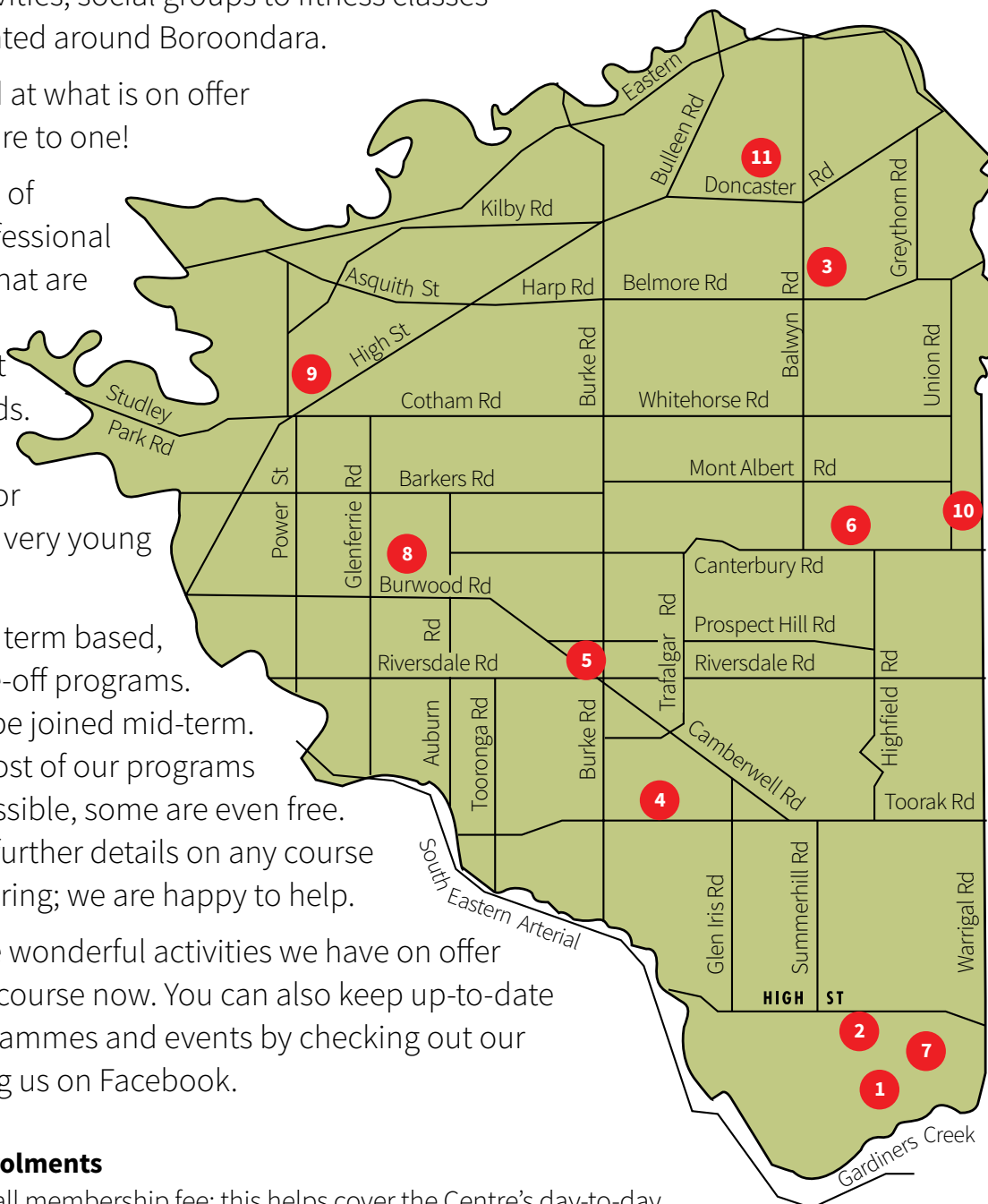
We have many years of experience with professional tutors and courses that are constantly evolving and growing to meet our community needs. Most importantly, there is something for everyone – from the very young to the most senior.

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

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

### 5 Camberwell Community Centre

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

### 6 Canterbury Neighbourhood Centre

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

### 7 The Craig Family Centre

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

### 8 Hawthorn Community House

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

### 9 Kew Neighbourhood Learning Centre

2-12 Derby Street, Kew 3101  
Ph: 9853 3126 E: admin@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

July – December 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.

### ■ Mandarin 3-year-old program

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

**Craig:** Tue and Thu 9am – 2pm  
16/7 (10wks); 8/10 (10wks) \$770/term plus \$12.50/week if Mandarin classes are included.

### ■ 3-year-old Kindergarten NEW

A kinder program for 3-year-old children turning 4 by April 2020. Facilitated by an early childhood teacher and qualified early childhood educator. Childcare subsidy and Early Start Funding available.

**Craig:** Mon and Wed 9am – 2pm  
15/7 (10wks); 7/10 (10wks) \$785/term

### ■ Funded 4-year-old kindergarten

A funded kindergarten program for children turning 5 by April 30, 2020. Allows children to develop skills for a smooth transition to formal learning.

**Craig:** Mon, Wed and Fri 9am – 2pm  
15/7 (10wks); 7/10 (10wks)  
\$570/term, funded

### ■ Occasional/sessional childcare

A program facilitated by qualified early childhood educators. Children enjoy a range of activities.

**Balwyn:** Mon to Fri 9am – 12pm  
15/7 (10wks); 7/10 (11wks)  
\$36/session or \$42 casual

Mon to Fri 9am – 2pm  
15/7 (10wks); 7/10 (11wks)  
\$60/session or \$70 casual

Mon to Fri 12pm – 2pm  
15/7 (10wks); 7/10 (11wks)  
\$24/session or \$28 casual

**Bowen Street:** (6 months – 5 years)  
Wed and Fri 9.15am – 12.15pm  
T3: 17/7 (10wks) T4: 9/10 (11wks)

Call Centre for cost  
(12 months – 5 years)  
Wed and Fri 9.30am – 2.30pm  
T3: 19/7 (10wks); T4: 11/10 (11wks)

Call Centre for cost  
**Craig:** Mon to Fri 9am – 2pm  
15/7 (10wks); 7/10 (10wks) \$68/session

**Hawthorn:** Mon Tue Wed  
9.15am – 1.15pm \$48/session  
Thu 9.15am – 2.15pm  
15/7 (10wks) \$60/session; 7/10 (11wks)

**Shoestring occasional care**

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

**Kew:** Mon Tue Wed or Thu 9am – 12pm  
15/7 (10wks); 7/10 (10wks) \$36/session

### ■ Shoestring plus (3 – 5 years)

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

**Kew:** Mon Tue or Thu 1pm – 4pm  
15/7 (10wks); 7/10 (10wks) \$36/session

## CHILDREN & TEEN ACTIVITIES

### ■ Kids' healthy cooking NEW

Teaching kids the basics of healthy food in a fun interactive class, suitable for 8 – 12 years.

**Ashburton:** Thu 4pm – 5pm  
18/7 (10wks); 10/10 (10wks) \$150

### ■ Preschool birthday parties

Room hire for preschool birthday parties. Virtual tour of facilities and details: [www.bowenstreet.org.au](http://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 and craft

### ■ After school art and craft program for primary school kids (7 – 11 years)

Learn different techniques and mediums each week. Come and explore your creative ideas! Materials provided.

**Craig:** Mon 4.15pm – 5.45pm  
4/10 (9wks) \$22/session

### ■ Clay time for kids @ the clay room

**Camberwell:** (8 – 13 years)  
Tue 4pm – 5.30pm  
23/7 (8wks); 15/10 (8wks) \$225

### ■ Comic art for kids (basics & continuing)

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

**Ashburton:** Mon 4pm – 5pm  
15/7 (10wks) \$150; 7/10 (9wks) \$135  
Thu 4.15pm – 5.15pm  
8/7 (10wks); 10/10 (10wks) \$150

### ■ Comic art for teens NEW

Learn the fundamentals of drawing using a comic style, suitable for 12 – 15 years.

**Ashburton:** Mon 5.15pm – 6.15pm  
15/7 (10wks) \$150; 7/10 (9wks) \$135

### ■ Messy play NEW

(18 months – 5 years) Enjoy a variety of sensory and creative play experiences allowing children to explore, create and discover through messy mediums such as slime, goop, playdough, wet and dry sand, paint, water and more.

**Trentwood:** Wed 10am – 11am  
24/7 (6wks); 16/10 (6wks) \$75

### ■ Mixed media art for primary students (Grades 3 – 6)

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

**Kew:** Wed 4pm – 5.30pm  
17/7 (10wks); 9/10 (10wks) \$220

### ■ Young at ART with Toshi (8 – 13 years)

**Camberwell:** Tue 4pm – 5.30pm  
23/7 (8wks); 15/10 (8wks) \$160

## Dance, music and yoga

### ■ Caroline's little stars – kids' music (8 months – 5 years)

**Ashburton:** Mon 9.30am – 10.15am  
15/7 (10wks) \$150; 7/10 (9wks) \$135  
(sibling discount available)  
Mon 10.30am – 11.15am  
15/7 (10wks) \$150; 7/10 (9wks) \$135  
(sibling discount available)

### ■ Dance with rockin Robyn (2 – 5 years)

A fun and active class where children can learn the basics of dance.

**Kew:** Fri 9.30am – 10am  
19/7 (10wks); 11/10 (10wks) \$110

### ■ Kids yoga & movement NEW

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

**Ashburton:** Tue 4.15pm – 5pm  
16/7 (10wks) \$150; 8/10 (9wks) \$135

### ■ Learn to play the bagpipes (12 – 17 years) NEW

Family with Scottish or Irish heritage, or just want to learn? Easy structured program.

**Bowen Street:** Tue 5pm – 5.45pm and  
5.45pm – 6.30pm  
(from 23/7) \$20/lesson, ongoing

### ■ Mini groovers (18 months – 5 years)

Fun and creative dance classes for pre-schoolers.

**Ashburton:** Thu 9.45am – 10.15am  
18/7 (10wks); 10/10 (10wks) \$150  
(sibling discount available)

### ■ Squiggle kids workshop (1 – 5 years) NEW

Learn the importance of drawing in a child's development.

**Surrey Hills:** Thu 11.45am – 12.45pm  
8/8 FREE

### ■ 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  
25/7 (6wks); 17/10 (6wks) \$100  
**Trentwood:** Thu 10am – 10.45am  
1/8 (6wks); 10/10 (6wks) \$60

### ■ Ukulele for kids workshop (7 – 12 years beginners+) NEW

**Surrey Hills:** Sat 3pm – 4pm  
31/8, 7/9 (2 wks)  
\$25/1 session, \$40/2 sessions

## Exploring & education

- **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  
24/7 (9wks); 16/10 (9wks) **FREE**
- **Healthy cooking **NEW****  
Teaching kids the basics of healthy food in a fun interactive class.  
**Ashburton:** Thu 4pm – 5pm  
18/7 (10wks); 10/10 (10wks) \$150
- **Chinese children's library **NEW****  
Come and join Boroondara's first Chinese Children's Library with access to over 2,000 Chinese picture books. Suitable for children of all cultural backgrounds.  
**Craig:** Sunday 11am – 5pm  
Cost: Craig Family Centre Yearly Membership \$25 full, \$12 conc and library membership.
- **Mandarin language class (4+ years)**  
Fun and effective play-based class.  
**Craig:** Tues, Wed, Sat & Sun (school terms), times vary according to age \$489/term plus \$50 enrolment fee.

## Playgroups

- **Bilingual playgroup (English/Mandarin)**  
**Facilitated (2 – 4 years)**  
Fun-filled activities to facilitate children's English development and readiness for kindergarten.  
**Craig:** Thu & Sun Call Centre for times
- **CAMBA multiple birth playgroup **NEW****  
**Bowen Street:** All ages  
Tue 9.30am – 11.30am
- **Facilitated (0 – 5 years)**  
Facilitated by our Early Childhood Educator.  
**Kew:** (0 – 2 years)  
Wed 12.30pm – 2pm 17/7 (ongoing)  
Thu 12.30 – 2pm 18/7  
Fri 10am – 12pm 9/10 (ongoing)  
\$5.50/session
- **Grandparents' (0 – 5 years)**  
Facilitated activities for children with their grandparents and carers.  
**Bowen Street:** Mon 9am – 11am during school terms \$4/session  
**Kew:** Wed 11am – 1pm  
17/7 (ongoing) \$3.50/session
- **Mandarin playgroup**  
**Facilitated (2 – 4 years)**  
Mandarin immersion activities: storytelling, music, games, handicraft.  
Email: info@realmandarin.com.au  
**Craig:** Tue, Thu & Sun, class times vary according to age (during school term) \$241 – \$297/term plus \$50 enrolment fee

- **New to the area**  
Unstructured, open-age, for new families.  
**Bowen Street:** Thu 9am – 11am  
membership fees apply
- **Parent led (0 – 5 years)**  
Fun playgroup activities for children with their parents or carers.  
**Craig:** Tues, Wed, Thur, Fri  
15/7 (10wks); 7/10 (11wks)  
\$6.50/session  
**Hawthorn:** Fri 9.15am – 10.45am  
19/7 (10wks); 11/10 (11wks) \$58  
**Surrey Hills:** Thu 9.30am – 11.30am  
18/7 (10wks); 10/10 (10wks) \$50  
Fri 9.30am – 11.30am  
19/7 (10wks) \$50; 11/10 (9wks) \$45
- **Play music**  
Facilitated group incorporates fun, multi-sensory activities, designed to encourage positive interactions between the generations.  
**Canterbury:** Fri 10.30am – 11.15am  
19/7 (9wks); 11/10 (8wks) \$120
- **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  
15/7 (10wks); 7/10 (10wks) \$140  
Tue 9.30am – 11.30am  
16/7 (10wks); 8/10 (10wks) \$140  
Experienced early childhood educator. Meet other families and participate in play based activities.  
**Craig:** Mon 9.30am – 12.30pm  
15/7 (10wks) \$185; 7/10 (11wks) \$203.50
- **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 1pm – 3pm  
19/7 (10wks); 11/10 (11wks) **FREE**
- **Unstructured**  
New to the area and looking for a playgroup? Secure playground.  
**Bowen Street:** Membership fees apply. Virtual tour and details: www.bowenstreet.org.au



## For teens

- **Boroondara youth foundation**  
The Boroondara Youth Foundation aims to empower young people. We provide grants of up to \$1,500 to young people (14 – 25 years) with a 'community-focused' project idea that impacts positively in its youth. Website: www.byf.org.au  
Email: byf@supportingourcommunity.com.au  
Enquiries contact CFC: 9885 7789 or 0435 530 525
- **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**



## Holiday workshops

- **Clicker kids workshop 1 **NEW****  
Introduces children to clicker training, a fun and effective way to communicate with your dog!  
**Surrey Hills:** Fri 9am – 10.30am  
4/10 \$25 (no pets)
- **Crafts and pets workshop 2 **NEW****  
Make toys for your loyal pets.  
**Surrey Hills:** Fri 11am – 12.30pm  
4/10 \$35. Book both workshops \$50.
- **Family concert with activities**  
Organic Sound Duo play some favourites for children, teens and carers. All welcome at this free event. Call Alamein for details.  
**Alamein:** Fri 11am – 12.30pm 12/7
- **Sewing for 7 – 11 years**  
Children will learn basic sewing skills and complete a project. Materials provided.  
**Bowen Street:** Fri 10am – 12pm  
4/10 (1 session) \$38  
Teens Fri 12.30pm – 3.30pm  
27/9 (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:** Thu 1pm – 3pm 25/7  
Fri 10am – 12pm 6/9 **FREE**

## ■ Ashburton artisan market & open day

Come visit the Ashburton Community Centre, browse the market, talk to the artisans, find that unique gift and enjoy activities on the day.

**Ashburton:** Sat 10am – 2pm  
29/6, 21/9, 14/12 **FREE**

## ■ Boroondara children's week event

**Bowen Street** will be hosting children activities at the Boroondara Farmers Market on Sat 8am – 1pm 19/10  
Patterson Reserve 484 Auburn Rd Hawthorn. **FREE**

## ■ Charity knitting group

Knit to help others in need.

**Surrey Hills:** Mon 7pm – 9pm  
15/7; 7/10 (ongoing) **FREE**

## ■ Children's week

Henny Penny Hatching from egg to chick – watch the chickens hatching.

**Bowen Street:** Mon – Fri 9am – 3pm  
14/10 to 25/10 (2wks) **FREE**

## ■ Chinese activity group

Recreational, educational and support activities for Chinese speaking community.

**Kew:** Tue 10am – 1pm from 16/7  
Contact reception

## ■ Coffee with a cop

Join us for **FREE** coffee and conversation. A chance to ask questions, voice concerns and get to know your local police.

**Bowen Street:** Monday 28/10  
10am – 12pm. **FREE**

## ■ Community library

Books on assorted topics.

**Bowen Street:** Mon to Fri **FREE**

## ■ Cooking club

Demonstrate your favourite recipe and eat something tasty.

**Alamein:** Thu 1pm – 2.30pm  
1/8, 5/9, 7/11 \$5

## ■ Country Women's Association

Join the largest women's organisation in Australia. Create new friendships and connections within your community.

**Craig:** 1st Tue of month 7pm – 9pm

## ■ Cultures together

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

**Kew:** Contact reception

## ■ Dial a shopping bus

Service for older adults (CHSP funded). Pick up and drop off from your home in local area.

**Alamein:** Mon and Fri weekly \$4  
Contact Centre for details

## ■ Discussion group

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

**Alamein:** Thu 1pm – 2.30pm  
11/7, 15/8, 12/9, 10/10, 21/11  
\$2/session

## ■ Drop in morning tea

A great way to start the week!

**Surrey Hills:** Mon 9.30am – 11.30am  
15/7; 7/10 (ongoing) \$3/session

## ■ Free seniors week concert

Celebrate Seniors Week with a beautiful concert and food. Contact Alamein for bookings.

**Alamein:** Wed 12pm – 1.30pm 9/10

## ■ The edge community fund

A community volunteer group providing last resort funding for families.

Email: [edgelfund@craigfc.org.au](mailto:edgelfund@craigfc.org.au)

**Craig:** Mon and Thu 10am – 11am  
(ongoing)

## ■ Florins

A women's social group.

**Surrey Hills:** Thu 2pm – 4pm  
25/7 (ongoing) \$4.50/session

## ■ Food forest Ashburton – Events 2019 **FREE**

**Meet the chooks** 11am – 2pm 27/7  
Workshop, chooks, grafting & pruning demo, hot potatoes and mulled juice.

**Grow great citrus** 10am – 1pm 8/9  
Workshop, kids plant mini-herb-garden, scones and marmalade.

**Nature Connection for Kids –**

**Family Day** 10am – 2pm 13/10

Walks, games and sandwiches in the food forest for kids, adults are welcome. Enquiries: [foodforestashy@gmail.com](mailto:foodforestashy@gmail.com)

## ■ Food forest Ashburton (FFA)

This is a friendly people who enjoy permaculture & the outdoors.

Cost: FFA Membership – \$25 full, \$15 conc

Website: [www.foodforestashy.wordpress.com](http://www.foodforestashy.wordpress.com)

Meetings: 4th Thu or Sat of the month  
Enquiries: [foodforestashy@gmail.com](mailto:foodforestashy@gmail.com)

## ■ Garden club

Share in the fun of nurturing plants.

**Alamein:** Thu 10.30am – 12.30pm  
25/7 (fortnightly ongoing)

## ■ Growing together **FREE**

A community garden project at the Ashburton Community Garden, come grow veggies with friendly locals.

**Craig:** Fridays 10.30am – 12.30pm

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

GOLD Group recreational group for women over 55.

**Craig:** Thur 10.45am – 12.15pm  
18/7 (5wks); 10/10 (6wks)  
Annual membership fee of \$50

## ■ Inclusive communities program (NDIS accessible)

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

**Kew:** Mon to Fri

Contact reception for further details

## ■ 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

**Surrey Hills:** Fri 9.30am – 11.30am  
fortnightly 19/7; 11/10 \$4.50/session

## ■ Men's shed

A place for men to meet together to share ideas and work on projects.

**Alamein:** Tue and Thu  
9.15am – 12pm \$30/term.  
Call for details

**Kew:** Mon 1pm – 3pm  
15/7 (ongoing) \$25/term  
Tue 1pm – 4pm

16/7 (ongoing) \$25/term  
Wed 10am – 3pm

17/7 (ongoing) \$25/term

## ■ Seniors citizens festival October – Japanese tea ceremony

Japan Tea Goodwill Ambassador in Australia will share Japanese tea traditions and run an interactive tea workshop, with accompanying sweet and savoury snacks.

**Bowen Street:** Monday 10am – 11.30am  
14/10 Bookings essential. **FREE**

## ■ Senior citizens groups

Multi-Cultural (0418 523 215)

Greek (0409 564 411)

Italian Seniors (0412 840 703)

Meet at Chambly Hall.

**Camberwell:** Phone for details

## ■ Stitch and chat

**Surrey Hills:** Mon fortnightly  
1.30pm – 3.30pm  
22/7 (4wks); 14/10 (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  
21/7, 18/8, 15/9, 20/10, 17/11 & 15/12

## ■ Travel the world: Adult learners week concert and activities

Music, stories, images and food from around the world. RSVP 4/9.

**Alamein:** Fri 10am – 12pm 6/9

## ■ Victorian Egg Decorators Guild

Meet, discuss and practice this art.

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

## ■ Victorian Guild of China Painters

Meet, discuss and practice this fine art.

**Craig:** 3rd Sat of month  
9.30am – 3.30pm (ongoing)

## ■ Volunteering

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

## History & literature

- **Elizabethan Underworld NEW**  
Explore the hidden life (and language) of the Elizabethan underworld.  
**Canterbury:** Tue 10am – 12pm  
15/10 (4wks) \$92
- **Heritage collection**  
Volunteers curating local items of heritage value.  
**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  
18/7 (6wks); 10/10 (6wks) \$120
- **Historical society**  
**Surrey Hills:** 3rd Tue 8pm – 10pm  
16/7 (ongoing) \$4.50/session
- **Literature**  
Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.  
Term 3 Jane Austen  
Term 4 Philosophy  
**Canterbury:** Wed 1pm – 3pm  
31/7 (8wks) \$184; 9/10 (9wks) \$207
- **The Early renaissance in European art NEW**  
This four-week course explores Early Renaissance European art (1350-1500) particularly by Donatello, Masaccio, Fouquet, van Eyck, Memling and Alberti.  
**Camberwell:** Sat 9.30am – 11.30am  
5/10 (4wks) \$120
- **The joy of good books**  
Part book group, part literature class. Tutor led discussion.  
**Ashburton:** Tue 1pm – 3pm  
16/7 (6wks); 8/10 (6wks) \$120
- **Western European medieval art NEW**  
This four-week course looks at the trajectory of late-medieval Western European art. The Romanesque and Gothic Period are explored up to the Early Renaissance.  
**Camberwell:** Sat 9.30am – 11.30am  
13/7 (4wks) \$120
- **Words of war NEW**  
Discover how extensively the global wars of the 20th century have made a lasting impact on the English language.  
**Canterbury:** Tue 10am – 12pm  
23/7 (4wks) \$92



## Music & movies

- **Acoustic group**  
**Ashburton:** 1st and 3rd Fri  
7.30pm – 9.30pm  
19/7 (ongoing) \$5/session
- **Bands and burgers in the park NEW**  
An event celebrating Mental Health Week.  
**Hawthorn:** Fri 5pm – 8.30pm  
11/10 Gold coin donation
- **Blues group**  
**Ashburton:** 2nd and 4th Fri  
7.30pm – 9.30pm  
26/7 (ongoing) \$5/session
- **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
- **Film societies and groups**  
**Ashburton:** First Wed of the month  
7pm for a 7.30pm start 3/7 (ongoing).  
Enjoy a foreign film followed by discussion. **FREE**  
**Camberwell:** 3rd Wed of month 7pm,  
phone 9347 6969 for details  
**Surrey Hills:** 3rd Wed  
7.30pm – 10.30pm  
17/7(ongoing) \$10/session
- **Guitar: beginner**  
We are creating a beginners' community guitar group. Course notes and materials provided. BYO guitar.  
**Hawthorn:** Mon 7pm – 8pm  
15/7 (10wks) \$133; 7/10 (11wks) \$147  
Learn basic guitar skills from a qualified professional.  
**Kew:** Tue 6pm – 7pm  
16/7 (10wks) \$160; 8/10 (9wks) \$145
- **Guitar: intermediate NEW**  
A community guitar group suitable for anyone who has played for 3+ years. Course notes and materials provided. BYO guitar.  
**Hawthorn:** Mon 8pm – 9pm  
15/7 (10wks) \$133; 7/10 (11wks) \$147
- **Surrey Hills community choir**  
Sing your heart out on a Sunday night. Suits all ages and abilities.  
**Surrey Hills:** Sun 7pm – 8.30pm  
21/7 (9wks) \$90; 13/10 (8wks) \$80

- **Ukulele (beginners and intermediate)**  
Learn to play and have fun with the ukulele.  
**Ashburton:** Wed 2pm – 3pm  
17/7 (10wks); 9/10 (10wks) \$150  
**Surrey Hills:**  
**Beginners** Wed 11.45am – 12.45pm  
24/7 (9wks) \$144; 16/10 (8wks) \$128  
**Intermediate** Wed 1.30pm – 2.30pm  
24/7 (9wks) \$144; 16/10 (8wks) \$128  
**Advanced** Tue 7pm – 8pm  
23/7 (9wks) \$144; 15/10 (7wks) \$112  
Wed 2.45pm – 3.45pm  
24/7(9wks) \$144; 16/10 (8wks) \$128
- **Violin NEW**  
After school violin lessons. Suzuki method.  
**Bowen Street:** 9889 0791

## The Written Word

- **Creative writing NEW**  
**Ashburton:** Wed 1pm – 2.30pm  
17/7 (6wks); 9/10 (6wks) \$120
- **Life writing**  
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  
23/7; 15/10 \$30  
**Trentwood:** Thu fortnightly 1pm – 3pm  
18/7 (5wks) \$30; 10/10 (5wks) \$30
- **Writing a non-boring family history NEW**  
Join author Hazel Edwards in this engaging 3hr workshop.  
**Hawthorn:** Sun 2pm – 5pm  
10/11, \$55. Bookings essential
- **Writing life (beginners)**  
Record and share these valuable memories and anecdotes from your life and family history.  
**Canterbury:** Tue 12.30pm – 2.30pm  
30/7 (wks) \$184; 8/10 (9wks) \$207
- **Writing life (ongoing)**  
Write recollections from your life and family history.  
**Canterbury:** Tue 10am – 12pm  
16/7 (9wks); 8/10 (9wks) \$207
- **Writing for pleasure**  
Like writing but need encouragement? Share the fun of stringing words together in all sorts of ways.  
**Kew:** Tue 1pm – 3pm  
16/7 (10wks) \$220; 8/10 (9wks) \$200

# CREATIVE PURSUITS

## Visual arts

### ■ Acrylic painting

Learn about mediums and colours from a professional artist. Beginners and experienced artists welcome.

**Ashburton:** Mon 10.30am – 12.30pm  
15/7 (8wks); 7/10 (8wks) \$200

**Surrey Hills:** Mon 1pm – 3pm  
15/7 (10wks) \$180; 7/10 (9wks) \$162

### ■ Artists in conversation **NEW**

Hear prominent artists discuss their work.

**Canterbury:** Thu 7pm – 8pm

8 and 22 Aug **FREE**

**Surrey Hills:** Tue 5.30pm – 6.30pm

13 and 27 Aug **FREE**

### ■ 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

17/7 (8wks); 9/10 (8wks) \$200

### ■ Botanical watercolour illustration

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

**Ashburton:** Tue 6.30pm – 8.30pm  
16/7 (10wks) \$250; 8/10 (9wks) \$225

**Balwyn:** Wed 9.15am – 12.15pm

17/7 (9wks); 9/10 (9wks) \$287

Wed 1.15pm – 3.45pm

17/7 (9wks); 9/10 (9wks) \$239

**Camberwell:** **NEW**

Beginners: Mon 4pm – 6pm

22/7 (8wks); 14/10 (4wks) \$180

**Hawthorn:** **NEW** Thu 2pm – 4pm

18/7 (10wks) \$178; 10/10 (11wks) \$196

**Trentwood:** Thu 9.15am – 11.10am or

11.15am – 1.10pm

18/7 (10wks) \$125; 10/10 (10wks) \$125

### ■ Chinese painting

Learn different techniques and compositions along with Chinese calligraphy.

**Ashburton:** Wed 10am – 12pm

17/7 (10wks); 9/10 (10wks) \$250

### ■ Christmas gifts

Join Barbara to make some crafty Christmas homemade gifts.

**Bowen Street:** Fri 1pm – 3.30pm

22/11 (1 session) \$40 includes materials

### ■ Contemporary still life painting **NEW**

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

**Trentwood:** Fri 10am – 12pm

19/7 (10wks); 11/10 (10wks) \$125

### ■ Crafternoon

Join this relaxed group and get creative.

**Alamein:** Thu 1pm – 2.30pm

22/8, 24/10 Gold Coin

### ■ Creative journaling **NEW**

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

**Balwyn:** Wed 7pm – 9pm

17/7 (4 sessions) \$140

### ■ Decoupage

**Ashburton:** **NEW**

Tue 9.30am – 11.30am

16/7 (ongoing) \$10/session

(incl \$5/class materials fee)

**Balwyn:** Mon 12.30pm – 2.30pm

15/7 (9wks); 7/10 (9wks) \$200.50

Thu 10am – 12pm

18/7 (9wks); 10/10 (9wks) \$200.50

### ■ Drawing

**Balwyn:** Tue 10am – 12pm

16/7 (9wks) \$197; 8/10 (8wks) \$175

Wed 10am – 12pm

17/7 (9wks); 9/10 (9wks) \$197

Thu 10am – 12pm

18/7 (9wks); 10/10 (9wks) \$197

**Camberwell:** Wed 1pm – 3pm

24/7 (8wks) \$180; 16/10 (4wks);

13/11 (4wks) \$90;

Thu 4.30pm – 6.30pm

25/7 (8wks); 17/10 (8wks) \$180

Intro with It Hao Peh:

Mon 1pm – 3pm

22/7 (4wks); 7/10 (4wks) \$88

**Surrey Hills:** Tue 2.30pm – 4.30pm

16/7 (10wks) \$180; 8/10 (9wks) \$162

### ■ Drawing and thinking

**Ashburton:** Fri 10am – 12pm

19/7 (8wks); 11/10 (8wks) \$160

Fri 12.30pm – 2.30pm

19/7 (8wks); 11/10 (8wks) \$160

### ■ Drawing workshop: advanced

This workshop looks at more advanced drawing techniques.

**Balwyn:** Sun 10am – 4pm

10/11 (1session) \$160

### ■ Friday painters – open studio atmosphere

**Camberwell:** Fri 9.30am – 12.30pm

26/7 (8wks); 18/10 (8wks) \$250

Fri 1pm – 4pm

26/7 (8wks); 18/10 (8wks) \$250

### ■ Life drawing

**Ashburton:** Thu 7.30pm – 9.30pm

18/7 (10wks); 10/10 (10wks) \$250

Sat 10am – 12pm

13/7 (10wks); 5/10 (10wks) \$250



### ■ Mandala magic

Includes all materials

**Camberwell:** Fri 9.30am – 12.30pm

19/7 (4wks) \$172; 25/10 (7wks) \$300

Fri 1pm – 3pm

19/7 (4wks) \$127; 25/10 (7wks) \$222

### ■ Mixed media and collage for women **NEW**

**Ashburton:** Wed 6.30pm – 8.30pm

17/7 (8wks); 9/10 (8wks) \$160

### ■ Mixed media for beginners

Release your inner creativity and explore drawing, collage and abstract watercolour painting.

**Surrey Hills:** Fri 2pm – 4pm

19/7 (10wks) \$180; 1/10 (9wks) \$162

### ■ Mosaics

Create beautiful arts from tiles and ceramics. BYO tiles.

**Alamein:** Fri 1pm – 3pm

26/7 (8wks); 18/10 (8wks) \$150/\$140

### ■ Nature in art

Illustrate the natural world with painting techniques.

**Canterbury:** Mon 9.30am – 12pm or

12.30pm – 3pm

22/7 (8wks); 14/10 (8wks) \$216

### ■ Oil painting

**Balwyn:** Fri 10am – 12pm

19/7 (9wks); 11/10 (9wks) \$197

### ■ Oil painting in the garden **NEW**

Take your easel into our beautiful garden and be creative.

**Hawthorn:** Wed 9.30am – 11.30am

17/7 (10wks); 9/10 (10wks) \$250

### ■ Painting for pleasure

**Balwyn:** Tue 1pm – 3pm

16/7 (9wks) \$197; 8/10 (8wks) \$175

Thu: 1pm – 3pm

18/7 (9wks); 10/10 (9wks) \$197

### ■ Pastel painting

**Balwyn:** Tue 1.30pm – 3.30pm

30/7 (8wks) \$175; 8/10 (9wks) \$197

**Camberwell:** Tue 10am – 12pm

23/7 (8wks); 15/10 (8wks) \$180



## Pottery

### ■ The clay room

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

**Camberwell:** Mon 1pm – 3pm  
22/7 (8wks); 14/10 (8wks) \$340

Mon 6.30pm – 8.30pm  
22/7 (8wks); 14/10 (8wks) \$340

Tue 6.30pm – 8.30pm  
23/7 (8wks); 15/10 (8wks) \$340

Wed 6.30pm – 8.30pm  
24/7 (8wks); 16/10 (8wks) \$340

Thu 1pm – 3pm  
25/7 (8wks); 17/10 (8wks) \$340

Thu 6.30pm – 8.30pm  
25/7 (8wks); 17/10 (8wks) \$340

Fri 1pm – 3pm  
26/7 (8wks); 18/10 (8wks) \$340

Sat 10am – 12pm  
27/7 (8wks); 19/10 (8wks) \$340

Sat 1pm – 3pm  
27/7 (8wks); 19/10 (8wks) \$340

### ■ Watercolour for beginners

Assumes 6 to 12 months experience

**Camberwell:** Thu 1.30pm – 3.30pm  
25/7 (8wks); 17/10 (8wks) \$180

### ■ Watercolour painting

**Ashburton:** experienced

Mon 1pm – 3pm  
15/7 (8wks); 7/10 (8wks) \$160

**Balwyn:** Mon 10am – 12pm  
15/7 (9wks); 7/10 (9wks) \$197

Mon 1pm – 3pm  
15/7 (9wks); 7/10 (9wks) \$197

Thu 10am – 12pm  
18/7 (9wks); 10/10 (9wks) \$197

Thu 7.30pm – 9.30pm  
18/7 (9wks); 10/10 (9wks) \$197

Fri 10am – 12pm  
19/7 (9wks); 11/10 (9wks) \$197

**Camberwell:** Mon 10.30am – 12.30pm  
22/7 (8wks); 14/10 (8wks) \$180

Tue 1pm – 3pm  
23/7 (8wks); 15/10 (8wks) \$180

Wed 10.30am – 12.30pm  
24/7 (8wks); 16/10 (8wks) \$180

Thu 10am – 12pm  
25/7 (8wks); 17/10 (8wks) \$180

Thu 7pm – 9pm  
25/7 (8wks); 17/10 (8wks) \$180

Sat 10.30pm – 12.30pm  
27/7 (8wks); 19/10 (8wks) \$180

**Canterbury:** Tue 9.30am – 11.30am  
16/7 (8wks); 8/10 (8wks)

Tue 12.45pm – 2.45pm  
8/10 (8wks); 8/10 (8wks) \$200

**Surrey Hills:** Wed 10am – 12pm  
17/7 (10wks); 9/10 (10wks) \$180

Wed 1pm – 3pm  
17/7 (10wks); 9/10 (10wks) \$180

### ■ Watercolour painting & mixed media

Combine traditional watercolour methods with collage, pastel and paste to create dynamic colour combinations.

**Ashburton:** beginner/experienced  
Tue 1pm – 3pm

16/7 (10wks) \$200; 8/10 (9wks) \$180

## Textiles

### ■ Bobbin lace

**Ashburton:** Tue 1pm – 3pm  
16/7 (10wks); 8/10 (10wks) \$200

### ■ Crochet and knitting class with instructor

**Balwyn:** Thu 1pm – 3pm (ongoing)  
\$10/session

### ■ French polishing and furniture restoration

**Balwyn:** Wed 12.30pm – 3.30pm  
17/7 (9wks); 9/10 (9wks) \$294

Thu 12.30pm – 3.30pm  
18/7 (9wks); 10/10 (9wks) \$294

Thu 7.30pm – 9.30pm  
18/7 (9wks); 10/10 (9wks) \$199

### ■ Patchwork and quilting group

**Ashburton:** Thu 1pm – 3pm  
18/7 (ongoing) \$5/session

### ■ Sewing: beginners

Learn techniques to start you off on your sewing journey.

**Bowen Street:** Fri 12.30pm – 3pm  
26/7 (6wks); 18/10 (6wks) \$230

### ■ Sewing: intermediate

Learn some professional techniques and finishes to take your sewing to the next level. Sewing experience required.

**Bowen Street:** Fri 9.30am – 12pm  
26/07 (6wks); 18/10 (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  
19/07 (1 session); 11/10 (1 session) \$50

### ■ Spinners and knitters group

**Ashburton:** 2nd and 4th Wed of month  
1pm – 3pm (ongoing) \$5/session

### ■ Tapestry workgroup

**Balwyn:** Tue 10am – 12pm (ongoing)  
\$5/session

### ■ Thursday Craft Club

**Camberwell:** Thu 10.30am – 12.30pm  
(ongoing) \$5/session

### ■ Upholstery and soft furnishing

Reinvigorate that old piece of furniture or create cushions and soft furnishings.

**Canterbury:** Tue 9.45am – 12.45pm  
16/7 (9wks); Tue 12.45pm – 3.45pm  
8/10 (9wks) \$270

### ■ Seed swap & coffee grounds

Visit our seed swap table or collect coffee grounds for your garden.

**Ashburton:** Weekdays 9am – 2.30pm

### ■ 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  
30/10 (1 session) **FREE**

### ■ Small seeds community garden **NEW**

Create and maintain a small raised garden and grow fresh vegetables.

**Canterbury:** Tue 1.30pm – 2.30pm  
16/7 8/10 **FREE**



## English

- **Aussie English NEW**  
 Improve your English through learning about Australian culture.  
**Alamein:** Mon 12.30pm – 3pm  
 22/7 (18 sessions) \$106
- **Basic literacy and numeracy**  
 Contact Centre for interview and cost.  
**Alamein:** Mon 9.30am – 12pm  
 15/7 (ongoing)
- **English conversation (everyday use)**  
 Improve grammar, conversation and writing through activities designed to improve students' everyday English.  
**Trentwood:** Wed 10am – 12pm  
 17/7 (6wks) \$75; 9/10 (6wks) \$75
- **English as an additional language – beginners, intermediate & advanced**  
 ACFE Program. Practise speaking, listening, reading and writing in English. Contact reception for details.  
**Keew:** Mon and Wed commences  
 15/7 (10wks); 7/10 (10wks)  
 Permanent residents: \$90/term  
 Non-residents \$270/term
- **English communication skills (pre-intermediate English)**  
 Contact Centre for interview and cost.  
**Alamein:** Tue 9.30am – 12pm  
 16/7 (ongoing)
- **English for work and study (upper-intermediate English)**  
 Contact Centre for interview and cost.  
**Alamein:** Wed 9.30am – 12pm  
 17/7 (ongoing)
- **English through negotiation NEW**  
 Improve your English and negotiation skills.  
**Alamein:** Fri 12.30pm – 3pm  
 11/10 (2wks) \$20
- **iPads for ESL speakers (Intermediate English and above)**  
 Improve your English through using digital technology.  
**Alamein:** Fri 12.30pm – 3pm  
 26/7 (8wks) \$85
- **Language and iPad activity group**  
 For older people to practice their English while learning to use an iPad.  
**Hawthorn:** Wed 1pm – 3pm  
 17/7 (10wks) \$40; 9/10 (11wks) \$40
- **Literacy and ESL through computers**  
 Contact Centre for interview and cost.  
**Alamein:** Fri 9.30am – 12pm  
 19/7 (ongoing)
- **Living English (beginners English)**  
 Contact Centre for interview and cost.  
**Alamein:** Tue 12.30pm – 3pm  
 16/7 (ongoing)
- **Multicultural English language group**  
 For people with multicultural background to practice their English.  
**Hawthorn:** Wed 10am-12pm  
 17/10 (10wks) \$40; 9/10 (11wks) \$40

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  
 17/7 (9wks) \$150; 9/10 (6wks) \$101
- **Travellers/conversation**  
 An informal conversation class.  
 Ring to book.  
**Bowen Street:** Thu 10am – 11.30am  
 18/7 (ongoing) Gold Coin donation
- **Beginners**  
 Absolute beginners up to 12-months' experience  
**Ashburton:** Mon 9.30am – 11.30am  
 15/7 (8wks); 7/10 (8wks) \$200  
**Camberwell:** Mon 10am – 12pm  
 22/7 (9wks); 7/10 (9wks) \$196  
 Mon 1pm – 3pm  
 15/7 (9wks); 7/10 (9wks) \$196  
 Mon 3pm – 5pm  
 15/7 (9wks); 7/10 (9wks) \$196  
**Canterbury:** Tue 1.15pm – 3.15pm  
 16/7 (9wks); 8/10 (9wks) \$207  
 Wed 12.30pm – 2.30pm  
 17/7 (9wks); 9/10 (9wks) \$207  
**Canterbury:** Absolute beginners  
 Wed 10am – 12pm  
 17/7 (9wks); 9/10 (9wks) \$207
- **Intermediate**  
 Ranges from one to three years' experience.  
**Balwyn:** Wed 1pm – 3pm  
 17/7 (9wks); 9/10 (9wks) \$200  
 Wed 7pm – 9pm  
 17/7 (9wks); 9/10 (9wks) \$200  
 Thu 1pm – 3pm  
 18/7 (9wks); 10/10 (9wks) \$200  
**Canterbury:** Mon 1pm – 3pm  
 15/7 (9wks); 7/10 (9wks) \$207  
**Camberwell:** Mon 1pm – 3pm  
 22/7 (9wks); 7/10 (9wks) \$196  
**Hawthorn:** Fri 9.30am – 11.30am  
 19/7 (10wks) \$178; 11/10 (11wks) \$196
- **Advanced**  
 Three years plus experience  
**Ashburton:** Fri 11am – 1pm  
 19/7 (8wks); 11/10 (8wks) \$200  
**Balwyn:** Thu 10am – 12pm  
 18/7 (9wks); 10/10 (9wks) \$200  
 Thu 7pm – 9pm  
 18/7 (9wks); 10/10 (9wks) \$200  
**Camberwell:** Thu 10am – 12pm  
 25/7 (9wks); 10/10 (9wks) \$196  
**Canterbury:** Mon 10.45am – 12.45pm  
 15/7 (9wks); 7/10 (9wks) \$207

## German

- **Beginners**  
 Absolute beginners up to 12-months experience  
**Balwyn:** Fri 10am-12pm  
 19/7 (9wks); 11/10 (9wks) \$200  
**Camberwell:** Sat 10am – 12pm  
 20/7 (9wks) \$196; 26/10 (6wks) \$130
- **Intermediate**  
 Ranges from one to three years' experience  
**Camberwell:** Tue 7pm – 9pm  
 16/7 (9wks) \$196; 29/10 (6wks) \$130
- **Advanced**  
 Three years plus experience plus  
**Hawthorn:** Wed 9.30am – 11am  
 17/7 (10wks) \$161; 9/10 (11wks) \$177

## Italian

- **Travellers/conversation**  
 An informal conversation class.  
 Ring to book.  
**Bowen Street:** Thu 2pm – 3.30pm  
 18/7 (ongoing) Gold Coin donation
- **Beginners**  
 Absolute beginners through to 12 months' experience  
**Bowen Street:** Tue 1.30pm – 3pm  
 16/7 (10wks) \$180; 8/10 (9wks) \$162  
**Bowen Street:** Absolute beginners  
 Tue 3pm – 4.30pm  
 16/7 (10wks) \$180; 8/10 (9wks) \$162  
**Canterbury:** Thu 9.45am – 11.45am  
 18/7 (9wks); 10/10 (9wks) \$207  
**Canterbury:** Absolute beginners  
 Thu 12.30pm – 2.30pm  
 18/7 (9wks); 10/10 (9wks) \$207
- **Intermediate**  
 Ranges from one to three years' experience  
**Ashburton:** Mon 1pm – 2.30pm  
 15/7 (8wks); 7/10 (8wks) \$200  
**Balwyn:** Mon 1pm – 3pm  
 15/7 (9wks) \$200; 7/10 (9wks) \$200  
 Fri 9.15am – 11.15am  
 19/7 (9wks) \$200; 11/10 (9wks) \$200  
 Fri 11.30am – 1pm  
 19/7 (9wks) \$151; 11/10 (9wks) \$151  
**Bowen Street:** Tue 11.30am – 1pm  
 16/7 (10wks) \$180; 8/10 (9wks) \$162  
**Canterbury:** Wed 12.45pm – 2.45pm  
 17/7 (9wks); 9/10 (9wks) \$207  
 Wed 3pm – 5pm  
 17/7 (9wks); 9/10 (9wks) \$207  
 Thu 12.20pm – 2.20pm  
 18/7 (9wks); 10/10 (9wks) \$207  
**Hawthorn:** Wed 11.15am – 12.45pm  
 17/7 (10wks) \$161; 9/10 (11wks) \$177

## Advanced

Four years plus experience

**Balwyn:** Fri 1.30pm – 3pm  
19/7 (9wks); 11/10 (9wks) \$151

**Bowen Street:** Tue 10am – 11.30am  
16/7 (10wks) \$180; 8/10 (9wks) \$162

**Canterbury:** Wed 9.30am – 11.30am  
17/7 (9wks); 9/10 (9wks) \$207  
Thu 10am – 12pm  
18/7 (9wks); 10/10 (9wks) \$207

## Spanish

### Travellers/conversation

An informal conversation class.  
Ring to book.

**Bowen Street:** Thu 12pm – 1.30pm  
18/7 (ongoing) Gold Coin donation

### Beginners

**Canterbury:** Absolute beginners  
Mon 1pm – 3pm  
15/7 (9wks); 7/10 (9wks) \$207

**Camberwell:** **NEW** Thu 7pm – 9pm  
18/7 (9wks); 10/10 (9wks) \$196

### Intermediate

Ranges from one to three years' experience.

**Canterbury:** Mon 10.30am – 12.30pm  
15/7 (9wks); 7/10 (9wks) \$207

# TECHNOLOGY

## Computers, Tablets and IT

### 21st century PA

Create professional business documents, includes alignment, spacing, formatting, banners, charts.

**Alamein:** Thu 12.45pm – 3.15pm  
5/9 (2wks) \$30

### Black screens Deakin University **NEW**

Dr Sharon Horwood, from Deakin University School of Psychology, talks about her research findings and the impact of excessive device use on health.

**Surrey Hills:** Fri 6pm – 7pm  
16/8, \$10 indiv, \$20 family

### Introduction to computers (Windows 10)

**Alamein:** Wed 12.30pm – 3.15pm  
31/7 (8wks) \$122

### Excel 2016: introduction

**Alamein:** Tue to Fri 9.30am – 3pm  
2/7 – 5/7 \$105

### Getting more from social media workshop **NEW**

Learn to connect through social media.

**Surrey Hills:** Tue 10am – 12.30pm  
6/8, \$35/\$30 SHNC member

### Practical solutions for parental device control workshop **NEW**

Learn practical ways to help manage screen time for children (for parents).

**Surrey Hills:** Thu 7.15pm – 8.45pm  
22/8 \$25

### Security and the cloud workshop **NEW**

Understand the benefits of 'The Cloud' and data security.

**Surrey Hills:** Tue 10am – 12.30pm  
13/8 \$35/\$30 SHNC member

### Social media for business

**Kew:** Contact reception for further details.

### Tech and tea

Learn how to use your online devices over morning tea. Bring your phone, iPad, tablet or laptop.

**Ashburton:** Mon 10am – 11.30am  
TBC (6wks)

Mon 1pm – 2.30pm TBC (6wks)  
Call for details.

**Canterbury:** Mon 9.30am – 11.30am  
15/7 (2wks); 7/10 (2wks) \$20

### Using your smart devices

Learn to use iPads, iPhones, Samsung and androids.

Beginners:

**Alamein:** Mon 12.30pm – 3pm  
29/7; 28/10 (1wk) \$40

Intermediate: Mon 12.30pm – 3pm  
9/9; 25/11 (1wk) \$40

**Trentwood:** **NEW**

Beginners: Notes provided.

Tue 1pm – 3.30pm  
6/8 (2wks) \$50; 12/11 (2wks) \$50

### Website design and maintenance: introduction

Covers basic design, updating and maintenance of WordPress websites.

**Alamein:** Wed 9.30am – 1.30pm  
16/10 (5wks) \$90

### Word 2016: introduction

**Alamein:** Thu 12.45pm – 3.15pm  
17/10 (8 sessions) \$105

## Exploring the internet

### eBay and Gumtree

Learn how to sell your goods and save some money by buying on Ebay and Gumtree! A fun and practical way to declutter and restock your home.

**Alamein:** Mon 12.30pm – 3pm  
11/11 (2wks) \$80

**Trentwood:** **NEW** Tue 1pm – 3.30pm  
20/8 (2wks) \$50; 26/11 (2wks) \$50

### 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

### 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 to English as a second language tutoring support

Teaching strategies, grammar and pronunciation rules, macro language approaches and more. Excellent for people supporting ESL learners.

**Alamein:** Wed 12.30pm – 3pm  
31/7 (10wks) \$85/\$20

### Event management

Learn event management skills, including organising, promotion, budgeting, ticketing, safety.

**Alamein:** Tue 10am – 12.30pm  
23/7 (8wks) \$85

### Find a job or change your career: pathways to employment

Covers employability and transferable skills, 21 century job searching, resumes.

**Alamein:** Tue 9.45am – 2.45pm  
22/10 (5wks) \$70/\$20

### IT for the office

Improve your IT skills and office programs. This course is a pathway to paid employment or further study.

**Kew:** Thu 1pm – 3.30pm  
17/7 (10wks) \$160; 10/10 (10wks) \$160

### LinkedIn

Join this popular business network.

**Alamein:** Tue 12.30pm – 3pm  
17/9 (1wk) \$40

### Rejuvenate your resume

Identify your employability and transferable skills and update your resume.

**Alamein:** Tue 12.30pm – 3pm  
3/9 (2wks) \$20

### Run your own business

Put together a business plan and start your 'start-up'.

**Alamein:** Tue 10am – 12.30pm  
8/10 (8wks) \$850

### Social networking (introduction)

Facebook, Instagram and Pinterest.

**Alamein:** Mon 12.30pm – 3pm  
12/8 (1wk); 2/12 (1wk) \$40

**Trentwood:** Tues 1pm – 3.30pm  
30/7 (1wk) \$25; 29/10 (1wk) \$25

### The art of floristry

Be introduced to world of floristry.

Learn new skills and take your creation home with you.

**Kew:** Thu 7pm – 9pm  
18/7 (7wks) \$350; 10/10 (7wks) \$350

### Volunteering and beyond: introduction

Gain skills and knowledge for volunteer roles, rights and responsibilities and pathways through volunteering.

**Alamein:** Thu 9.30am – 2.30pm  
24/10 (4wks) \$20/\$10



## Book groups, cards & games

### ■ Board games and a chat **NEW**

A fortnightly morning playing board games, Scrabble, Pictionary, Up Words in good company.

**Hawthorn:** Every 2nd Tue  
10.30am – 12.30pm  
16/7 (5wks) \$40; 8/10 (6wks) \$40

### ■ Book groups

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

4/7 (ongoing) \$5/session  
2nd Wed of month 7.30pm-9.30pm  
10/7 (ongoing) \$5/session

**Camberwell:** New Members welcome  
3rd Mon of month 1.30pm – 3pm  
(ongoing) \$5/session

**Canterbury:** Bellevue Book Circle  
3rd Tue of month 10am – 11am

**FREE** with membership  
Mailing Road 1st or 2nd Tue of month  
10am – 11am, 3rd Tue of month, 2.30pm  
to 3.30pm **FREE** with membership

#### **Hawthorn: short stories **NEW****

2nd Tue 10.30am – 12.30pm  
23/7 (5wks); 15/10 (5wks) \$40

**Hawthorn: crime stories **NEW****  
2nd Tue 1pm – 3pm, 16/7 (5wks) \$40;  
8/10 (6wks) \$40

**Kew:** Last Thur of month 12pm – 1.30pm  
Contact reception for details.  
Gold Coin donation

**Surrey Hills:** 4th Tue 7pm – 8.30pm  
23/7; 22/10 (ongoing) \$4.50/session  
1st Thur 7.30pm – 9.30pm  
1/8; 7/11 (ongoing) \$4.50/session

### ■ Bridge

Intermediate to advanced players,  
duplicate games, partners required.

**Balwyn:** Tue Thu and Sat  
12.30pm – 4pm (ongoing) \$5/session  
**Camberwell:** Wed 12.30pm – 4pm  
(ongoing) \$5/session

**Kew:** Mon 1pm – 4pm  
Contact Centre for details \$3/session

### ■ Cryptic crosswords

**Ashburton:** Mon 10.30am – 11.30am  
15/7 (6wks); 7/10 (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  
5/7 (ongoing) \$5/session

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

**Surrey Hills:** Fri 1.30pm – 4pm  
19/7; 11/10 (ongoing) \$4.50/session

### ■ Scrabble

**Balwyn:** Mon 12.30pm – 4.30pm  
(ongoing) \$5/session  
**Surrey Hills:** 1st 3rd 5th Tue  
1pm – 4pm  
16/7; 15/10 (ongoing) \$4.50/session

### ■ Solo

**Balwyn:** Wed 6.30pm – 10pm  
(ongoing) \$5/session  
Fri 9am – 12pm (ongoing) \$5/session  
**Camberwell:** Tue 12.30pm – 3.30pm  
(ongoing) \$5/session

### ■ Supervised solo

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

### ■ Choosing the right solar panels and batteries **NEW**

**Alamein:** Mon 1pm – 3pm  
22/7; 21/10 (1wk) \$25

### ■ Coping with parenting today **NEW**

**Ashburton:** Mon 7.30pm – 8.30pm  
TBC (8wks); TBC (8wks) \$80

### ■ Eco-friendly beeswax wrap workshop **NEW**

Learn how to make eco-friendly  
beeswax wraps. Includes materials.

**Balwyn:** Wed 6pm – 8pm  
14/8 (1 session); Wed 6pm – 8pm  
13/11 (1 session) \$55

### ■ Financial literacy for all **NEW**

**Ashburton:** Wed 7pm – 8pm  
17/7 (3wks); 9/10 (3wks) \$30

### ■ Financial wellbeing information session

BYO electricity bill.  
Register to receive your free show-bag  
and delicious afternoon tea.

**Alamein:** Tue 1.30pm – 3pm  
30/7 (1wk) **FREE**

### ■ Financial wellbeing for women **NEW**

A course building women's confidence  
and communication skills in money  
management.

**Alamein:** Tue 10am – 2.30pm  
20/8 (8wks) \$20/\$10 includes food.

### ■ Floral art

**Ashburton:** Thu 10am – 12pm  
18/7 (ongoing) \$5/session

### ■ Good gut health **NEW**

Join Joel Feren Accredited Dietitian as  
he talks about the benefits of a healthy  
gut on your mental and physical health.

**Surrey Hills:** Fri 6pm – 7pm  
19/7 \$10 indiv, \$20 family

### ■ Introduction to family history **NEW**

Our four-week short course is the ideal  
starter for learning how to research your  
family history. BYO laptop / iPad.

**Hawthorn:** Thu 10am – 12pm  
25/7 (4wks); 17/10 (4wks) \$160

### ■ Lifelong 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  
18/7 (10wks); 10/10 (11wks) \$40

**Trentwood:** Fri fortnightly  
1.30pm – 3.30pm  
9/8 (4wks); 18/10 (5wks) \$20

### ■ Choosing the right NBN

Plans to choose, checking speed,  
the basics.

**Alamein:** Mon 1pm – 3pm  
19/8 (1wk) \$25

### ■ Choosing the right NBN

Learn what changes you will expect when moving to the NBN and recommendations. Questions are welcome and notes provided.

**Trentwood:** Tue 1pm – 3pm  
23/7 (1wk) \$25; 22/10 (1wk) \$25

### ■ Negotiation skills **NEW**

Learn the 'gentle' art of negotiation!

**Alamein:** Tue 12.30pm – 3pm  
6/8 (2wks) \$20

### ■ Parkside pop ups **NEW**

Parkside Pop Ups every second Tuesday of the month is an affordable way to gain insight to anything from vegetarian cooking to Christmas wreath making.

**Hawthorn:** Every 2nd Tue of the month  
7pm – 8.30pm \$25

### ■ Peaceful parents workshop **NEW**

Strategies and tools to lessen stress, build resilience and parent mindfully.

**Hawthorn:** Tue 7pm – 8.30pm  
23/7 \$25. Bookings essential.

### ■ Peaceful kids mindfulness **NEW**

Program to lessen anxiety, stress and increase resilience in children 5 – 8 years.

**Hawthorn:** Tue 4pm – 5pm  
30/7 (8wks); 15/10 (8wks) \$240  
(8 – 13 years) Wed 4pm – 5pm  
31/7 (8wks); 16/10 (8wks) \$240

### ■ 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

### ■ The KonMari™ organising method **NEW**

We will dive into the KonMari™ method, share useful hands-on tips to transform your ideal living or work space.

**Hawthorn:** Wednesday 7pm – 9pm  
24/7 (5wks); 16/10 (5wks) \$200

### ■ Volunteer Opportunities at the Craig Family Centre

Get in touch we would like to hear from you. Contact: 9885 7789

### ■ Which way forward – balancing dynamics of 50+ **NEW**

Explore the challenges and opportunities of transitioning to retirement.

**Surrey Hills:** Wed 7pm – 8.30pm  
7/8 \$35

### ■ 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  
9/10, 16/10, 23/10, 30/10 (4wks) **FREE**



### ■ \$5 Meals

This weekly class guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home. You can access this program using your NDIS plan.

**Trentwood:** Mon 2pm – 4pm  
15/7 (8wks); 7/10 (8wks) \$192

### ■ 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 12pm  
9/8, 13/9; 11/10, 8/11 and 13/12  
\$20/session

### ■ Fabulous food five Ingredients **NEW**

Learn to cook delicious meals with a handful of ingredients. Perfect for those who haven't cooked much before and also those who would like to discover some tasty new dishes.

**Trentwood:** Mon 11am – 1pm  
15/7 (9wks); 7/10 (9wks) \$149

### ■ Fermented foods – kombucha workshop **NEW**

Learn about the health benefits and how to make Kombucha.

**Surrey Hills:** Fri 6pm – 8pm  
9/8 \$70/\$60 SHNC member

### ■ Fermented foods – sauerkraut workshop **NEW**

Learn about the health benefits and how to make Sauerkraut.

**Surrey Hills:** Fri 6pm – 8pm  
23/8 \$70/\$60 SHNC member

**Hawthorn:** Tue 13 Aug

7pm – 8.30pm \$25. Bookings essential.

### ■ Indian cooking workshop **NEW**

Learn about the health benefits of spices in Indian cooking by watching and sharing a meal.

**Surrey Hills:** Fri 6pm – 9pm  
2/8 \$70/\$60 SHNC member

### ■ Joel Feren's supermarket tours **NEW**

Join Joel, accredited dietitian and nutritionist on a tour of Coles Local and learn about food labels and how to prepare simple and healthy meals.

**Surrey Hills:**

Tour 1 Mon 10am – 11.15am 12/8

Tour 2 Mon 4pm – 5.15pm 19/8

Tour 3 Sun 10am – 11.15am 1/9

\$30/tour

### ■ Vegetarian cooking **NEW**

**Hawthorn:** Tue 7pm – 8.30pm  
10/9 \$25. Bookings essential.





- **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+**  
**Surrey Hills:** Mon 8.45am – 9.45am  
15/7 (10wks) \$160; 7/10 (9wks) \$144
- **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  
18/7 (8wks); 10/10 (8wks) \$160  
**Canterbury:** Fri 10am – 10.45am  
19/7 (10wks); 11/10 (10wks) \$140  
**Surrey Hills:** Mon 10am – 10.45am  
15/7 (10wks) \$160; 7/10 (9wks) \$144
- **Back to exercise (65+)**  
For older adults beginning or returning to exercise, rehabilitation exercises.  
**Ashburton:** Wed 12pm – 1pm  
17/7 (ongoing) \$7/class  
**Balwyn:** 50+ Wed 1.30pm – 2.30pm  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50  
Wed 2.30pm – 3.30pm  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50  
**Bowen Street:** includes morning tea  
Fri 10am – 11.30am or 11.30am – 1pm  
(8wks) dates TBC  
**Kew:** Tue 11.15am – 12.10pm  
16/7 (10wks) \$155; 8/10 (9wks) \$140
- **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  
15/7 (10wks); 7/10 (10wks) \$170  
Thu 9.30am – 10.30am  
18/7 (10wks); 10/10 (10wks) \$170
- **Dance Latino style NEW**  
Learn Salsa, Samba, Cha Cha and Rumba. Movements are gentle and does not involve partner work, no experience necessary.  
**Canterbury:** Thu 10.30am – 11.30am  
18/7 (10wks); 10/10 (10wks) \$140
- **Dance with confidence NEW**  
Learn fun and simple dance routines, develop coordination, improve balance and self-confidence. Suitable for people with disabilities. Access this program using your NDIS plan.  
**Trentwood:** Mon 10am – 11.30am  
9/8 (7wks); 18/10 (7wks) \$168
- **Exercise to music (50+)**  
**Ashburton:** Mon 11.30am – 12.30pm  
15/7 (ongoing) \$7/class  
Tue 9.30am – 10.30am  
16/7 (ongoing) \$7/class  
Fri 9.30am – 10.30am  
19/7 (ongoing) \$7/class
- **Fit for you**  
All body workout focusing on major muscle groups through resistance training to build strength and facilitate functional movement  
**Kew:** Mon 8.30am – 9.25am  
15/7 (10wks) \$155; 7/10 (9wks) \$140
- **Fit for you – early morning sessions**  
**Balwyn:** Tue 6.15am – 7am  
16/7 (10wks); 8/10 (10wks) \$115  
Thu 6.15am – 7am  
18/7 (10wks) \$115; 10/10 (11wks) \$127
- **Hi/Lo exercise**  
**Balwyn:** Thu 9.15am – 10.15am  
18/7 (10wks) \$152.50  
10/10 (11wks) \$167.50
- **Keep fit (strength & conditioning)**  
**Ashburton:** Tue 10.45am – 11.45am  
16/7 (ongoing) \$7/class  
Fri 10.45am – 11.45am  
19/7 (ongoing) \$7/class
- **Laughter club**  
**Surrey Hills:** Wed 8.30am – 8.50am  
17/7 (ongoing) **FREE**
- **Lisa's class for the young at heart**  
A lively dynamic class for the young-at-heart and all fitness levels. Gentle cardio, strengthening, balance and stretching.  
**Kew:** Mon 11.30am – 12.30pm  
15/7 (10wks); 7/10 (10wks) \$155
- **Meditation**  
**Craig:** Buddhist  
Wed 7.30pm – 9pm \$15/session  
Bookings essential.  
**Balwyn:** Wed 7.45pm – 8.45pm  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50  
**Surrey Hills:** Fri 6.30pm – 7.30pm  
9/8 (6wks) \$100/\$90 SHNC member
- **Meditation & guided relaxation**  
**Alamein:** Thu 5.45pm – 6.45pm  
25/7 (8wks) \$104; 17/10 (8wks) \$104
- **Meditation & mindfulness**  
A guided meditation with simple techniques to help reduce stress.  
**Ashburton:** Wed 1.30pm – 2.30pm  
17/7 (10wks); 9/10 (10wks) \$150  
**Craig:** 2nd Tue of month  
7.30pm – 8.30pm \$15/session  
Bookings essential.
- **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  
16/7 (9wks) \$96; 8/10 (10wks) \$100
- **Pilates**  
Control, precision, movement, balance; a mind body workout.  
**Alamein:** Tue 6.20pm – 7.20pm  
23/7 (8wks); 15/10 (8wks) \$104  
Tue 7.30pm – 8.30pm  
23/7 (8wks); 15/10 (8wks) \$104  
**Balwyn:** Tue 9.15am – 10.15am  
16/7 (10wks); 8/10 (10wks) \$152.50  
**Camberwell:** floor  
Thu 5.45pm – 6.30pm  
18/7 (10wks) \$155; 10/10 (9wks) \$140

- Canterbury: NEW**  
Thu 10.45am – 11.45am  
18/7 (10wks); 10/10 (10wks) \$160  
**Craig:** Fri 9.15am – 10.15am 19/07 (10 wks); 11/10 (10wks) \$5/session  
**Hawthorn:** Mon 8.30am – 9.30am  
9.45am – 10.45am, 12pm – 1pm  
15/7 (10wks) \$120\*; 7/10 (11wks) \$132\*  
Tue 8.30am – 9.30am  
16/7 (10wks) \$120\*; 8/10 (10wks) \$120\*  
Thu 8.30am – 9.30am or  
9.30am – 10.30am  
18/7 (10wks) \$120\*; 10/10 (11wks) \$132\*  
Fri 9am – 10am or 10am – 11am  
19/7 (10wks) \$120\*; 11/10 (11wks) \$132\*  
\*MAC reduced fees available  
**Kew:** mat Thu 8.30am – 9.25am  
18/7 (10wks); 10/10 (10wks) \$155  
**Surrey Hills:** Mon 10am – 11am  
15/7(10wks) \$160; 7/10 (9wks) \$144  
Tue 11am – 12pm  
16/7 (10wks) \$160; 8/10 (9wks) \$144  
Thu 6pm – 7pm  
18/7(10wks); 10/10 (10wks) \$160  
**Trentwood:**  
Over 55s: Mon 9am – 10am  
15/7 (10wks) \$114; 7/10 (11wks) \$126  
Mat: Mon 10am – 11am  
15/7 (10wks) \$114; 7/10 (11wks) \$126
- **Post Natal Exercise NEW**  
This exercise class is tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels. Babies are welcome too!  
**Trentwood:** Thu 10.30am – 11.30am  
18/7 (9wks) \$45; 10/10 (10wks) \$50
- **Qigong**  
A simpler form of Tai Chi with low impact meditative exercises.  
**Camberwell:** Tue 8am – 9am  
16/7 (10wks) \$125; 8/10 (9wks) \$110  
**Surrey Hills:** Wed 10am – 11.15am  
17/7; 9/10(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  
16/7 (9wks); 8/10 (9wks) \$96
- **Seated exercise**  
Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.  
**Alamein:** Mon 3pm – 3.45pm  
19/8 (weekly) \$2/session  
Call to register  
**Hawthorn:** Mon 11am – 12pm  
15/7 (10wks) \$120\*; 7/10 (11wks) \$132\*  
Wed 9.15am – 10.15am  
17/7 (10wks) \$120\*; 9/10 (11wks) \$132\*  
\*MAC reduced fees available  
**Trentwood:** Wed 11.30am – 12.30pm  
17/7 (10wks) \$107; 9/10 (10wks) \$110
- **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 Thu 7.15pm – 8.15pm  
Tue Fri 12.30pm – 1.30pm  
\$5.50/class (over 65 years), \$7.50/class (under 65 years), (ongoing) Paid by term
- **Stretch & core strength**  
**Camberwell:** Tue 10.30pm – 11.30pm  
16/7 (10wks) \$125; 8/10 (9wks) \$110
- **Stretch & strengthen**  
Increase your strength and flexibility in this low-impact exercise class. Suitable for beginners and people of all ages.  
**Balwyn:** Mon 7pm – 8pm  
15/7 (10wks); 7/10 (10wks) \$152.50  
Thu 10.30am – 11.30am  
18/7 (10wks) \$152.50  
10/10 (11wks) \$167.50
- **Table tennis**  
Social table tennis.  
**Ashburton:** Mon 2pm – 4pm  
15/7 (ongoing) \$5/session  
**Surrey Hills:** Thu 1.30pm – 3pm  
\$4.50/session  
**Trentwood:**  
**Youth:** Thu 4pm – 6pm  
**Open:** Wed 2pm – 4pm  
18/7 (10wks); 10/10 (11wks) \$3/session
- **Tai chi: introduction**  
**Canterbury:** Fri 11am – 12pm  
19/7 (10wks); 11/10 (10wks) \$140  
**Kew:** Mon 1pm – 2pm  
15/7 (10wks) \$155; 7/10 (9wks) \$140  
**Trentwood:** Thu 2pm – 3pm  
18/7 (10wks) \$111; 10/10 (11wks) \$111
- **Tai chi**  
A traditional Chinese mind-body relaxation exercise performed in slow, gentle movements enabling harmony in mind and body. Suitable for all ages.  
**Camberwell:** Tue 9am – 10am  
16/7 (10wks) \$125; 8/10 (9wks) \$110  
Thu 8am – 9am, Thu 9am – 10am  
Thu 10am – 11am, Thu 11am – 12pm  
18/7 (10wks) \$125; 10/10 (9wks) \$110  
**Canterbury:** Fri 9.30am – 10.30am  
19/7 (10wks); 11/10 (10wks) \$140  
**Surrey Hills:** Tue Thu and Fri  
8.15am – 9am (ongoing)  
\$25/single weekly session or  
\$45/multiple weekly sessions  
**Trentwood:** Thu 1pm – 2pm  
18/7 (10wks) \$111; 10/10 (10wks) \$111
- **Tai chi/qigong**  
**Balwyn:** Tue 10.30am – 11.30am  
16/7 (10wks) \$152.50  
8/10 (10wks) \$152.50  
Wed 10.45am – 11.45am  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50
- Canterbury:** Fri 9.30am – 10.30am  
19/7 (10wks); 11/10 (10wks) \$140  
beginner Fri 11am – 12pm  
19/7 (10wks); 11/10 (10wks) \$140  
**Hawthorn:** beginner  
Thu 11am – 12pm  
18/7 (10wks) \$120\*; 10/10 (11wks) \$132\*  
advanced Thu 12pm – 1pm  
18/7 (10wks) \$120\*; 10/10 (11wks) \$132\*  
\*MAC reduced fees available
- **Tango – Argentinian**  
Learn Argentinian Tango with our beginners' class.  
**Hawthorn:** Wed 7pm – 8.30pm  
17/7 (10wks) \$161; 9/10 (11wks) \$177
- **Walking groups**  
**Ashburton:** Wed 10am – 11am  
17/7 (ongoing) \$1/session  
**Camberwell:** Tue 9.30am – 10.30am  
Thu 9.30am – 10.30am **FREE**  
**Canterbury:** Thu 9.30am (fast pace)  
9.30am (gentle pace)  
18/7; 10/10 **FREE** with membership  
**Hawthorn:** Fri 10am – 11.30am  
(ongoing) \$2/session  
**Surrey Hills:** Mon 9am – 10.30am  
15/7; 7/10 (ongoing) **FREE**  
Fri 8.30am – 10am  
19/7 (ongoing) **FREE**  
**Trentwood:** Thu 10am – 11.30am  
18/7 (10wks); 10/10 (11wks) \$3/session
- **Women's Only Swimming**  
Ashburton YMCA.  
**Craig:** 1st and 3rd Sun evening of each month 8pm – 10pm  
Contact Ashburton Pool.
- **Yoga**  
**Balwyn:** Mon 9.30am – 10.30am  
15/7 (10wks); 7/10 (10wks) \$152.50  
Thu 7pm – 8.15pm  
18/7 (10wks) \$152.50  
10/10 (11wks) \$167.50  
Fri 6.15am – 7.30am  
19/7 (10wks) \$152.50  
11/10 (11wks) \$167.50  
**Bowen Street:** Hatha Wed  
6.30pm – 7.30pm  
17/7 (10wks); 9/10 (10wks) \$150  
**Camberwell:** Mon 6.30pm – 7.45pm  
or 7.45pm – 9pm  
15/7 (10wks) \$155; 7/10 (9wks) \$140  
Tue 9.15am – 10.30am or  
10.30am – 11.45am  
16/7 (10wks) \$155; 8/10 (9wks) \$140  
Thu 7pm – 8.15pm  
18/7 (10wks) \$155; 10/10 (9wks) \$140  
Fri 10am – 11.15am  
19/7 (10wks) \$155; 11/10 (9wks) \$140  
**Canterbury:** Mon 9.30am – 10.30am  
15/7 (10wks); 7/10 (10wks) \$140  
Tue 9.30am – 10.30am  
16/7 (10wks); 8/10 (10wks) \$140  
**Kew:** Tue 8.15am – 9.15am  
16/7 (10wks) \$155; 8/10 (9wks) \$140;  
Fri 10.30am – 11.30am  
19/7 (10wks); 11/10 (10wks) \$155

**Surrey Hills:** Mon 6pm – 7pm and 7.15pm – 8.15pm  
15/7 (10wks) \$160; 8/10 (9wks) \$144  
Wed 5.45pm – 6.45pm  
17/7 (10wks); 9/10 (10wks) \$160  
Thu 9.30am – 10.30am  
18/7 (10wks); 10/10 (10wks) \$160

**Trentwood:** Yin & flow  
Tue 6.30pm – 7.30pm  
16/7 (10wks) \$107; 8/10 (10wks) \$111

### ■ Yoga: chair based

**Balwyn:** Mon 10.45am – 11.45am  
15/7 (10wks); 7/10 (10wks) \$152.50  
**Canterbury:** Mon 10.45am – 11.45am  
15/7 (10wks); 7/10 (10wks) \$140  
**Hawthorn:** Tue 10am – 11.30am  
16/7 (10wks); 8/10 (10wks) \$120\*  
\*MAC reduced fees available

### ■ Yoga: continuing

**Alamein:** Mon 7pm – 8pm  
22/7 (8wks); 14/10 (7wks) \$104  
**Ashburton:** Mon 9.30am – 10.30am  
15/7 (10wks) \$150; 7/10 (9wks) \$135  
Tue 9.30am – 10.30am  
16/7 (10wks) \$150; 8/10 (9wks) \$135

### ■ Yoga: gentle

**Alamein:** Mon 5.45pm – 6.45pm  
22/7 (8wks); 14/10 (8wks) \$104

### ■ Yoga for Mothers Babies Children

Bring your baby/child to yoga as you exercise and relax.  
**Bowen Street:** Tue 9.30am – 10.30am  
16/07 (10wks); 8/10 (9wks)  
(Mobile babies and toddlers)  
Tue 11am – 12pm  
16/07 (10wks); 8/10 (9wks)  
(Non-mobile babies) Cost TBC

### ■ Yoga with meditation, pranayama and relaxation techniques

**Alamein:** Thu 9.30am – 11am  
11/7 (1wk) \$20;  
18/7 (10wks); 10/10 (10wks) \$190  
Thu 11.10am – 12.40pm  
18/7 (10wks); 10/10 (10wks) \$190

### ■ Yoga & pilates combo

**Ashburton:** Tue 2pm – 3pm  
16/7 (10wks) \$150; 8/10 (9wks) \$135

### ■ Yoga: prenatal hatha NEW

Prenatal yoga is a valuable way for mums-to-be to prepare physically and emotionally. Not recommended for the first trimester.

**Canterbury:** Tue 11am – 12pm  
16/7 (10wks); 8/10 (10wks) \$140

### ■ Yoga: Slow flow

**Ashburton:** Thu 9.30am – 10.30am  
18/7 (10wks); 10/10 (10wks) \$150  
**Hawthorn:** Thu 6.30pm – 7.30pm  
18/7 (10wks) \$142; 10/10 (11wks) \$156

### ■ Yoga: Yin & Flow

**Trentwood:** Tue 6.30pm – 7.30pm  
16/7 (10wks); 8/10 (10wks) \$111

### ■ Your healthy spine

**Ashburton:** Wed 12pm – 1.30pm  
17/7 (10wks); 9/10 (10wks) \$150  
Thu 7.30pm – 9pm  
18/7 (10wks) \$150; 10/10 (10wks) \$135

### ■ Zumba gold

Fabulous dance-fitness for active, older adults.  
**Balwyn:** Wed 9.30am – 10.15am  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50  
Wed 6.30pm – 7.15pm  
17/7 (10wks) \$152.50  
9/10 (11wks) \$167.50



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

### Ashburton Community Centre

Our modern centre has 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](http://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](http://www.bowenstreet.org.au).

### Camberwell Community Centre

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

### Craig Family Centre

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

### Kew Neighbourhood Learning Centre

If you have a course or an activity that meets the vision of the Centre, we have rooms available for hire at very competitive rates. Harrier's Pavilion is also available for event or party hire. Contact us for further information.

### Surrey Hills Neighbourhood Centre

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

### Trentwood Community House

Our 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+).

