



Neighbourhood Houses  
The heart of our community



## Neighbourhood Houses & Learning Centres in Banyule July - December 2007

> *Courses, Classes & Activities*

Building Community *Valuing Diversity*



**Banyule**  
CITY COUNCIL

# Contact Community Centre



**Bundoora Hall, Noorong  
Avenue, Bundoora  
Mel Ref: 19 K2  
Ph / Fax: 9467 6305  
Office Hours: Tue & Wed 9.45am -  
2.15pm Thur 9 - 11.45am**

## **Tuesday Morning Classes Time: Tue 9.45 - 11.45am**

pl = per lesson of 2 hrs duration

**Barbara's Bags and Craft**  
Cost: \$4 pl & materials

**Basic Drawing**  
Cost: \$8 pl & materials

**Beading & Jewellery Making  
(Design & Creation)**  
Cost: \$6 pl & materials

**Brazilian Embroidery**  
Cost: \$6 pl & materials

**Cake Decorating/Sugar Art**  
Cost: \$7.50 pl & materials

**China Painting - Advanced**  
Cost: \$7 pl + 50c firing & material

**Collectable Cloth Dolls  
& Treasured Gifts**  
Cost: \$6 pl & own sewing machine

**Folk & Decorative Painting  
with Anna Moritz**  
Cost: \$8 pl & materials

**Painting - Drop-In Group**  
Time: Tue 9.45 - 11.45am  
& 12.15 - 2.15pm  
Cost: Free - No tuition

**Paper Tole**  
Cost: \$7.50 pl & materials (kit avail)

**Patchwork & Quilting**  
Cost: \$5 pl & materials

**Porcelain Dolls**  
Cost: \$10 pl & materials

**Scrapbooking**  
Cost: \$8 pl & materials

## **Sewing Information Group - DYO**

Time: Tue 9.45 - 11.45 am  
& 12.15 - 2.15pm  
Cost: Free - No tuition

**Tapestry, Tatting &  
Count Thread Work**  
Cost: \$4.50 pl & materials  
(casuals \$5.50 pw)

**Yoga**  
Bring mat and blanket  
Time: 9.20 - 11.45 am  
Cost: \$7pl

## **Tuesday Afternoon Classes Time: Tue 12.15 - 2.15pm**

**Barbara's Small Quilts & Craft**  
Cost: \$5 pl & materials

**Beading & Jewellery Making  
(Design & Creation)**  
Cost: \$6 pl & materials

**Bobbin Lace**  
Cost: \$4.50 pl & materials

**Cake Decorating/Sugar Art**  
Cost: \$7.50 pl & materials

**China Painting (Beginners)**  
Cost: \$7.50 pl & materials

**Counted Cross Stitch with Ken**  
Cost: \$5 pl & materials

**Drawing & Watercolour with Lana**  
Cost: \$8 pl & materials

**Folk & Decorative Painting with  
Anna Moritz**  
Cost: \$8 pl & materials

**Knitting and Crochet**  
Cost: \$5 pl & materials

**Mosaics**  
Cost: \$8 pl & materials

**Paper Craft**  
Cost: \$7.50 pl & materials

**Paper Tole**  
Cost: \$7.50 pl & materials  
(kit avail - \$45)

**Patchwork & Quilting**  
Cost: \$5 pl & materials

**Porcelain Dolls**  
Cost: \$10 pl & materials

**Ribbon Embroidery  
& Embellishing**  
Cost: \$7 pl & materials

**Scrapbooking**  
Cost: \$8 pl & materials

## **Living & Learning at Banyule's network of Neighbourhood Houses & Learning Centres**

Looking for something different to do in 2007? Banyule has seven dynamic Neighbourhood Houses & Learning Centres that provide people of all ages, abilities and backgrounds with places to meet, share, exchange information and learn together. Each Centre offers a diverse range of professional, practical and affordable education, leisure, recreation, creative and personal development programs, including Nationally Accredited Certificates & VCE and VCAL units.

All classes are tailored to let individuals learn at their own pace and are held in relaxed and vibrant social settings. Most Centres also offer volunteer programs giving people opportunities to learn practical skills in office administration, tutor support, childcare, gardening and other house activities.

All Neighbourhood Houses & Learning Centres will be taking enrolments for Terms 2 & 3 from now on. Contact your nearest Centre and leave a clear message for bookings or more information and get connected to your local community!

**Treasured Gifts & Collectable Cloth Dolls**

Cost: \$6 pl & materials

**Watercolour Painting**

Cost: \$8 pl & materials

**Wednesday Morning Classes  
Time: Wed 9.45 - 11.45am**

**Appliqué & Sewing**

Cost: \$5 pl & materials & own sewing machine

**Beading & Jewellery Making (Design & Creation)**

Cost: 6 pl & materials

**Belly Dance Class**

Time: Wed 10 - 11am  
Cost: \$8 pl

**China Painting**

Cost: \$7 pl + 50c firing & materials

**Eggshell Artistry**

Cost: \$7 pl & materials

**Embroidery with Jean**

Cost: \$5 pl & materials

**Embroidery with Helen**

Cost: \$5 pl & materials

**Folk & Decorative Painting with Denice Muscat**

Cost: \$8 pl & materials

**Glass Painting & Mirror Art**

Cost: \$7 pl & materials

**Hand Made Cards**

Cost: \$6 pl + \$4 for materials

**Knitting and Crochet**

Cost: \$5 pl & materials

**Oil Painting with Ray McMinn**

Cost: \$10 pl & materials

**Paper Tole**

Cost: \$7.50 pl & materials (kit avail \$45)

**Paper Craft**

Cost: \$7.50 pl materials included

**Patchwork & Quilting**

Cost: \$5 pl & materials

**Patchwork with Rose**

Cost: \$5 pl & materials

**Pilates**

Bring own mat  
Time: Wed 11.30am  
Cost: \$10 pl

**Ribbon Embroidery & Embellishing**

Time: Wed 9.45 - 11.45am  
Cost: \$7 pl & materials

**Smocking**

Time: Wed 9.45 - 11.45am  
Cost: \$6 pl & materials

**Wednesday  
Afternoon Classes  
Time: Wed 12.15 - 2.15pm**

**Applique & Sewing**

Cost: \$5 pl & materials & own sewing machine

**Brazilian Embroidery**

Cost: \$6 pl & materials

**Embroidery with Jean**

Cost: \$5 pl & materials

**Embroidery with Helen**

Cost: \$5 pl & materials

**Folk & Decorative Painting with Denice**

Cost: \$8 pl & materials

**Knitting & Crochet**

Cost: \$5 pl & materials

**Hand Made Cards**

Cost: \$6 pl + \$4 for materials

**Oil Painting with Ray McMinn**

Cost: \$10 pl & materials

**Paper Craft**

Cost: \$7.50 pl & materials

**Paper Tole**

Cost: \$7.50 pl & materials (kit avail \$45)

**Patchwork & Teddy Bears**

Cost: \$5 pl & materials & own sewing machine

**Patchwork with Rose**

Cost: \$5 pl & materials

**Ribbon Embroidery & Emb.**

Cost: \$7 pl & materials

**Thursday Morning Classes  
Time: Thur 9.45 - 11.45am**

**China Painting**

Cost: \$7 pl + 50c firing charge

**Creative Sewing & Patchwork**

Cost: \$5 pl + materials & own sewing machine

**Folk & Decorative Painting with Helen Pederson**

Cost: \$8 pl & materials

**Have Fun with Merle & Glenis  
Special needs class**

Cost: \$5 pl & materials

**Mosaics**

Cost: \$8 pl & materials

**Patchwork with Rose**

Cost: \$5 pl & materials

**Paper Craft**

Cost: \$7.50 pl & materials

**Porcelain Dolls**

Cost: \$10 pl & materials

**Tai Chi**

Wear comfy clothes  
Time: Thur 9.45 - 11.45am  
Cost: \$5 pl

**Yoga**

Bring mat and blanket  
Time: Thur 9.30 - 11.30am  
Cost: \$7 pl

**Enrolment Guidelines**

Everyone attending the Contact Community Centre Inc must complete a Registration Form each year. This is required for both legal and insurance purposes.

All class enrolments must be accompanied by a \$10 enrolment deposit, which is not refundable, but is subtracted from term fees when class commences.

Tuition fees are paid on a term basis with the balance owing to be paid by third week of term.

There is a \$1 fee at the door per session to cover the operation costs, ie. postage, stationery, publicity etc.

All tuition fees go to the teacher of that class.

Members may enter the hall only 15 minutes before class time. This enables the teacher to set up

The Contact Community Centre Inc is run by a volunteer Committee. Your help will always be appreciated!

**ENROLMENTS ARE AVAILABLE THROUGHOUT THE YEAR DEPENDING ON CLASS VACANCIES**

# Diamond Valley Learning Centre



**Cnr Diamond Creek Rd  
& St Helena Rd  
Greensborough 3088  
Melway Ref 20 KI  
Ph: 9435 9060 Fax: 9432 2521  
Email: [courses@dvlc.org.au](mailto:courses@dvlc.org.au)  
Web: [www.dvlc.org.au](http://www.dvlc.org.au)  
Office hours: Mon - Fri 9am - 4 pm  
Childcare: Mon - Fri 9am - 12 noon**

*Please phone for information  
about course costs.*

*\*denotes Nationally Accredited Training  
# denotes government subsidised*

## VCE and VCAL

Have you always wanted to complete Year 12? VCAL (Victorian Certificate of Applied Learning) is a hands on Year 12 alternative for people heading to TAFE or employment. If you are planning to study at uni you can enrol in Year 11 now to prepare for Year 12 in 2008. Arrange an appointment with the VCAL/VCE Coordinator.

### VCAL Project Design Skills 2#

Time: Mon 9.30am - 12.30pm  
Date: 16 July - 26 Nov

### VCAL Work Related Skills 2#

Time: Mon 1 - 3.30pm  
Date: 16 July - 26 Nov

### VCAL English#

Time: Tue 9am - 12 noon  
Date: 17 July - 27 Nov &/or  
Time: Wed 2 - 4.30 pm  
Date: 18 July - 28 Nov

### VCE English Year 11#

Time: Tue 12.45 - 3.15pm  
Date: 17 July - 20 Nov

### NEW VCE Health & Human Development 1 Year 11#

Time: Mon 12.30 - 3pm  
Date: 16 July - 26 Nov

### VCE Psychology Year 11#

Time: Thur 12.45 - 3.15pm  
Date: 17 July - 8 Nov

## Maths for Adults

Would you like to feel more confident in Maths or help your children with their homework?

### Introductory Maths#

Time: 9.30am - 12 noon  
Date: 20 July - 30 Nov

### Maths for Work and Study #

Time: 9.30am - 12 noon  
Date: 20 July - 30 Nov

## Improving Your English

### English as a Second Language

Accredited classes and conversation groups are offered at all levels, Monday to Friday, morning and afternoon. Call to organise an interview and a program to suit you.

### NEW Exploring Current Issues#

Time: Wed 1 - 3pm  
Date: 10 Oct - 28 Nov

### NEW Speak English Clearly - English Pronunciation #

Time: Mon 7 - 9.15pm  
Date: 30 July - 29 Oct

### NEW English with Computers#

Time: Mon 12.45 - 2.45pm  
Date: Stage 1 - 23 July - 17 Sept  
Stage 2 - 8 Oct - 26 Nov

## Improving Your Reading and Writing

For people wanting to develop confidence and basic skills. Range of classes available; call to discuss your needs.

### English and Learning#

Time: Day and evening Date: July - Nov-  
**English for Work and Study#**

Time: Day, Evening & Saturday  
Date: July - Nov

### NEW Spelling Strategies

Time: Wed 1 - 3pm  
Date: 25 July - 19 Sept

### NEW Write Your Stories#

Time: Fri 1.15 - 3.30pm  
Date: 20 July - 30 Nov

## Employment Preparation

Individual career counselling is available by appointment. Job search training and return to work classes include:

**Aim High#** For Indigenous young people who are looking for traineeships.

**Moving On - Job Search Training #**

**New Directions#** For parents returning to the workforce.

## Computer Skills

Develop your computer skills in small classes. An individualised approach with the opportunity for self paced or teacher directed learning

### Beginners\*#

Time: Wed 12.30 - 3.30pm;  
Thurs 9am - 12 noon or  
Thur 6.30 - 9.30pm  
Date: 8 weeks - Term 3 or Term 4

### Gentle Introduction #

Time: Tue 12.30 - 3.30pm  
Date: 9 Oct - 27 Nov

### Gentle Pace for Seniors\*#

Time: Wed 3.45 - 6pm  
Date: 1 Aug - 28 Nov

### Computer Club for Seniors

Time: Thur 3.30 - 5.30pm or  
Fri 2.15 - 4.15pm Date: July - Nov

### Introduction to computer - based multimedia\* #

Time: Tue 9am - 12 noon  
Date: 17 July - 27 Nov

### MYOB ('Mind Your Own Business')

Time: Tue 7 - 9.30pm  
Date: 24 July - 18 Sept

### Quickbooks

Time: Tue 7 - 9.30pm Date: 9 Oct - 11 Dec

### Package Options\*#

Choose Word, Excel or PowerPoint  
Time: Mon 6.45 - 9.30pm  
Date: 16 July - 19 Nov

### NEW User Friendly Dynamic Web Development

Time: Wed 7 - 9.30pm  
Date: 25 July - 19 Sept or 10 Oct - 5 Dec

## Computer Short Courses

These courses give an overview of the scope of each of the software programs.

### Creative Photoshop

Time: Tue 4.45 - 6.45pm  
Date: 17 July - 21 Aug

### Digital Photography - Intro

Time: Sat 9.30am - 4pm  
Date: 18 & 28 Aug or 10 & 17 Nov

### NEW Further Digital Photography Publisher

Time: Sat 9.30am - 4pm Date: 24 Nov  
Time: Wed 9am - 12 noon  
Date: 31 Oct - 14 Nov

### PowerPoint

Time: Wed 9 - 12 noon  
Date: 16 May - 30 May

## Vocational Training

Improve your work options with these nationally accredited qualifications.

### Certificate I in Information Technology (ICA10105)\*#

Time: Morning or afternoon classes  
Date: July - Nov

### NEW Certificate II in Retail Operations (WRR20102) \*#

Time: Fri 9am - 4.30pm  
Date: 20 July - 30 Nov

### Certificate III in Business Administration (BSB30201) \*#

No mid year intake possible. Will be offered again in 2008

Elective Units include: Medical Administration &/or Business Bookkeeping

### Certificate III in Floristry (Selected Units) (WRF30104) \*#

Time: Fri 12 - 3pm  
Date: July - Nov Call for further details.

## Occupational, Health & Safety

Add these short courses to your resume!

### Food Safety Level 1\*

Date: Tue 4 Sept Time: 5.30 - 9.30pm  
**Red Card**

OH&S ticket for the construction industry.

Date: Fri 9am - 4pm  
Time: 27 July or 30 Nov

### Customised Training For Business

DVLC can provide targeted, professional training to up-skill your staff.

Professional trainers will customise the content and negotiate the most effective way to deliver the training and results you are looking for! Ask us about:

>MYOB	>Photoshop
>Word	>Excel
>Powerpoint	>Access
>Internet	>Outlook
>Email	>Dreamweaver
>Web design	>Red Card
>Retail	>Food Safety
>Career planning	

Individualised coaching in workplace reading and writing skills.

## Personal Growth Skills

Everyone can benefit by developing their personal skills.

### Communication, Self Esteem and Assertion

Time: Mon 7 - 9pm  
Date: 6 Aug - 26 Nov

### The Art of Relationships

An empowering course for women.  
Time: Mon 12.45 - 2.45 pm  
Date: 13 Aug - 17 Sept or 26 Oct - 19 Nov

### Loss and Grief

Learn how to support people going through this difficult time.  
Time: Tue 7 - 9.15pm Date: 9 Oct - 30 Oct

## The Arts

Get in touch with your creative side!

### Art, Drawing & More

Time: Fri 12.30 - 2.30pm  
Date: 3 Aug - 21 Sept &/or 12 Oct -- 30 Nov

### Digital Photography

- see Computer Short Courses

### Craft, Patchwork and Quilting

Time: Mon 12.45 - 3.15pm  
Date: 16 July - 26 Nov

### Musique Unique

A singing group with a mixed repertoire. No experience necessary.  
Time: Mon 7 - 9pm Date: 16 July - 12 Nov

### NEW Sewing Circle

Time: Sat 12.30 - 3pm  
Date: 11 Aug - 29 Sept &/or 13 Oct - 1 Dec

## Health and Wellbeing

Look after yourself and your family.

### Free Hearing Screenings

Date: 3rd Friday of the month  
Time: book an appointment 2 - 4pm

### Good Health Naturally - Natural Therapies #

Time: Fri 9.30am - 12 noon  
Date: 20 July - 30 Nov

### Life Context (Intensive Journal Writing)

Time: Sat 9.30am - 4.30pm  
Date: 8 & 15 Sept

### Touch for Health (Kinesiology)

Time: Sat & Sun 9am - 5 pm  
Date: Workshop 1 - 29 & 30 Sept  
Workshop 2 - 8 & 9 Dec

### Wednesday Walkers

Time: Wed 9.15am  
Date: From 18 July during school terms.

### General Interest

Indulge your interests and passions with like-minded people.

### Book Club

No vacancies for Semester 2  
Time: Mon 7.30 - 9.30pm  
Date: 2nd Monday of each month

### NEW Diamond Valley Gamers

Time: Tue 7 - 11 pm  
Date: 17 July - 18 Sept &/or 9 Oct - 4 Dec. (Contact Rose for more info on 0409 694 267)

### DIY Garden Design

Time: Sat 10am - 4pm  
Date: 1 Sept - 15 Sept

### Exploring Women's Issues

Time: Wed 12.45 - 3.15pm  
Date: 18 July - 28 Nov

### Literature for Pleasure

Time: Tue 9.30 - 12 noon  
Date: 17 July - 27 Nov

### Speaking & Communicating Effectively

Time: Sat 9.45am - 4.30pm Date: 6 Oct

### The Penguin Club

Time: Tues 8 - 9.30pm  
Date: 2nd Tuesday of month

## Language Courses

Gain confidence to help your children, prepare for travel or to simply have fun.

### Italian - Level One

Group 1  
Time: Thur 7 - 9pm Date: 19 July - 29 Nov  
Group 2  
Time: Wed 7 - 9 pm  
Date: Continues until 21 Nov

### Italian - Level Two

Time: Thur 7 - 9pm  
Date: 19 July - 29 Nov

### Italian Conversation

A great chance to improve your oral skills.  
Time: Mon 2 - 3.30 pm  
Date: 23 July - 17 Sept.

### Special Events

A range of special events run in conjunction with the broader community.

### Ride to Work Day!

Ride, walk or catch public transport to this free healthy breakfast.  
Time: 8am breakfast at DVLC - bookings essential Date: Wed 17 October

### Winter in Banyule "Wadumba-bic"

Come together and celebrate. An evening of indigenous art and music with a live performance. Support this fundraiser for a young indigenous artists scholarship.  
Time: Wed 7 pm Date: 15 August

# Greenhills Neighbourhood Centre



**Community Drive, Greensborough**  
**Melway Ref: 21 B1**  
**Ph: 9435 9287**  
**Fax: 9432 4304**  
**E-mail: gnc@hard.net.au**  
**Web: users.nex.net.au/~gnc**  
**Office Hours: Tue, Wed, Thurs**  
**8.45am - 4.15pm**  
**Friday 8.45am - 12.30pm**

**Licensed Restricted**  
**Childcare Centre**  
Monday - Friday 9 - 12 noon  
Tues - Thur 1 - 4pm  
Cost: \$14 per session - 1 child  
\$25 per session - 2 children

## Program Information

**Red Cross: Inter. First Aid**  
Date: Mon 6 - 27 Aug OR  
Mon 12 Nov - 3 Dec  
Time: 6.30 - 10.30pm  
Cost: \$195 (\$180 conc)

**Red Cross: Basic First Aid**  
Date: Mon 6 & 13 Aug OR  
Mon 12 & 19 Nov  
Time: 6.30 - 10.30pm  
Cost: \$99 (\$90 conc)

**Red Cross: C.P.R Certificate**  
Date: Mon 3 Sept OR  
Mon 10 Dec  
Time: 6.30 - 10.30pm Cost: \$55  
All Certificated First Aid courses held by  
the Australian Red Cross.  
Ph: 1300 367 428 for enquiries

### Basic Mosaic

A short, fun course to teach you to create a small object such as a bird bath or plaque.

Date: Wed 1 - 29 August  
Time: 1 - 3pm Cost: \$60

### Mosaics for the Garden

Mosaics with a difference. Create a beautiful object for the garden.

Date: Wed 24 Oct - 21 Nov  
Time: 1 - 3pm  
Cost: \$60

### Numerology

Discover the magical hidden message of numbers

Date: Wed 24 Oct - 28 Nov  
Time: 1 - 3pm Cost: \$90

### Calligraphy

A course in the creative art of penmanship.

Date: Tue 13 - 27 Nov  
Time: 1 - 3pm  
Cost: \$35 (+ \$25 for pen set)

### Beginners Digital Imaging#

Basic tips and tricks for downloading your photos to your PC. BYO camera and software.

Date: Thur 22 & 29 Nov  
Time: 10am - 12 noon Cost: \$45  
**#Above course will be held at**  
**Community Information D.V**  
**Greensborough Plaza**

### ABCD Parenting Young Adolescents

A valuable program for parents of children aged between 10 - 14 years. Facilitated by Parenting Research Centre.

Ph: 8660 3500 for bookings  
Date: Tues 7 Aug - 11 Sept  
Time: 7 - 9pm (No cost)

### Parents of Children with Disabilities Support Group

'Time-Out' for parents / carers of children with disabilities.

Limited free childcare available  
Bookings essential  
Ph: 9435 9287

Date: 1st Monday of month  
Time: 1 - 3pm

### Personal Safety & Security

Information session on violence awareness and prevention, inc. tips for home, public transport, road rage and more. Suitable for every woman regardless of ability/ disability.

Date: Tues 13 Nov  
Time: 7.30 - 9.30pm Cost: \$20

### Anti-rape Workshop

Practical session focusing on defending yourself from a range of typical sexual abuse and harassment situations.

Date: Tue 16 Oct  
Time: 7.30 - 9.30pm Cost: \$20

Both above workshops run by:  
ProACTIVE Self Defence Academy

### Childbirth with Dignity, Joy & Deep Satisfaction

A large range of Childbirth education courses and information sessions are available through the Centre.

Phone: Anne 9435 9660 for details.

### Get Ready for Baby

A series of evening classes for pregnant women, their partners and support people.

Date: Mon 2 July - 16 July  
Time: 7.30 - 9.30pm  
Cost: \$110 (incl. partners)

### Pregnancy Fitness#

Exercise for all levels of fitness using balls and floor exercises.

Date: Mon 23 July - 24 Sept OR  
Mon 8 Oct - 17 Dec

Time: 6 - 7pm  
Cost: \$150 (10 sessions)  
Phone Fiona 0414 625 096

### Bodycore Fitness#

Specific exercise class for women focusing on core stability, abdominals, pelvic floor & back strength.

Date: Mon 23 July - 24 Sept OR  
Mon 8 Oct - 17 Dec

Time: 7 - 8pm  
Cost: \$150 (10 sessions)  
# Both above classes run by Womens Health Physiotherapist (rebate on Priv. Health Ins extras) Phone: Fiona 0414 625 096 for details & bookings

### Exercise Class

Gentle exercise class facilitated by a qualified Personal Trainer and tailored to meet needs of participants.

Date: Fri 20 July - 21 Sept &  
Fri 12 Oct - 14 Dec  
Time: 9.15 - 10.15am  
Cost: \$100 per term

### Latin Mix Aerobics

A fun way of doing exercise! Men, women & beginners of all fitness levels welcome.

Date: Mon 16 July - 17 Sept  
Mon 8 Oct - 17 Dec  
Time: 9.15 - 10.15 am  
Date: Tue 17 July - 18 Sept  
Tue 9 Oct - 18 Dec  
Time: 6.15 - 7.15pm OR 7.30 - 8.30pm  
Cost: \$100 per term

## Southern Italian Cooking Classes

*^All cooking classes are to be held in Warrandyte at the home of the Tutor: Agata Commisso*

### Italian Spring Lunch

Enjoy the fresh flavours of spring during this hands on class.

Date: Fri 7 Sept

Time: 11am - 2 pm Cost: \$45

*Next two sessions are just in time for entertaining or a picnic lunch for the races!*

### Spanish Tapas

Create some fascinating Spanish finger food.

Date: Fri 26 Oct

Time: 11am - 2pm Cost: \$45

### Italian Antipasto

Little bits and lots of things - just add fresh bread when your guests arrive!

Date: Fri 2 Nov

Time: 11am - 2pm Cost: \$45

### Lasagna and an Italian roast

Learn the secrets of making an authentic lasagne and a traditional Italian roast.

Date: Fri 16 Nov

Time: 11am - 2pm Cost: \$45

### Cooking Pasta Sauces

Make a variety of sauces to serve with pasta or rice during the coming summer months.

Date: Fri 30 Nov

Time: 11am - 2pm Cost: \$45

### Italian Christmas Biscuits

Delicious biscotti will make ideal gifts and you will be prepared for guests - just put the kettle on.

Date: Fri 7 Dec

Time: 11am - 2pm Cost: \$45

### Coffee for a Cause

Social morning tea for friendship and to raise funds for various charities.

Phone Julie on 9432 6406 for info.

Date: 1st Friday of month

Time: 10.30am

Cost: Gold coin donation

### Walking Group

Social opportunity to meet new friends and get fit at the same time. Return to the Centre on completion of walk for morning tea.

Date: Tues 17 July

Time: 9.30am

Cost: \$5.50 term

### Yoga

All levels catered for. Each session includes relaxation.

Date: Tue 17 July - 18 Sept

Tue 9 Oct - 18 Dec

Time: 10.30am - 12 noon

Cost: \$100 per term

Date: Tue 17 July - 18 Sept

Tue 9 Oct - 18 Dec

Time: 4.30 - 6pm

Cost: \$100 per term

Date: Wed 18 July - 19 Sept

Wed 10 Oct - 12 Dec

Time: 7.30 - 9pm

Cost: \$100 per term

Date: Thur 19 July - 20 Sept

Thur 11 Oct - 13 Dec

Time: 7.30 - 9pm

Cost: \$100 per term

### French Polishing/ Furniture Restoration - weekend

Bring an old piece of furniture and restore it back to its former glory.

Date: 18 & 19 August or 17 & 18 Nov

Time: 10am - 5pm

Cost: \$80 (plus \$25 material)

### Dancing with prams

Bring your baby along to a "Dance Be In It" exercise class. Have fun getting fit and toning up while sharing music & dance with your baby.

Date: Thurs 19 July - 20 Sept OR

Thurs 11 Oct - 13 Dec

Time: 10 - 11am

Cost: \$80 (10 wk term)

Bookings ph Kieran 0433 695 172

### Mums and Tots Dance class

Group exercise for mums & toddlers. Fun, fitness and quality time with your toddler.

Date: Thur 19 July - 20 Sept OR

Thur 11 Oct - 13 Dec

Time: 9.30 - 10am

Cost: \$50 (10 wk term)

Bookings ph Kieran 0433 695 172

### Tai - Chi

Gentle passive exercise promoting health and fitness.

Date: Wed 18 July - 12 Sept

Wed 10 Oct - 12 Dec

Time: 9.30 - 10.30am (Swords )

10 - 11am (Advanced)

11am - 12pm (Intermediate)

11.30 - 12.30 (Beginners)

Cost: \$90 term 3

\$100 term 4

### Law of Attraction Strategies

Use the Law of Attraction in everyday situations. Different styles appeal to different personalities and this workshop will appeal to all.

Date: Wed 1 Aug

Time: 7.30 - 9pm OR

Date: Thur 9 Aug

Time: 1 - 2.30pm Cost: \$20

### Hairdressing in the Home

Basic cuts for both adults & children.

Date: Mon 6 Aug - 27 Aug OR

Mon 8 Oct - 29 Oct

Time: 10.30am - 12 noon

Cost: \$65

### Prepare your home for sale

Workshop defining what can be done to attract more buyers and achieve a maximum price.

Date: Wed 5 Sept

Time: 7.30 - 9pm OR

Date: Tues 30 October

Time: 1.30 - 3pm Cost: \$25 (incl notes)

### Wardrobe Workout

Tips, tricks and practical advice on storage and the contents of your wardrobe.

Date: Wed 29 August

Time: 7.30 - 9pm OR

Date: Tues 23 October

Time: 1.30 - 3pm Cost: \$25

### Organising Kids Spaces

Clever storage and organising ideas to improve function and order in childrens rooms.

Date: Tues 18 September

Time: 7.30 - 8.30pm OR

Date: Thurs 15 November

Time: 1.30 - 2.30pm Cost \$15

### Childrens classes

Mini Maestros Music

Phone Helen 94313611

Learningland

Literacy, Numeracy & Speech program.

Contact Cath 1300 139 859

# Livingstone Community Centre



1 Livingstone St, Ivanhoe

Melway Ref: 31 F7

Ph / Fax: 9497 2014

E-mail:

[community@livingstone.org.au](mailto:community@livingstone.org.au)

More detailed information found:

Web: [www.livingstone.org.au](http://www.livingstone.org.au)

Office Hours: Mon, Tue, Alt Wed & Thur, Fri 9.15 am - 3.15 pm

*Note: Please enrol directly with instructor for courses marked \*\*: # Indicates concession available*

## Health & Well-Being

### Yoga #

Hatha yoga. For improving strength, flexibility & relaxation.

Tutor: Virginia Hunter

Date: Term 3: 10 wks. Tue 17,

Wed 18 or Fri 20 July

Term 4: 10 / 11 wks. Tue 9,

Wed 10 or Fri 12 Oct

Time: Tue 5.20 - 6.20 pm,

6.30 - 7.30pm; Wed 6 - 7pm;

Fri 8.30 - 9.30 am

Cost: Term 3: \$100 / 80

Term 4: \$100-\$110 / \$80-\$88

### Gentle Exercise

Movement to music for seniors.

Tutor: Elizabeth Snashall

Date: Term 3: 8 wks. Tue 31 July

Term 4: 11 wks. Tue 9 Oct

Time: 11am - 12 noon Cost: \$5 / week

### Pilates \*\*

A strengthening & stretching exercise program suitable for all.

Contact: Nora Woollard: 9499 9326

Date: Term 3: 8 wks. Mon 16,

Thur 19 July

Term 4: 7 / 8 wks. Mon 8, Thur 11 Oct

Time: Mon 9 - 10am; 10 - 11am,

6 - 7pm, Thur 6 - 7pm

### Walkers and Talkers

Energetic walks around Banyule followed by morning tea.

Leader: Margaret Wallace

Date: Term 3: Fri 20 July

Term 4: Fri 12 Oct

Time: 9.30 - 11am Cost: \$1 / week

### Feldenkrais #

Improves flexibility & ability to move in the easiest way possible.

Tutor: Julia Broome

Date: Term 3: 8 wks. Wed 18 July

Term 4: 8 wks. Wed 10 Oct

Time: 7.30 - 8.30pm

Cost: Term 3 & 4: \$96 / \$72

### Dancing with Prams # \*\* NEW

Latin, Rock n Roll style classes for Mums with babes in prams.

Date: Term 3: 10 wks. Wed 18 July

Term 4: 10wks. Wed 10 Oct

Time: 9.30 - 10.30am

Cost: \$10 class or \$80 / \$70 term

### Dancing with Toddlers # \*\*NEW

Parents & children learn Latin & Rock n Roll together.

Date: Term 3: 10 wks. Wed 18 July

Term 4: 10wks. Wed 10 Oct

Time: 9 - 9.30 am Cost: \$50

### Dance Be In It # \*\* NEW

Mums, get fit learning Latin, Rock n Roll, & Ballroom dancing. No partners required.

Date: Term 3: 10 wks. Mon 16 July

Term 4: 10 wks. Mon 8 Oct

Time: 2 - 3pm

Cost: \$10 class or \$80 / \$70 term

For 3 above courses contact: Kieran

Patrick Meade: 0433 695 172 or

[dancebeinit@gmail.com](mailto:dancebeinit@gmail.com)

### Flourishing in Life Course # NEW

6-week positive psychology interactive workshop. Teaches how to flourish and get more out of life.

Date: Thurs Aug 9 - Sept 14

Time: 7.30 - 9pm Cost: \$190 / \$150

Tutors: Clinical Psychologists:

Dr Patrice Friars & Jo Mitchell

### Homeopathy Workshops # NEW

4 x 2 hour workshops in treatment techniques.

Date: Thurs 25 Oct - 15 Nov

Time: 7.15 - 9.30pm Cost: \$40 / \$25

Tutor: Jennifer Hall

### T 5 T \*\*

Learn The Five Tibetan Exercises Rites and Energy Breathing.

Date: Term 3: Sat 1 & 8 Sept

Time: 9.30 am - 1pm

Contact: Bratislav: 9460 3358 or

[bratislav@bigpond.com](mailto:bratislav@bigpond.com)

### Spiritual Direction

Explore your own spiritual journey & life of prayer. By appointment only.

Contact: Chris Turner: 9499 2479

## Activities for Children

### Chinese Playgroup # NEW

For children aged 0 - 4 years. Support group for parents or carers who speak Chinese. Mandarin and Cantonese speakers also welcome.

Date: Term 3: Wed 18 July

Term 4: Wed 10 Oct

Time: 1.30 - 3.15pm

Cost: \$30 / \$20 per family per term

Contact: Patricia Cheng 9440 9826 / 0432 520 360

### Playgroups #

For children aged 0 - 4 years & their parents or carers. Each session has a theme with activities and crafts.

Date: Term 3: Tue 17, Wed 18,

Thur 19 July

Term 4: Tues 9, Wed 10, Thurs 11 Oct

Time: Tue & Wed 9.30 - 11.30am

Thur 9.30 - 11.30am, 1.30 - 3.15pm

Cost: \$30 / \$20 per family per term

Contact: Joy French: 9497 2014

### Playtime

Coffee, cake and chats for parents with pre-school -aged children.

Toys provided.

Date: Term 3: Tue 17 July

Term 4: Tue 9 Oct

Time: 1.30 - 3.30pm

Cost: \$3 per family per session

Contact: Alex: 9499 4749

### Creative Dance & Yoga for Kids. # NEW

Movement & positive self-expression in a joyful & powerful way, which strengthens & develops social & physical skills.

### Preschool group:

Date: Term 3: 10 wks. Wed 18 July

Term 4: 10 wks. Wed 10 Oct

Time: 11.30am - 12.30pm Cost: \$100 / \$80

### Primary School group:

Date: Term 3: 10 wks. Wed 18 July

Term 4: 10wks. Wed 10 Oct

Time: 4 - 5pm Cost: \$100 / \$80

Tutor: Genevieve Jones

### **Vive La Musique! \*\***

Suitable for 0-4 year olds. Structured music appreciation program run entirely in French. Contact: Shona Mancev 0421 553 631 or shonamancev@bigpond.com  
Date: Term 3: 10 wks. Thurs 19 July  
Term 4: 10wks. Thurs 11 Oct  
Time: 9.30 - 10am; 10.10 - 10.40am

### **Learningland \*\***

FUN programs that assist literacy, numeracy & speech for children.  
Date: Term 3: 10 wks Mon 16 & Fri 20 July  
Term 4: 9 wks. Mon 8 & 12 Oct  
Time: Mon 9.45 - 10.45am (4-6 yr)  
Mon 10.50 - 11.50am (3-4 yr)  
Fri 9.45 - 10.45am (3-4 yr)  
Fri 11am - 12 noon (4-6yr)  
Contact: Cath McLeod:  
1300 139 859 or  
www.learningland.com.au

### **Creative Activities**

#### **Patchwork and Appliqué**

Come along to this friendly group and be inspired to create beautiful quilts.  
Tutor: Margaret Wallace  
Date: Term 3: Mon 16 July  
Term 4: Mon 8 Oct  
Time: 1 - 3pm Cost: \$5 / week

#### **Jewellery Making**

Create several pieces of unique beaded jewellery.  
Tutor: Ginetta Chiodo  
Date: Sat 18 & 25 Aug (2 wks)  
Time: 1.30 - 4.30pm Cost: \$60

#### **Painting #**

Australian landscapes using oils, watercolours and acrylics.  
Tutor: Ray McMinn  
Date: Term 3: 6 wks. Tue 14 Aug  
Term 4: 10 wks. Tue 9 Oct  
Time: 1.30 - 3.30pm  
Cost: Term 3: \$75 / \$60  
Term 4: \$112 / \$90

#### **Artwork #**

Instruction is available in pastel, drawing or oil. Tutor: Lyn Wallace  
Date: Term 3: 9 wks. Mon 16 July  
Term 4: 9 wks. Mon 8 Oct  
Time: 1 - 3pm Cost: \$90 / \$72

#### **Introduction to Precious Metal Clay Workshop. (PMC) # \*\* New**

Create & take home 2 fine silver pendants. All equipment provided.  
Date: Term 3: Sat 4 Aug  
Term 4: Sat 20 Oct  
Time: 9am - 4pm Cost: \$165 / \$150

#### **Advanced Precious Metal Clay Workshop. (PMC) # \*\* NEW**

Incorporate gems and nature into 2 PMC creations.  
Date: Term 3: Sat 15 Sept  
Term 4: Sat 17 Nov  
Time: 9am - 4pm Cost: \$165 / \$150  
Contact: Anastasia Chiappalone  
9499 4242 / 0408 161 244

#### **Unlock the Writer Within # \*\*NEW**

Write your memoirs, family history, autobiography or short stories.  
Date: Term 3: 10 wks. Sat 21 July  
Term 4: 10 wks. Sat 13 Oct  
Time: 10.30 - 11.45am; 12 - 1.15pm  
Cost: \$120 / \$100  
Contact: Barbara: 0405 700 057

### **Music**

#### **Phoenix Singers #**

A Capella style singing for those who just love to sing. No experience necessary. Tutor: Therese Virtue  
Date: Term 3: 10 wks. Fri 20 July  
Term 4: 11 wks. Fri 12 Oct  
Time: 10am - 12 noon  
Cost: Term 3: \$80 / \$60  
Term 4: \$88 / \$66

#### **Living song \*\***

A Capella community singing.  
Date: Term 3: 10 wks. Mon 16 July  
Term 4: 11 wks. Mon 8 Oct  
Time: 7.30 - 9.30pm Cost: Term 3: \$100  
Term 4: \$110  
Contact: Jill Burn: 9499 4015

### **Social Groups**

#### **Soul Beat NEW**

Find the real life application of the story of Jesus through prayer, imagination, poetry, art, sacred text, food, myth, nature, and humanity.  
Date: Every Sunday  
Time: 5 - 6.30pm  
Suggested donation to assist with running costs & local mission. \$5 each or \$10 per family.  
Contact: Chris Turner: 9499 2479

#### **Livingstone Rocks \*\***

Youth group for teenagers. Fun, games and time to talk. All teenagers welcome!  
Date: Every 2nd Sunday during school term.  
Time: 6 - 8pm  
Contact: Anne McKay: 9459 4757

### **Connections**

Plenty of fun & all welcome.  
Date: Term 3: Mon 16 July  
Term 4: Mon 8 Oct  
Time: 3.30 - 5pm Cost: Free  
Contact: Phil Staff: 9432 7009 / 0423 345 509

### **Friendly Circle**

A friendship group for women. Guest speakers and outings.  
Date: 3rd Friday of every month  
Time: 1.30 - 3pm

### **Survivors of Separation NEW**

Support and social group for separated people.  
Date: 4th Thursday of every month  
Time: 7.30 - 9.30pm Cost: \$5 per month  
Contact: Michael: 0419 553 890 or michael@sos-family.org.au

### **Special Events**

Women's Fashion Parade  
Perennial Clothing women's wear.  
Date: 27 July  
Time: 1.30 - 3.30pm Cost: \$5 donation  
A tea provided. All welcome.

### **Bus Trips**

**Term 3:** Woodlands Historic Park & Alistair Clark Rose Garden.  
Date: Tues 18 Sept  
Time: 9am - 5pm Cost: \$34  
**Term 4:** Kyneton Fine China tour & Meskills Wool store.  
Date: Thurs 6 Dec  
Time: 9am - 5pm Cost: \$32

### **Homeopathy Information Session**

Date: Tues 24 July  
Time: 9.30 - 11.30 am Cost: \$5  
Presenter: Jennifer Hall

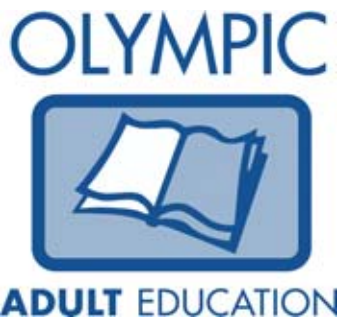
### **Youth and Adolescent Depression Information Session**

Date: Thurs 23 Aug  
Time: 7.30 - 9.30pm  
Cost: \$5 / \$10 per family.  
Presenter: Sally-Anne McCormack

### **Parenting Advice - H.A.P.P.Y. (Hints & Assistance for Practical Parenting of our Young)**

Date: Thurs 25 Oct  
Time: 7.30 - 9pm Cost: \$5 / \$10 per family.  
Presenter: Sally-Anne McCormack  
Psychologist, teacher & mother of 4.

# Olympic Adult Education



**Our main office is situated at  
21 Alamein Rd, West Heidelberg  
Melway Ref: 19 D11**

**Office Hours 9.30am - 4pm  
Ph: 9450 2665 Fax: 9459 8711  
E-mail: olympic@oae.vic.edu.au  
Web: www.oae.vic.edu.au**

**We also conduct classes at  
233 Southern Rd, West Heidelberg**

**Olympic Adult Education is a not for profit community based Neighbourhood House and Adult Learning Centre in West Heidelberg. The centre is a registered training organisation catering for a diverse range of individuals including migrants (long term and newly arrived), local residents with literacy and social needs, people with disabilities and others over the age of 16 years.**

**If you are interested in joining our Committee of Management, it meets on the second Tuesday of the month at 5.30pm. Call or email our office for information.**

## How to Enrol

Students need an interview for many of our classes. To enrol or for more information ring our office on 9450 2665.

## Special Interest Courses

### Literacy and Computers

(For people with a mild intellectual disability)

This class is for students with little or no reading and writing who want to develop their literacy skills. The class also involves everyday number skills, learning to use a computer and using software programs to help develop reading and writing skills.

Friday 10am - 12 noon

### Learner Driver

We have a high success rate for helping people to pass the Learner's Permit test. If you have difficulty reading the book or are nervous about going for the test on your own, why not do our course? We can arrange for tests in languages other than English.

### Sewing at Southern Rd

For a small fee you can join this group of people interested in learning how to do simple sewing on our machines.

### Olympic Village Singing Group

This group meets weekly to sing. We sing simple songs from around the world. You don't need to a great voice to join, just a love of singing. We are looking for new members, everyone welcome.

Friday 12.30 - 1.30pm.

### Free Public Internet Access

Would you like to access the internet? Volunteer help is available at some sessions. Book a session on 9450 2665. No Charge.

### Volunteering

Are you looking for rewarding volunteer work? Our extensive program would not function without the fantastic support of our volunteers.

## Special Events

### Language of Childbirth

Is speaking and listening to English hard for you? Do you want to know more about having a baby?

We are having a series of information sessions to help you understand pregnancy and giving birth in Australia. This project is funded by the Banyule City Council and supported by the Mercy Hospital for Women and Banyule Community Health.

Wednesday Afternoons 1 - 3pm starting in July.

**Get Active Group** - funded by Banyule City Council.

We are looking for people from the over 45 age group to join us in trying a variety of activities such as Cooking for Blokes, Cards and Games, walking around Banyule and armchair exercises.

Our first session on Monday 30th July will be a light lunch and information session. Call Karen on 9458 2710 for more information or to book your place.

### Finger Food for Special Occasions

A variety of Christmas style Italian and Spanish finger food. Thursday 10am - 2pm x 2 weeks  
22nd and 29th November  
\$50 (inc materials fee)

### Sweet Delights for Special Occasions

A variety of tasty Italian treats for Christmas.  
Thursday 10am - 2pm x 2 weeks  
6th and 13th December  
\$50 (inc materials fee)

### Classes for local businesses or community groups

If you are a community group or a local business and you would like us deliver cost effective computer training for you in either of our premises then do not hesitate to contact us.

**Students enrolled in the classes below are able to gain a nationally accredited qualification.**

## Reading, Writing & Basic Education

### Certificate In General Education For Adults Levels Intro, I, II, III

Classes for a range of levels  
For adults who never learnt to read and write or for those who can read and write simple texts but who want to improve their spelling, grammar, vocabulary and general reading and writing skills.

Other classes to improve reading, writing and numeracy:



This program is funded by the Australian Government Department of Immigration and Multicultural Affairs.

### **Maths - No Fears**

Let's start at the very beginning!  
Overcome fear of decimals, fractions and percentages.

### **Money Wise Maths**

Spend your money better and manage your home shopping budget better.

### **Reading and Writing With Computers**

Improve your reading and writing while learning to use a computer and the Internet.

### **English Reading and Writing Level 1 and 2**

These classes are for people who have been speaking English for many years but have difficulty with English reading, writing and vocabulary.  
Venue: Rosanna Library

### **Current Affairs**

Gain knowledge about local and world news, while improving your reading, writing and discussion skills.

### **News Matters**

Watch, read and discuss current news stories. Improve your basic reading and writing skills and understanding of the news and topical issues.

### **Editorial Group**

Each term this class produces our student newsletter with a readership of over 300 people. You will learn how to write and edit articles using Microsoft Publisher.

### **English as a Second Language**

**Certificates I & II in Spoken & Written English at four different levels.** Some classes have a computer focus. There is also an evening and a class for women.

### **Pronunciation and Conversation**

Participants will be able to practice their pronunciation and English conversation in small friendly groups.

### **AMEP Program:**

Migrants and refugees can access up to 510 free hours of English classes at Levels I, II and III, morning or afternoon. AMEP can also provide free childcare to some students and access to a Citizenship course at another site.

### **Want to Prepare for the Work Force or Vocational Training?**

We offer a variety of classes using both the Certificate I in Information Communication Technology and Certificate I in Vocational Preparation.

### **Introduction to Workplace Computer Skills for ESL students.**

Monday 9.30am - 12 noon  
An introduction to computers in the workplace for ESL students inc. Word, internet and email. (21625VIC Certificate I in Vocational Preparation)

### **Introduction to Computers**

Tuesday 7 - 9pm  
Learn how to retrieve information using web browsers and use web based email (ICAUI133A) and learn the fundamentals of Excel, a program perfect for mailing lists or home budgets (ICAUI130A).

### **Introduction to Computers**

Wednesday 7 - 9pm  
Learn how to use Access, (ICAUI131A) ideal for small and home businesses. Use this program instead of complicated filing systems and understand how to operate computer hardware (ICAU2005A)

### **Want to gain some basic computer skills?**

Then join the Computer Confidence or Mature Adults series of classes.

### **Computer Confidence Introduction**

Thursday 10am - 12 noon  
19 July - 6 Sept  
If you have never used a computer before or are afraid when you touch it it may break then this is the class for you. (BSBCMNI07A - Operate a personal computer)

### **Computer Confidence Word / Excel**

Thursday 1 - 3pm 5 July - 6 Sept OR 10am - 12 noon 13 Sept - 15 Nov  
Learn the basics for both of these two popular programs. (FPPCOM2A - Prepare and present verbal and written information)

### **Computer Confidence Internet and Email**

Thursday 1 - 3 pm  
Learn how to browse the web and use web based email (ICAUI133A - Send and retrieve information using web browsers and email)

### **Certificate I in Horticulture**

A basic introduction to growing healthy plants and working safely in the garden. Suitable for gaining work, pursuing further study or for personal interest. Register now for 2008

### **Certificate III in Children's Services**

One year course delivered over two days per week. Register now for 2008

**Call us for more information about these or other classes.**

## **YARRA VALLEY U3A**

**YVU3A Office: 208 Burgundy St, Heidelberg 3084**

**Melway Ref: 31 K4**

**Ph: 9458 2000**

**[www.yarravalleyu3a.websyte.com.au](http://www.yarravalleyu3a.websyte.com.au)**

**Office hours: Mon-Fri 10am - 12noon**

Yarra Valley U3A is part of the world-wide Universities of the Third Age movement which provides opportunities for on-going learning in an informal manner for those who are retired from the workforce. No qualifications are required for admission and there are no tests or assignments. Tutors donate their time in order to share their knowledge with others with similar interests.

Yarra Valley U3A offers a wide range of classes. Some are held at the U3A Office, others at venues around Banyule or in Eltham. Membership of the U3A (annual fee \$30/\$50 single/couple; half-year pro-rata) entitles members to attend as many classes as they wish, subject to available places.

The next Enrolment Day is 3 July 2007. Call the U3A Office for further details. New members most welcome.

# Rosanna Fire Station Community House



**232 Lower Plenty Rd, Rosanna  
Melway Ref: 20 B12  
Ph: 9458 1935  
E-mail: rfsch@westnet.com.au  
Web: www.rfsch.org.au  
Office Hours: Mon-Fri, 9am - 4pm  
Childcare Available**

## Art, Craft & Creativity

### Beading

Make unique jewellery, key-rings and bags using stringing, knitting, crocheting, wiring & weaving. Tools provided in class.  
Date: (Term 3 - 4 wks) Tue 24 July - 14 Aug; Tue 28 Aug - 18 Sept  
(Term 4 - 4 wks) Tue 9 Oct - 30 Oct; Tue 13 Nov - 4 Dec  
Time: 7.30 - 9.30pm  
Cost: \$35 Kit cost extra

### Handmade Crafts (Beg. - Adv.)

Make baby blankets, knee rugs, crochet, knitting, embroidery  
Date: (Term 3 - 8 wks) Mon 23 Jul & (Term 4 - 8 wks) Mon 8 Oct (no class 5/11)  
Time: 10am - 12 noon or 7.30 - 9.30pm  
Cost: \$62 or \$10 per session

### Paper Tole Art & Craft

Create a three dimensional picture of your choice using the skills of paper tole with an experienced tutor on hand.  
Date: (Term 3 - 8 wks) Tue 31 July or Wed 1 Aug (Term 4 - 8 wks) Tue 9 Oct or Wed 10 Oct  
Time: Tue 9.30 - 11:30am or Wed 7.30 - 9.30pm  
Cost: \$130 Materials extra

### Patchwork & Sewing

American and English methods - hand-sewing or machine. Candlewick / Applique patchwork quilts. Learn to use sewing machine, alter patterns. Beg. - Adv.  
Date: (Term 3 - 8 wks) Mon 23 Jul (Term 4 - 8 wks) Mon 8 Oct (no class 5/11)  
Time: 10am - 12 noon or 7.30 - 9.30pm  
Cost: \$62 or \$10 per session

### Circle of Friends

Join our friendly group for a cuppa, walk or activities  
Date: 2nd Thur of month  
Time: 1 - 3pm Cost:Varies

## Children's Activities

### Beading For Children

For 6 -12yrs. See info for beading class.  
Date: (Term 3 - 8 wks) Mon 23 Jul & (Term 4 - 8 wks) Mon 8 Oct (no class 5/11)  
Time: 4 - 5pm Cost: \$35 (kit cost extra & tools provided in class )

### Cooking For Children

Make scones, savoury sandwiches, cakes, biscuits, pizzas and much more.  
Date: (Term 3 - 4 wks) Wed 8 Aug - 29 Aug or (Term 4 - 4 wks) Wed 31 Oct - 21 Nov  
Time: 4 - 5 pm  
Cost: \$25 conc. Ingredients extra.

### Guitar For Children

For 9 - 12yrs. Tue: Beg. Thur: Beg.  
Date: (Term 3 - 9 wks) Tue 24 Jul or Thur 26 Jul (Term 4 - 9 wks) Tue 9 Oct or Thur 11 Oct (no class 5/11)  
Time: 7 - 8pm Cost: \$110 no conc.

## Computers

### Buying & Selling On E-Bay

Class sizes limited to 8 places  
How to sell, E-Bay fees, what to do when listing closes, how to attach photos, accept credit card payments, use PayPal. Pre-req.: Internet experience.  
Date: (Term 3) Mon 16 Jul, Sat 8 Sept, Mon 17 Sept (Term 4) Mon 8 Oct  
Time: 10am - 2pm Cost: \$60

### Computers For Beginners (Lev. 1)

Learn to log on, use desktop icons, personalise settings, open and save files, intro to work processing, printing.  
ACFE funded  
Date: (Term 3 - 8 wks) Mon 23 Jul; Tues 24 Jul; Wed 25 Jul; Thur 26 July; Fri 27 Jul; (Term 4 - 8 wks) Mon 15 Oct; Wed 17 Oct; Fri 19 Oct  
Time: Mon 10am -12 noon; 7pm - 9pm; Tues - Fri : 10am - 12 noon  
Cost: \$83 or \$73 conc. (\$53 tuition + amenities)

### Computers for Beginners (Lev. 2,3)

Navigate directories, folders, subfolders, manage drives, save files, operate word processing applications, perform basic tasks. Pre-req: Completion of Lev. 1  
Date: (Term 3 - 8 wks) Mon 23 Jul; Tue 24 Jul; Wed 25 Jul; Thur 26 Jul; Fri 27 Jul  
(Term 4 - 8 wks) Mon 15 Oct; Tue 16 Oct; Wed 17 Oct Fri 19 Oct;  
Time: (Term 3 ) Mon - Fri 1 - 3pm; Tues 7 - 9pm (Term 4 ) Mon, Wed, Fri 1 - 3pm ; Tues 7 - 9pm  
Cost: \$83 or \$73conc.

### Fast - track Computer For Beginners (Lev. 1, )

Would you like to learn computers in 4 weeks? If so this is the course for you. Attend twice a week and learn how to use a computer (course as outlined in Computers for Beginners Lev 1).  
Date: (Term 4 - 8 wks) Nov 13, 15, 20, 22, 27, 29 Dec: 4, 6 (Tue & Thur)  
Time: 10am - 12 noon Cost: \$90 no conc.

### Fast - track Computer For Beginners (Lev. 2 & 3 )

Date: (Term 4 - 8 wks) Nov 13, 15, 20, 22, 27, 29 Dec: 4, 6 (Tue & Thur)  
Time: 1 - 3pm Cost: \$90 no conc

### Microsoft Office Workshop

This Workshop gives an introduction to using MS Word 2003, Excel spreadsheets and PowerPoint (electronic presentations). Pre-requisite: (Level 1).  
Date: (Term 3) Wed 18 Jul OR Fri 20 Jul; Wed 19 Sept OR Fri 21 Sept (Term 4) Wed 10 Oct; Time: 10 - 3pm Cost: \$70

### Communicate Online Workshop

Learn to use the Internet to join online communities with members who have similar interests and needs as you. Pre-requisite: Internet experience.  
Date: (Term 3) Thurs 19 Jul OR 20 Sept (Term 4) Fri 12 Oct  
Time: 10am - 2pm Cost: \$60

### Intro to Internet & Email Send & receive emails with attachments.

Pre req. computer skills  
Date: (Term 3) Thurs 19 Jul OR 20 Sept (Term 4) Fri 12 Oct  
Time: 10am - 2pm Cost: \$60

## English Classes

Conversation and writing for those with non-English background  
Date: (Term 3 - 8 wks) Fri 3 Aug (Term 4 - 8 wks) Fri 19 Oct  
Time: 1 - 3pm Cost: \$40

## Health & Well-being

### Rosanna Walking Group

Date: (Term 3 - 8-10 wks) Fri 27 July (Term 4 - 8-10 wks) Fri 12 Oct  
Time: 10 - 11am Cost: \$6 / term

**Please note that there are No Classes or Childcare during school holidays and on 5/11 and 6/11**

### Reflexology

Stimulates healing via pressure to reflex points on the feet / hands.  
Date: (Term 3 - 6 wks) Mon 30 Jul  
(Term 4 - 6 wks) Mon 15 Oct  
Time: 7.30 - 9.30pm Cost: \$95 no conc.

### Tai Chi - Levels 1 & 2

Quietens the nervous system, promotes relaxation.  
Date: Level 1: (Term 3 - 9 wks) Wed 25 Jul or Thur 26 July  
Level 2: (Term 3 - 9 wks) Thur 26 Jul  
Level 1: (Term 4 - 9 wks) Wed 10 Oct or Thur 11 Oct  
Level 2: (Term 4 - 9 wks) Thur 11 Oct  
Time: Level 1: Wed 7 - 8pm  
Thur 10.45 - 11.45am  
Level 2: Thur 9.45 - 10.45am Thur 6.45 - 7.45am Cost: \$72 or \$63 conc.

### Yoga - Tue Morning

Reduce stress, improve flexibility Bring blanket & cushion.  
Date: (Term 3 - 9 wks) Tue 24 Jul  
(Term 4 - 9 wks) Tue 9 Oct  
Time: 10 - 11.30am  
Cost: \$81 or \$11 per session

### Yoga - Tue or Thur Evening

Date: (Term 3 - 9 wks) Tue 24 Jul, Or Thur 26 Jul  
(Term 4 - 9 wks) Tue 9 Oct or Thur 11 Oct  
Time: 7.45 - 9.15pm  
Cost: \$81 or \$11 per session

### Sponsor a Brick:

Support the House by buying a brick engraved with your name or a loved one's name, to be laid in the boundary of the garden path.

**Membership:** Become a member of RFSCCH to receive many discounts and support the community needs.

**Volunteering:** Have you thought of becoming a volunteer and assisting your community? Phone 9458 1935

### Music & Dance

#### Dance For Life

Improve health, increase energy.  
Date: (Term 4 - 8 wks) Tue 9 Oct.  
Time: 6.30 - 7.30pm Cost: \$50

#### Egyptian Dance

Bring mind and body together with this therapeutic dance.  
Date: (Term 3 - 8 wks) Wed 25 Jul  
(Term 4 - 8 wks) Wed 10 Oct  
Time: 10 - 11am Cost: \$72

### Guitar For Adults - Beg. Inter.

If you've always wanted to learn!  
Date: (Term 3 & 4 - 9 wks)  
Tue 24 Jul or Thur 26 Jul  
Tue 9 Oct or Thur 11 Oct  
Time: Tue 8 - 9pm (Beg.)  
Thur 8 - 9pm (Inter.) Cost: \$110

### Visual Art

#### Life Drawing on Saturdays

Draw with charcoal, explore concepts of perception, light, shade, colour, proportion & scale.  
Date: (Term 3 - 3wks) Sat 28 Jul, 25 Aug, 15 Sept (Term 4 - 3wks)  
Sat 13 Oct, 10 Nov, 1 Dec.  
Time: 1 - 4pm  
Cost: \$39 or \$15 per session

#### Life Drawing on Sundays

(as outlined above)  
Date: (Term 3 - 3wks) Sun 29 Jul, 26 Aug, 16 Sept  
(Term 4 - 3wks) Sun 14 Oct, 11 Nov, 2 Dec  
Time: 12 - 5pm  
Cost: \$54 or \$20 per session

#### Mosaic Workshop

Ask office for requirement list.  
Date: (Term 3) Sat 1 & 8 Sept  
Time: 1 - 5pm (1) & 1 - 4pm (2)  
Cost: \$50/session Materials extra

#### Oil Painting For Beginners

Paint from life with oils. Develop individual styles and subjects  
Date: (Term 3 - 9 wks) Thur 26 Jul  
(Term 4 - 9 wks) Thur 11 Oct  
Time: 7 - 9pm  
Cost: \$90 / \$81 conc. Materials extra

#### Pastels Painting & Drawing

Looks at line in both traditional & contemporary works. Includes landscapes, still life etc. Beg. - Adv.  
Date: (Term 3 - 9 wks) Wed 25 Jul  
(Term 4 - 9 wks) Wed 10 Oct  
Time: 1 - 3.30pm  
Cost: \$108 / \$100 conc. Materials extra

#### Water Colours - Beg. & Adv.

Develop your individual style, create compositions, mix colours.  
Date: (Term 3 - 9 wks) Thur 26 Jul  
(Term 4 - 9 wks) Thur 11 Oct  
Time: Beg. 10am - 12pm Adv. 1 - 3pm  
Cost: \$90 or \$81 conc. Materials extra

#### Child Care

Date: (Term 3 - 10 wks) Mon 16 Jul  
(Term 4 - 10 wks) Mon 8 Oct  
Time: Mon - Fri (no sess on 5 & 6/11)  
9.15am - 12.45pm

### Special Needs Program

Integrated activities and specific classes available for people with any type of disability.

#### Celebrate Yourself Through Art

Celebrate your life, nature and special events through visual arts, movement, music, stories & more  
Date: (Term 3 - 9 wks) Fri 27 Jul  
(Term 4 - 9 wks) Fri 12 Oct  
Time: 10 - 12pm Cost: \$54 conc.

#### Literacy, Numeracy & Oral Communication

ACFE funded. Helps to develop basic literacy, numeracy and communication skills for everyday living.  
Date: (Term 3 - 9 wks) Thur 26 Jul  
(Term 4 - 9 wks) Thur 11 Oct  
Time: 1 - 3pm Cost: \$75  
(\$53 tuition fee + amenities).

#### Social & Fun Club

Learn new skills while enjoying lively music, singing and playing games.  
Date: (Term 3 - 9 wks) Fri 27 Jul  
(Term 4 - 9 wks) Fri 12 Oct  
Time: 1 - 3pm Cost: \$54 conc.

#### Wednesday Social & Fun Club

This group welcomes people of mature age, especially the elderly & disabled, to enjoy afternoon tea & guest speakers.  
Date: (Term 3 - 9 wks) Wed 25 Jul  
(Term 4 - 9 wks) Wed 10 Oct  
Time: 10 - 12 noon Cost: \$54 conc.

#### Sustainable Homes:

Times: 6.40 - 9pm  
Create an Energy Efficient Home  
Wed 25 Jul - Energy experts will help you understand your electricity & gas bills & how to access Green Power for your home or business.

Being Waste Wise Buying Green Wed 29 Aug - Learn the ethics of buying Green, how to access green products, water take back schemes, composting & worm farms, & watch Council's recycling system at work.

#### Going Places Green Travel

Wed 3 Oct - Fuel Efficient Cars, Bikes & Electric Vehicles, Car Sharing, Biodiesel, Metlink Low Floor Buses, Travel Smart Programs & Transport Strategies  
Create a Sustainable Garden  
Wed 24 Oct - Learn how poultry, fruit trees, mulching, rainwater tanks, & grey water can all be used to create a fantastic urban garden.

# Watsonia Neighbourhood House



**47 Lambourne Rd, Watsonia**

**Melway Ref: 20 D4**

**Ph: 9434 6717**

**E-mail:**

**enquiries@watsonianh.org.au**

**Web: www.watsonianh.org.au**

**Office Hours: 9.30am - 2.30pm,**

**Monday - Friday**

## **Term 3 2007**

### **Enrolment Week**

Mon 16th until Fri 20th July

**Classes:** July 23rd until Sept 14th

## **Term 4 2007**

### **Enrolment Week**

Mon 8th Oct until 12th Oct

**Classes:** Mon 15th Oct until 7th

## **Monday**

### **Walking Group**

One hour walk around the neighbourhood including Gresswell Wildlife Reserve, followed by morning tea.

Time: 9.30am

Cost: \$5 per term

### **MYOB for Small Business Version 16**

This course covers setting up your company file, income, expenditure, invoicing, bank reconciliation, GST and reporting.

Date: 23 July - 17 Sept (9 wks)

Time: 9.30am - 12 noon

Cost: \$185 incl manual

Optional extra to compliment the above course will be two sessions on Payroll.

Date: Mon 24th Sept & Mon 1st Oct

Time: 9.30am - 12 noon

Cost: \$85 incl manual

### **Hatha Yoga**

Increase your physical and mental well-being and aid suppleness in a relax atmosphere.

Time: 10 - 11.30am

Cost: \$90 per term

### **Made to Measure**

This is sewing made easy. Make your very own "Made to Measure" clothes at a fraction of the cost. Sewing machines provided.

Time: 1 - 3pm

Cost: \$100 per term

### **Jewellery Making/Beading**

A variety of techniques are taught in this class by an experienced tutor. All facets of beading are included.

Time: 7 - 9pm

Cost: \$70 per term

### **Sew Be It**

Make your own clothes. Machines and overlockers provided. If you are having difficulties with your sewing machine or overlocker bring them along and we will help you make better use of them.

Time: 7.30 - 9.30pm

Cost: \$100 per term

## **Tuesday**

### **Friendship Group**

Meet for morning, friendship support and regular excursions

Time: 9.30am - 12 noon

Cost: \$3 per session

### **Art for Adults**

Learn from an experienced tutor in a friendly environment. Explore a wide variety of techniques and mediums.

Time: 10am - 12 noon

Cost: \$90 per term

### **Community Gardening: FREE**

We welcome members of the community to come along and learn, share skills and create a beautiful space for all to use.

### **Scrabble (Competitive)**

Join our competitive group! Be stimulated, learn new words and make new friends.

Time: 12.30 - 4.30pm

Cost: \$3 per session

### **Belly Dancing: (Two classes)**

Friendly enjoyable classes for women of all ages. 6.30pm class suitable for beginners and 7.30pm class for intermediate level dancers.

Time: 6.30pm & 7.30pm

Cost: \$90 per term

### **Small Business Seminars**

Information sessions, workshops and seminars are held throughout the year. Meetings held fortnightly.

Network Organiser: Ana Rodriguez:

0408 554 938

Time: 7 - 8.30pm

## **Wednesday**

### **'New Life Program'**

Women's Group

Contact: Tammy 9890 7755

Time: 10am - 12 noon

### **Young Mum's Group**

Babies up to 12months. New mum's welcome!

Time: 10am - 12 noon

Cost: \$3 per person per session

### **'NEaDS'**

North East Eating Disorder Group. Support for family and friends of young people diagnosed with eating disorders.

Contact Jacinta on 0409 588 551

Date: 2nd Wed of month

Time: 7pm

### **Scrabble**

Social group for people who wish to learn, and/or improve.

Time: 12.30 - 4.30pm

Cost: \$3 per session

### **Solace**

Bereavement support group - social activities

Date: 2nd Wed of month

Time: 1pm

Cost: \$3 per session

### **Afternoon / Evening Walks**

Evening Walking Group

A walk through Gresswell Wildlife Reserve (45 minutes)

Time: 4.30pm

Cost: \$5 per term

### **Yoga/Pilates**

Safe and gentle program suitable for all ages, Eastern and Western traditions to improve flexibility, strength and posture.

Time: 7.15 - 8.30pm

Cost: \$90 per term

### Keep up-to-date at

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

Bookings are essential for all classes, courses, workshops and seminars  
For more information please call:  
9434 6717

## Thursday

### Tiny Talk

Join our next baby signing class. The benefits are: it's fun, it's easy and just one hour of your time and could make your life a whole lot easier for parents, carer's and siblings.

For bookings: 1800 887 800  
[www.tinytalk.com.au](http://www.tinytalk.com.au)

### Conversation English

Do you need help with your English? Social group meets for Conversation, reading and writing  
Time: Thursday, 12.30pm  
Cost: \$3 per session

### Scrabble (social)

Make friends, learn and improve your skills. Afternoon tea included  
Time: 7 - 9pm  
Cost: \$3 per session

### Patchwork Quilting

Experienced tutor will show how to design your own quilts, cushions, bags, blankets and more  
Time: 7.30 - 9.30pm  
Cost: \$70 per term

## Friday

### Roadrunners

Multiple Sclerosis Support Group  
A friendly group with limited mobility. Join us for games, swimming, activities and outings  
Date: 1st Friday of month  
Time: 10am - 12 noon

### Free Hearing Tests

Conducted by VicDeaf. Bookings are essential.  
Date: Last Friday each month  
Time: 9.30am - 11.30am

### Creative Craft (2 classes)

All classic sewing techniques and stitches taught by an experienced tutor. Embroidery, Ribbons, Threads, Beads and much more in these classes  
Time: 10am - 12 noon & 12.30 - 2.30pm  
Cost: \$70 per term

### 500 Club (Social Cards)

Learn & Play whilst enjoying the company of a friendly group who welcome new members.  
Time: 1 - 4pm  
Cost: \$3 per session

### Tai-Chi (for beginners)

Slow moving meditation good for blood pressure, inner balance & toning. Suitable for all ages  
Time: 7.15 - 8pm  
Cost: \$80 per term

### Computer Practice Sessions

Date: Fridays  
Time: 9.30am - 12.30pm  
Cost: \$3 per visit

## Saturday

### Computer Group

Social computer group conducted by an experienced tutor. Subjects covered, Windows XP, Internet & Emailing plus computer maintenance.  
Time: 10am - 12 noon  
Cost: \$5 per session

### Relax & Chat

Men's Breakfast. Friendly social men's group.  
Date: 4th Saturday of month  
Time: 8am  
Cost: \$5 per session

### NEW Buying & Selling on E-Bay

First Saturday every month  
Social group meets with tutor for support and updated information  
Time: 1 - 3pm  
Cost: \$10 per session

## Regular Activities

### Monthly Market

Date: 1st Sat of month  
Time: 9am - 12 noon  
Stalls are FREE  
Insurance costs: \$5 per person

### Fundraising Activities

Volunteers always needed

### Committee of Management

New members welcome.  
Date: 2nd Tues of month  
Time: 1pm

### Parents Returning to Work

The parents returning to work program is a Victorian State Government initiative. An information session will be held on July 19th 10am - 12 noon  
This is a free session and

representatives from Job Networks and CentreLink will be on hand to answer your questions.  
For more information please call the house on 9434 6717.

## Computer Classes/Course

Modules 1 to 4 over 24 weeks  
This course is held over four school terms. The course is subsidised by Adult Community and Further Education (ACFE). From beginners to advanced. All four modules can be completed or any one of your choice.

### COSTS:

Adult Community and Further Education (ACFE) funded: (Health Care Cards, Aged Pensions, Veterans etc). For one module only \$53 + \$30 service fee = \$83 or all four modules = \$136

Agency sponsored funding: (Job Networks, Centrelink, State Trustees, Sarina Russo etc) For one module only \$60 + \$30 service fee = \$90 or all four modules = \$270

Full Course Cost: (no concession)  
For one module \$90 + \$7 service fee or all four modules = \$385

### Wednesday morning:

#### MODULE 3: IMPROVING

Time: 10am - 12 noon

Wednesday afternoon:

#### MODULE 1: STARTING OUT

Time: 1 - 3pm

Wednesday evening:

#### MODULE 1: STARTING OUT

Time: 7 - 9pm

Thursday evening:

#### MODULE 2: GETTING BETTER

Time: 7 - 9pm

## WORKSHOP

Computer maintenance  
CLEAN OUT THE CLUTTER  
defragging, cookies, add-a-ware  
What is it, do I need it, how do I get rid of it.  
Learn how to create more room in your computer  
Date: 21st June  
Time: 1 - 3pm & 7 - 9pm  
Cost: \$10  
Bookings essential.

# Neighbourhood Houses & Learning Centres in Banyule



**Neighbourhood Houses**  
The heart of our community



**CONTACT COMMUNITY CENTRE**

Bundoora Hall, Noorong Avenue, Bundoora  
Melway Ref: 19 K2  
Ph / Fax: 9467 6305  
Office Hours: Tue & Wed, 9.45am - 2.15pm  
Thur, 9 - 11.45am



**DIAMOND VALLEY LEARNING CENTRE**

**DIAMOND VALLEY LEARNING CENTRE**  
cnr Diamond Creek & St. Helena Rds, Greensborough  
Melway Ref: 20 K1  
Ph: 9435 9060 Fax: 9432 2521  
E-mail: courses@DVLC.org.au  
Web: www.dvlc.org.au  
Office Hours: Mon - Fri, 9am to 4pm  
Childcare available (9am - 12 noon)



**GREENHILLS NEIGHBOURHOOD CENTRE**

Community Drive, Greensborough  
Melway Ref: 21 B1  
Ph: 9435 9287 Fax: 9432 4304  
E-mail: gnc@hard.net.au  
Web: users.nex.net.au/~gnc  
Office Hours: Tue, Wed, Fri, 8.45am - 3.30pm  
Childcare Available



**LIVINGSTONE COMMUNITY CENTRE**

1 Livingstone St, Ivanhoe  
Melway Ref: 31 F7  
Ph / Fax: 9497 2014  
E-mail: community@livingstone.org.au  
Web: www.livingstone.org.au  
Office Hours: Mon, Tue, alt. Wed & Thur, Fri, 19.15am - 3.15pm



**ROSANNA FIRE STATION COMMUNITY HOUSE**

232 Lower Plenty Rd, Rosanna  
Melway Ref: 20 B12  
Ph: 9458 1935  
E-mail: rfsch@westnet.com.au  
Web: www.rfsch.org.au  
Office Hours: Mon - Fri, 9am-4pm  
Childcare Available



**ADULT EDUCATION**

**OLYMPIC ADULT EDUCATION**

21 Alamein Rd & 233 Southern Rd, West Heidelberg

Heidelberg  
Melway Ref: 19 E12 & 19 D11  
Ph: 9450 2665 Fax: 9459 8711  
E-mail: olympic@oae.vic.edu.au  
Web: www.oae.vic.edu.au  
Office Hours: Mon - Fri, 9.30am - 4pm



**WATSONIA NEIGHBOURHOOD HOUSE**

47 Lambourne Rd, Watsonia  
Melway Ref: 20 D4  
Ph: 9434 6717  
E-mail: enquiries@watsonianh.org.au  
Web: www.watsonianh.org.au  
Office Hours: Mon - Fri, 9.30am to 2.30pm

