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.
| **1** Alamein Neighbourhood and Learning Centre |
| 49 Ashburn Grove, Ashburton 3147 |
| Ph: 9885 9401 E: admin@alameinnlc.com.au |
| W: www.alameinnlc.com.au |
| FB: Alamein Neighbourhood and Learning Centre |

| **2 Ashburton Community Centre** |
| 160 High Street, Ashburton 3147 |
| Ph: 9885 7952 E: office@ashburtoncc.org.au |
| W: www.ashburtoncc.org.au |
| Facebook.com/ashburtoncc Instagram.com/ashburtoncc |

| **3 Balwyn Community Centre** |
| 230 Balwyn Road, Balwyn North 3104 |
| Ph: 9836 7942 E: reception@balwyncc.org.au |
| W: www.balwyncc.org.au |

| **4 Bowen Street Community Centre** |
| 102 Bowen Street, Camberwell 3124 |
| Ph: 9889 0791 E: info@bowenstreet.org.au |
| W: www.bowenstreet.org.au |

| **5 Camberwell Community Centre** |
| Level 1, 519-525 Riversdale Road, Camberwell 3124 |
| Ph: 9882 2611 / 0478 766 683 |
| E: contact@camberwellcc.org.au |
| W: www.camberwellcc.org.au |
| W: www.theclayroom.org.au |

| **6 Canterbury Neighbourhood Centre** |
| 2 Rochester Road, Canterbury 3126 |
| Ph: 9830 4214 E: office@canterburynh.org.au |
| W: canterburynh.org.au |

| **7 The Craig Family Centre** |
| 7 Samarinda Avenue, Ashburton 3147 |
| Ph: 9885 7789 F: 9885 6299 E: enquiries@craigfc.org.au |
| W: www.craigfc.org.au |

| **8 Hawthorn Community House** |
| 32 Henry Street, Hawthorn 3122 |
| 584 Glenferrie Rd, Hawthorn 3122 |
| Ph: 9819 5758 E: info@hch.org.au W: www.hch.org.au |

| **9 Kew Neighbourhood Learning Centre** |
| 2-12 Derby Street, Kew 3101 |
| Ph: 9853 3126 E: admin@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 Hub, 2 Centre Way, Balwyn North 3104 (Just behind Greythorn shops) |
| Ph: 9006 6590 E: info@trentwood.org.au |
| W: www.trentwood.org.au |

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

**Occasional/Sessional Childcare**
- **Balwyn**: Mon to Fri 9am - 12pm 28/1 (9wks); 14/4 (11wks) $37.50 per session or $45 casual 28/1 (9wks); 14/4 (11wks) $62.50 per session or $75 casual 28/1 (9wks); 14/4 (11wks) $25 per session or $30 casual
- **Bowen Street**: Quality CCS Approved sessional childcare programs in line with the Early Years Framework. (6mths to 5yos) Wed and Fri 9.15am - 12.15pm 29/1 (9wks); 15/4 (11wks) (12mths to 5yos) Wed and Fri 9.30am - 2.30pm 29/1 (9wks); 15/4 (11wks)
- **Kew**: Mon, Tue or Thu 1pm - 4pm 3/2 (7wks) $105; 20/4 (9wks) $135 (sibling discount available) 4/2 (8wks); 28/4 (8wks) $168
- **Mandarin. Early Start Funding available.**
- **Camberwell**: Thu 9.45am - 10.15am 28/2 (1wk); 29/5 (6wks) $25 5/2 (8wks); 22/4 (8wks) $160
- **Kinder Circus (3 - 5yrs)**
- **Camberwell**: Thu 1pm - 1.45pm 28/2 (1wk); 29/5 (6wks) $25
- **Teatro Circus (3 - 5yrs)**
- **Camberwell**: Thu 1pm - 1.45pm 28/2 (1wk); 29/5 (6wks) $25

**3-Year-Old Program/Occasional Care**
Facilitated by qualified early childhood educators, enhances children's development with a combination of structured and unstructured activities. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin. CCS available.
- **Craig**: Tue and Thu 9am - 2pm 28/01 (9wks); 14/04 (11wks) $72 per session
- **Kew**: Mon and Wed 9.30am - 1.30pm or 1.30pm - 5pm some weekdays available $150 (Members $110)

**3-Year-Old Kindergarten**
A kindergarten program for 3-year-old children turning 4 by April 2021. It is facilitated by an early childhood teacher and qualified early childhood educator. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin. Early Start Funding available.
- **Craig**: Mon and Wed 9am - 2pm 29/01 (9wks); 15/04 (11wks) $835 per term

**Funded 4-Year-Old Kindergarten**
A funded kindergarten program for children turning 5 by April 30, 2021. Allows children to develop skills for a smooth transition to formal learning. Includes a weekly 1/2hr Mandarin session, facilitated by Real Mandarin.
- **Craig**: Mon, Wed and Fri 9am - 2pm 29/01 (9wks); 15/04 (11wks) $590 per term, funded

**Shoestring Occasional Care**
Take a break while your children explore through play. Bookings and payment made on a school term basis.
- **Kew**: Mon, Tue, Wed or Thu 9am - 12pm 3/2 (8wks); 13/4 (10wks) $36 per session
- **Shoestring Plus (3 - 5yrs)**
  Activities include art, cooking and science. Enrol for 1 or 2 afternoons.
  - **Kew**: Mon, Tue or Thu 1pm - 4pm 3/2 (8wks); 13/4 (10wks) $36 per session

**Children’s Art & Craft**
- **Clay Play-Hand Built Ceramics for Children 8-12yrs NEW**
  - **Canterbury**: Wed 4.15pm - 5.45pm 19/2 (6wks); 6/5 (6wks) $186
- **Comic Art for Kids**
  Learn the fundamentals of illustration & drawing using a comic style, suitable for 8-12 years.
  - **Ashburton**: Sat 9.30am - 10.30am 1/2 (9wks) $135; 18/4 (10wks) $150
- **Messy Play (18mths - 5yrs)**
  Enjoy a variety of sensory and creative play experiences allowing children to explore, create and discover through messy mediums such as slime, goop, playdough, wet and dry sand, paint and water.
  - **Trentwood**: Wed 10am - 11am 12/2 (6wks); 20/4 (6wks) $75
- **Mixed Media Art for Primary students (Grades 3 - 6)**
  A fun class exploring different mediums including drawing, painting, construction and sewing.
  - **Kew**: Wed 4pm - 5.30pm 5/2 (8wks) $180; 15/4 (10wks) $220

**Neighbourhood Art for Kids**
A workshop suitable for 7-12 years old. Get creative printing and painting using mixed media.
  - **Hawthorn**: Sun 15/3, 2pm - 5pm, $55

**Young at ART with Toshi (8 - 13yrs)**
- **Camberwell**: Tue 4pm - 5.30pm 4/2 (8wks); 28/4 (8wks) $168

**Dance, music & yoga**
- **Caroline's Little Stars - Kids' Music (8mths - 5yrs)**
  - **Ashburton**: Mon 9.30am - 10.15am 3/2 (7wks) $105; 20/4 (9wks) $135 (sibling discount available)

- **Young Superstars - acting for children (3 - 4yrs)**
  - **Canterbury**: Fri 9.30am - 10.30am 28/2 (1wk); 29/5 (6wks) $25

- **Drama basics for children (5 - 7yrs)**
  - **Canterbury**: Wed 4pm - 5pm 5/2 (8wks); 22/4 (8wks) $160

- **Mini Groovers (18mths - 5yrs)**
  Fun and creative dance classes for pre-schoolers.
  - **Ashburton**: Thu 9.45am - 10.15am 31/1 (9wks) $135; 16/4 (11wks) $165 (sibling discount available)

- **Kids Yoga & Movement NEW**
  A mixture of dance, acrobatics, yoga and mindfulness, to teach coordination, embodiment, trust and connection, suitable for 6 - 12 years.
  - **Ashburton**: Thu 4.15pm - 5pm (8wks) $120. Dates to be confirmed. Call 9885 7952 to register your interest.

- **Kinder Circus (3 - 5yrs)**
  A 45-minute class of juggling balls, hula-hoops, spinning plates, devil sticks, sock pois and twirling ribbons, all with fun music! The program is designed to promote gross motor skills and confidence.
  - **Hawthorn**: Thu 1pm - 1.45pm 4/2 (8wks); 14/4 (8wks) $179
CHILDREN & TEEN ACTIVITIES

Exploring & education

- **Bilingual Playgroup (English/Mandarin) Facilitated (2 - 4yrs)**
  Play-based activities to facilitate children's English development and readiness for kindergarten and school.
  **Craig:** Fri & Sun, class times vary according to age $297 per term
  **(2 - 3 years)** $297 per term
  **(3 - 4 years)** $330 per term
  **(7/2) (9wks); 17/4 (10wks)**

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

- **Mandarin/English Class (4+ yrs)**
  Fun and effective play-based class.
  **Craig:** Mon to Sun, times vary according to age $550 per term 3/2 (9wks); 21/4 (10wks)

- **Play Circle (0 - 5yrs)**
  Fun playgroup activities for children with their parents or carers.
  **Hawthorn:** Fri 9.30am - 11am
  **Canterbury:** Mon 9.30am - 11.30am
  **3/1 (10wks); 17/4 (11wks)**

- **Supported Playgroup (0 - 5yrs)**
  For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.
  **Hawthorn:** Fri 1pm - 3pm 31/1 (10wks), 17/4 (11wks), **FREE**

- **Unstructured**
  New to the area and looking for a playgroup? Secure playground and access to kitchen facilities.
  **Bowen Street:** Membership fees apply. Virtual tour and details:
  www.bowenstreet.org.au

- **Chinese (Mandarin) Facilitated (2 - 4yrs)**
  Mandarin immersion activities: storytelling, music, games, handicraft.
  **Email:** info@realmandarin.com.au
  **Craig:** Thu, Fri, Sat & Sun, class times vary according to age.
  **(2 - 3 years)** $297 per term
  **(3 - 4 years)** $330 per term
  **(3/2) (9wks); 16/4 (10wks)**

- **New to the Area**
  Unstructured, open-age, for new families.
  **Bowen Street:** Thu 9am - 11am
  **Membership fees apply**

- **Parent Led (0 - 5yrs)**
  **Craig:** Facilitated by CFC families. Meet other families in your community, participate in play-based activities with your child. Mon, Tue, Thu, Fri 28/1
  **(9wks); 14/1 (11wks)**
  **$6.50 per session.**

- **Parent Led (0 - 5yrs)**
  **Kew:** Facilitated by our Early Childhood Educator.
  **Wed 12.30pm - 2pm 15/1 (ongoing);**
  **Thu (0 - 2 years)**
  **12.30 - 2pm 16/1 (ongoing);**
  **Fri 10am - 12pm 17/1 (ongoing)**
  **$5.50 per session**

- **Surrey Hills:** Includes visits from the Balwyn Library.
  **Thu 9.30am - 11.30am**
  **30/1 (9wks) $45; 16/4 (11wks) $55;**
  **Fri 9.30am - 11.30am**
  **31/1 (9wks) $45; 17/1 (11wks)**

- **Play Circle (0 - 5yrs)**
  Fun playgroup activities for children with their parents or carers.
  **Hawthorn:** Fri 9.30am - 11am
  **3/1 (10wks); 17/4 (11wks)**

- **Structured (1 - 5yrs)**
  Facilitator led playgroups to develop **NEW** skills through play, stories and music. Under 12 months free.
  **Canterbury:** Mon 9.30am - 11.30am
  **3/2 (7wks) $109; 20/4 (8wks) $124**
  **Tue 9.30am - 11.30am**
  **4/2 (8wks) $124; 21/4 (10wks)**

- **Kinder Gymnastics (3 - 5yrs)**
  PMP/Tabled sport for children aged 3-5 years of age. This 45 minutes program of fun gymnastics drills focus is on promoting self-esteem, fundamental motor skills and building confidence. Siblings welcome!
  **Hawthorn:** Tue 12pm - 12.45pm
  **4/2 (8wks); 14/4 (8wks)** $179

- **Yoga for Mothers Babies**
  Bring your baby/child to Yoga as you exercise and relax. Bring your own mat.
  **Bowen Street:** Tue 10am - 11am
  **11/2 (7wks) $105; 21/4 (10wks) $150**

For teens and up

- **After School Art (11 - 14yrs) NEW**
  Refine drawing skills, explore painting techniques and have fun with printmaking using a variety of mediums.
  **Materials included**
  **Trentwood:** Mon 4pm - 5.30pm
  **3/2 (6wks) $150; 20/4 (8wks)**

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

- **Study Space**
  Run in partnership with the City of Boroondara. A great space to do homework, study for exams or get your assignment done. Free Wi-Fi and tea and coffee making facilities.
  **Trentwood:** Every weekday 3pm - 6pm (ongoing) **FREE**

- **Table Tennis**
  Social table tennis.
  **Trentwood:**
  **$3 per session**
  **Contact Centre**

Holiday workshops

- **Children’s Craft for 7 - 11 years NEW**
  Children will have fun completing a crafty project. Materials provided.
  **Bowen Street:** Fri 10am - 12pm
  **3/7 (1 session) $38**

- **Sewing for Teens**
  Teens will learn basic sewing skills and complete a project. Materials provided.
  **Bowen Street:** Fri 12.30pm - 3.30pm
  **5/7 (1 session) $65**
COMMUNITY ACTIVITIES

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

- **Aged and Disability Programs**
  Activities for people with a disability, mental health issues and programs for over 65’s
  **Kew:** Mon to Fri, contact reception for further details

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

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

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

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

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

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

- **Country Women’s Association**
  Join the largest women’s organisation in Australia. Create new friendships and connections within your local community.
  **Craig:** 1st Tue of month 7pm - 9pm

- **Cultures Together**
  We match mentors with learners for English conversation practice. We also offer wider cultural exchange support groups.
  **Kew:** Contact Reception

- **Dial a Shopping Bus**
  Service for older adults (CHSP funded). Pick up and drop off from your home in local area.
  **Alamein:** Mon and Fri weekly $4 Contact Centre for details

- **Discussion Group**
  Join this informal group discussing interesting topics, movies, books and current events.
  **Alamein:** Thu 1pm - 2.30pm 13/2, 12/3, 16/4, 14/5, 18/6 $2 per session

- **Drop-In Morning Tea**
  **Surrey Hills:** Mon 9.30am - 11.30am 3/2 & 20/4 (ongoing) $3 per session

- **Florins (women’s social group)**
  **Surrey Hills:** Thu 2pm - 4pm 30/1 & 16/4 (ongoing) $4.50 per session

- **Food Forest Ashburton (FFA)**
  A friendly group of people who enjoy permaculture & the outdoors.
  Cost: FFA Membership $25 Full, $15 Conc www.foodforestashbury.wordpress.com Meetings: 4th Thu or Sat of the month. Enquiries: foodforestashsty@gmail.com

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

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

- **Growing Older Living Dangerously (GOLD)**
  Seniors social recreation group for women over 55.
  **Craig:** Thu 10.45am - 12.15pm 30/1 & 17/4 $4.50 per session

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

- **Kew Community Shed**
  A place to work individually or to contribute to special projects around KNLC.
  **Kew:** Contact reception for details

- **Mandarin Children’s Library**
  Come and join Boroondara’s first Mandarin Children’s Library with access to over 2,000 Mandarin picture books. Suitable for children of all cultural backgrounds.
  **Craig:** Sun 11am - 3pm $50 deposit plus $0.50 per book loan charge. 3/2 (9wks); 19/4 (10wks)

- **Men’s Discussion Group**
  **Surrey Hills:** Fri fortnightly 9.30am - 11.30am 1/1 & 17/4 $4.50 per session

- **Mum’s drop in group - Smiling after PND**
  Peer support group for mums at risk or who are experiencing postnatal anxiety and depression. Explore strategies to improve physical and mental wellbeing, sleep settling, body changes, diet, self-esteem, and bonding with baby. Incl morning tea. Children welcome.
  **Hawthorn:** Mon 10.30am - 12pm 3/2 (10wks); 20/4 (10wks) $50

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

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

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

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

- **Stitch and Chat**
  **Surrey Hills:** Mon fortnightly 1.30pm - 3.30pm 3/2 (4 weeks); 20/4 (5 weeks) $4.50 per session
Tehcn 22/4 (9wks) $216

Canterbury:
Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives. Term 2 Canadian writers
Canterbury: Wed 1pm - 3pm 22/4 (9wks) $216

The Edge Community Fund
A community volunteer group providing last resort funding for families.
Email: edgefund@craigfc.org.au
Craig: Mon and Thu 10am - 11am

Victorian Egg Decorators Guild
Meet, discuss and practice this delicate art.
Craig: 1st Sat of month 9.30am - 3pm (ongoing)

Victorian Guild of China Painters
Meet, discuss and practice this fine art.
Craig: 3rd Sat of month 9.30am - 3.30pm (ongoing)

Women’s Reflection Circle
Surrey Hills: Fri 10am - 11.30am (fortnightly) 31/1 & 17/4 (ongoing) $4.50 per session

Music & Movies

Acoustic Group
Ashburton: 1st and 3rd Fri 7.30pm - 9.30pm $20 per semester FREE

Blues Group
Ashburton: 2nd and 4th Fri 8pm - 10pm $15 per session FREE

Chinese Choir NEW
Singing songs from around the globe. Members welcome anytime.
Kew: Every Sun except public holidays 3.30pm - 5.30pm $5 per session FREE

Family Flicks
Snacks & drinks available to purchase at the event.
Ashburton: 2nd Friday of the month, 7pm from 4/3 (ongoing) FREE

Guitar (Beginners)
Learn basic guitar skills from a qualified professional If you know nothing about the guitar except that you want to play then this is the course for you.
Kew: Tue 6pm - 7pm 4/2 (8wks) $130; 14/4 (10wks) $160

Monday Music Session NEW
Suitable for elderly who wants to have fun and meet new friends.
Kew: Mon 2pm - 3pm 3/2 (8wks); 20/4 (10wks) $40

Rhythm ‘n Soul Choir
Four-part harmony choir singing pop, soul and gospel. All levels welcome.
Hawthorn: Mon 7.45pm - 9.15pm 29/1 (9wks); 14/4 (6wks) $120

New

The Joy of Good Books
Part book group, part literature class. Tutor lead discussion.
Ashburton: Tue 1pm - 3pm $20 per semester FREE

The Written Word

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

Earn Money Writing for a Living
A practical six-hour course writing for a living with Carole Goldsmith, an international journalist.
www.trybooking.com/574590
Hawthorn: Sun 2pm - 5pm 14/6 & 21/6, $55

Life Writing
A supported program where you record and share anecdotes from life.
Hawthorn: Call for details.
$40 per semester

Rendezvous to Write
A program for older people interested in writing. Explore your personal history to share with your family and develop your writing skills. Participants make a permanent writing appointment in their diary. The sessions assist participants to develop their writing muscles with various exercises and prompts.
Hawthorn: Every 2nd Tue 1pm - 3pm 4/2; 14/4 $40
Trentwood: Every 2nd Thu 1pm - 3pm 30/1 (4wks) $25; 16/4 (5wks) $30

Writing for Pleasure
Like writing but need encouragement? Share the fun of stringing words together in all sorts of ways.
Kew: Tue 1pm - 3pm 4/2 (8wks) $200; 14/4 (10wks) $250

Writing life (ongoing)
Write recollections from your life and family history.
Canterbury: Tue 10am - 12pm 21/4 (9wks) $216

History & Literature

A Snapshot of Japanese Art History NEW
This course explores common themes that are given expression in Japanese art forms (including gardens) from ancient times to the early twentieth century.
Camberwell: Sat 9.30am - 11.30am 29/2 (4wks) $120

A Snapshot of Garden Art History NEW
This course explores aspects of garden art history and landscape design in Persian, Italian Renaissance, French Baroque, eighteenth-century English landscape and nineteenth-century Arts & Crafts gardens.
Camberwell: Sat 9.30am - 11.30am 2/5 (4wks) $120

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

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

“History” #1 NEW
Canterbury: Tue 10am - 12pm 12/5 (4wks) $96

Literature
Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.
Term 2 Canadian writers
Canterbury: Wed 1pm - 3pm 22/4 (9wks) $216
**Creative Pursuits**

**CREATIVE PURSUITS**

**Acrylic Painting**
- Ashburton: Mon 10.30am - 12.30pm 3/2 (7wks) $175; 20/4 (9wks) $225
- Balwyn: Wed 1pm - 3pm 5/2 (8wks) $175; 22/4 (9wks) $197

**Advanced Drawing Workshop**
Aimed at those wishing to take their skills to the next level, this workshop will look at graphic techniques to convey surface, texture and light to better portray various subjects.
- Balwyn: Sun 10am - 3pm 31/5 (1 session) $130

**Art Play**
An informal art group, beginners welcome.
- Ashburton: Mon 7.30pm - 9.30pm 3 (1st and 3rd Monday) $5 per session

**Beginners Drawing Workshop**
Leave any preconceptions at the door as you learn to draw and see the world in a different way! This workshop will focus on three keystones of artistic creation.
- Balwyn: Sun 10am - 3pm 15/3 (1 session) $130

**Botanical Art and The Art of Drawing**
Create observational drawings and colour studies of various plant elements found in nature. Prerequisite: must have basic drawing skills.
- Kew: Wed 1pm - 3pm 5/2 (8wks); 15/4 (8wks) $220

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

**Botanical Watercolour Illustration**
Learn how to paint flowers, plants or fruit in watercolour. Suitable for beginners.
- Ashburton: Tue 6.30pm - 8.30pm 28/1 (9wks) $225; 14/4 (11wks) $275 Wed 9.15am - 10.15am 29/1 (9wks) $225; 15/4 (11wks) $275
- Hawthorn: Thu 2pm - 4pm 30/1 (10wks) $178; 16/4 (11wks) $196
- Trentwood: Thu 9.15am - 11.10am 30/1 (9wks) $115; 16/4 (10wks) $125 Thu 11.15am - 1.10pm 30/1 (9wks) $115; 16/4 (10wks) $125

**Chinese Brush Painting**
Learn different techniques and compositions along with Chinese calligraphy.
- Ashburton: Wed 10am - 12pm 29/1 (9wks) $225; 15/4 (11wks) $275
- Trentwood: Fri 10am - 12pm 31/1 (9wks) $115; 24/4 (10wks) $125

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

**Creative Easter Decorations**
A hands-on workshop creating unique and colourful Easter decorations. [www.trybooking.com/574544](http://www.trybooking.com/574544)

**Contemporary Still Life Painting**
Using acrylics, learn to paint still life paintings in a bold, colourful and contemporary style. All levels welcome
- Trentwood: Fri 10.30am - 12.30pm 31/1 (9wks) $115; 24/4 (10wks) $125

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

**Drawing**
- Balwyn: Tue 10am - 12pm 4/2 (8wks) $175; 21/4 (9wks) $197 Wed 10am - 12pm 5/2 (8wks) $175; 22/4 (9wks) $197 Thu 10am - 12pm 6/2 (8wks) $175; 23/4 (9wks) $197
- Camberwell: Mon 1pm - 3pm 3/2 (6wks) $141; 27/4 (8wks) $188 Wed 1pm - 3pm 5/2 (8wks); 29/4 (8ws) $188 Thu 4.30pm - 6.30pm 6/2 (8wks) $141; 30/4 (8wks) $188
- Surrey Hills: Tue 2.30pm - 4.30pm 28/1 (9wks) $162; 14/4 (11wks) $198

**Drawing for Absolute Beginners**
- Camberwell: Mon 3.30pm - 5.30pm 3/2 (4wks); 27/4 (4wks) $94

**Drawing and Thinking**
- Ashburton: Fri 10am - 12pm 7/2 (8wks) $160; 24/4 (9wks) $180
- Ashburton: Fri 12.30pm - 2.30pm 7/2 (8wks); 20/4 (9wks) $180

**Friday Painters - Open Studio Atmosphere**
- Camberwell: Fri 9.30am - 12.30pm 7/2 (8wks); 1/5 (8wks) $258 Fri 1pm - 4pm 7/2 (8wks); 1/5 (8wks) $258

** Ikebana - The Art of Japanese Floral Arrangement**
A brief history of Ikebana, main principles, and a hands-on Ikebana experience. [www.trybooking.com/574562](http://www.trybooking.com/574562)

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

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

**Mosaics**
Create beautiful art from tiles and ceramics. BYO tiles.
- Alamein: Fri 1pm - 3pm 21/2 (6wks) $115/105; 1/5 (8wks) $150/$140

**Nature History Watercolor Illustration**
Visually capture butterflies, shells, insects and more. Suitable for beginners.
- Hawthorn: Fri 12.30pm - 2.30pm 31/1 (10wks) $178; 17/4 (11wks) $196

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

**How to Draw What you See**
With the right guidance, you can discover the artist within and learn how to draw what you see, real or imaginary! Materials supplied.
- Ashburton: Thu 7.30pm - 9.30pm 30/1 (9wks) $235; 16/4 (11wks) $285 Sat 10am - 12pm 1/2 (8wks) $210; 18/4 (9wks) $235

**How to Draw What you See**
With the right guidance, you can discover the artist within and learn how to draw what you see, real or imaginary! Materials supplied.
- Ashburton: Thu 7.30pm - 9.30pm 30/1 (9wks) $235; 16/4 (11wks) $285 Sat 10am - 12pm 1/2 (8wks) $210; 18/4 (9wks) $235

**New**

**Introduction to Gouache - Monochrome**
- New
- **Surrey Hills**: Sat 12pm - 12pm 7/2 (8wks) $157

**Japanese Calligraphy (Shodo)**
- **New**
- **Surrey Hills**: Sat 12pm - 12pm 7/2 (8wks) $157

**Japanese Koi and Goldfish Painting**
(Sumi-e) Workshop
- New
- **Surrey Hills**: Sat 12pm - 12pm 7/2 (8wks) $157
**Painting for Pleasure**
- **Balwyn:** Tue 1pm - 3pm
  - 4/2 (8wks) $175; 21/4 (9wks) $197
  - Thu 1pm - 3pm
  - 6/2 (8wks) $175; 23/4 (9wks) $197

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

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

**The Art of Floristry**
Be introduced to the wonderful world of floristry in a friendly and welcoming environment. Learn new skills each week and take your creation home with you.
- **Kew:** Thu 7pm - 9pm
  - 6/2 (7wks) $175; 21/4 (9wks) $197
- **Balwyn:** Tue 1pm - 3pm
  - 20/4 (9wks) $180

**Watercolour Painting**
- **Ashburton:** Thu 1pm - 3pm
  - 6/2 (8wks); 30/4 (8wks) $340
- **Camberwell:** Thu 7pm - 9pm
  - 5/2 (8wks); 28/4 (8wks) $235

**Watercolour for Absolute Beginners**
- **NEW**
  - **Camberwell:** Thu 4pm - 6pm
    - 3/2 (6wks) $141; 27/4 (8wks) $188

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

**Watercolour Painting & Mixed Media**
- **Ashburton:** Tue 1pm - 3pm
  - Beginner/Experienced
  - 28/1 (9wks) $180; 14/4 (11wks) $220

**Pottery**

**The Clay Room**
Classes in ceramics, hand-building and wheel work. Includes all materials & firing.
- **Camberwell:** Mon 1pm - 3pm
  - 3/2 (7wks) $298; 27/4 (8wks) $340
  - Mon 6.30pm - 8.30pm
  - 3/2 (7wks) $298; 27/4 (8wks) $340
  - Tue 6.30pm - 8.30pm
  - 4/2 (8wks); 28/4 (8wks) $340
  - Wed 6.30pm - 8.30pm
  - 5/2 (8wks); 29/4 (8wks) $340
  - Thu 1pm - 3pm
  - 6/2 (8wks)
  - 30/4 (8wks) $340
  - Thu 6.30pm - 8.30pm
  - 6/2 (8wks); 30/4 (8wks) $340
  - Fri 1pm - 3pm
  - 7/2 (8wks); 1/5 (8wks) $340
  - Sat 10am - 12pm
  - 1/2 (8wks); 2/5 (8wks) $340
  - Sat 1pm - 3pm
  - 1/2 (8wks); 2/5 (8wks) $340

**Craft, Textiles, Jewellery & Furniture**

**Beeswax Wraps Workshop**
- **NEW**
  - **Surrey Hills:** Fri 6pm - 8pm
  - 20/3 $65/$55 (member)

**Bobbin Lace**
Learn a variety of stitches and produce beautiful pieces of lace in this delightfully therapeutic hobby. Suitable for beginners.
- **Ashburton:** Tue 1pm - 3pm
  - 28/1 (9wks) $180; 14/4 (11wks) $220

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

**Crochet and Knitting Class with Instructor**
- **Balwyn:** Thu 1pm - 3pm (ongoing)
  - $10 per session

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

**Kokedama Moss Balls (Japanese Floral arranging) Workshop**
- **NEW**
  - **Surrey Hills:** Sun 10am - 12pm
  - 23/2 $120/$110 (member)

**Patchwork and Quilting Group**
- **Ashburton:** Thu 1pm - 3pm
  - 30/1 (ongoing) $5 per session

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

**Sewing - All levels**
Whether to learn techniques to start you off on your sewing journey or to learn some professional techniques and finishes to take your sewing to the next level, let Barbara show you how.
- **Bowen Street:** Fri 9.30am - 12pm
  - 21/2 (6wks) $230; 8/5 (6wks) $230

**Silver-Smithing for beginners**
- **NEW**
  - **Ashburton:** Thu 7pm - 8.30pm
  - 30/1 (9wks) $195; 16/4 (11wks) $235

**Soy Candle Making Workshop**
- **NEW**
  - **Surrey Hills:** Sun 10am - 1pm
  - 15/3 $100/$90 (member)

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

**Tapestry Workgroup**
- **Balwyn:** Tue 10am - 12pm (ongoing)
  - $5 per session

**Thursday Craft Club**
- **Camberwell:** Thu 10.30am - 12.30pm (ongoing)
  - $5 per session

**Upholstery and Soft Furnishing**
Reinvigorate that piece of furniture.
- **Canterbury:** Tue 9.45am - 12.45pm
  - 23/5 $100/$90 (member)

**Tapestry Workgroup**
- **Balwyn:** Tue 10am - 12pm (ongoing)
  - $5 per session

**Thursday Craft Club**
- **Camberwell:** Thu 10.30am - 12.30pm (ongoing)
  - $5 per session

**Upholstery and Soft Furnishing**
Reinvigorate that piece of furniture.
- **Canterbury:** Tue 9.45am - 12.45pm or 12.45pm - 3.45pm
  - 4/2 (8wks) $244; 21/4 (9wks) $275
### English

- **Aussie English NEW**  
  Basic Literacy and Numeracy  
  Contact centre for interview and cost.  
  **Alamein**: Mon 9.30am - 12pm 3/2 (ongoing)

- **English as an Additional Language**  
  Beginners, Intermediate & Advanced ACPE Program. Practise speaking, listening, reading and writing in English. Contact reception for details.  
  **Kew**: Mon and Wed commences 3/2 (8wks); 13/4 (10wks)  
  Permanent residents: $100 per term.  
  Non-residents $280 per term

- **English Communication Skills**  
  (Pre-intermediate English)  
  Contact centre for interview and cost.  
  **Alamein**: Tue 9.30am - 12pm 4/2 (ongoing)

- **English for Work and Study**  
  (Upper-intermediate English)  
  Contact centre for interview and cost.  
  **Alamein**: Mon 9.30am - 12pm 5/2 (ongoing)

- **Intensive English** (Pre-intermediate English)  
  Improve your speaking, listening, reading and writing in this 6-week course.  
  **Alamein**: Tue - Thu 10am - 3pm 18/2 (18 sess) $117/$70

- **Introduction to Office Skills** (for ESL speakers: Intermediate English and above)  
  Improve your English in customer service, teamwork, negotiation, office technology and more.  
  **Alamein**: Fri 12.30pm - 3pm 1/5 (8wks) $85

- **Leap into Literacy**  
  A 4 session course to learn basic reading and writing skills to complete forms.  
  **Alamein**: Mon 12.30pm - 3pm 24/2 (4wks) $20

- **Literacy and ESL through Computers**  
  Contact centre for interview and course cost.  
  **Alamein**: Fri 9.30am - 12pm 7/2 (ongoing)

- **Living English (Beginners English)**  
  Contact centre for interview and cost.  
  **Alamein**: Tue 12.30pm - 3pm 4/2 (ongoing)

- **Returning to Study (Leap into Study)**  
  Learn how to get back into study patterns, writing preparation, expectations in the classroom today and more.  
  **Alamein**: Fri 12.30pm - 2.30pm 6/3 (4wks) $20

### French

- **French for Students (VCE Year 12)**  
  **Balwyn**: Wed 4pm - 5.30pm 5/2 (8wks) $134; 22/4 (10wks) $167

- **Absolute Beginners**  
  **Canterbury**: Fri 10am - 12pm 7/2 (8wks) $192; 24/4 (9wks) $216

- **Beginners & Travellers (up to 12 mths)**  
  **Ashburton**: Mon 9.30am - 11.30am (8wks) $200.  
  Call 9885 7952 to register your interest.

- **Intermediate (1 - 3 yrs exp)**  
  **Balwyn**: Wed 1pm - 3pm 5/2 (8wks) $178; 22/4 (9wks) $200  
  Wed 7pm - 9pm 5/2 (8wks) $178; 22/4 (9wks) $200  
  Thu 1pm - 3pm 6/2 (8wks) $178; 23/4 (9wks) $200  
  **Canterbell**: Mon 1pm - 3pm 3/2 (7wks) $159; 20/4 (9wks) $205  
  Mon 3pm - 5pm 3/2 (7wks) $159; 20/4 (9wks) $205  
  **Canterbury**: Tue 1.15pm - 3.15pm 4/2 (8wks) $192; 21/4 (9wks) $216  
  **Trentwood**: Wed 10am - 12pm 5/2 (8wks) $175; 15/4 (10wks) $220

- **Intermediate (3 yrs + exp)**  
  **Ashburton**: Fri 11am - 1pm 7/2 (8wks) $200; 17/4 (11wks) $275  
  **Balwyn**: Thu 4pm - 6pm 4/2 (8wks) $144; 21/4 (10wks) $180  
  **Bowen Street**: Mon 10.45am - 12.45pm 3/2 (7wks) $159; 20/4 (9wks) $205  
  Thu 1pm - 3pm 6/2 (8wks) $192; 23/4 (9wks) $216

- **Travellers/Conversation**  
  An informal conversation class.  
  Ring to book.  
  **Bowen Street**: Thu 2pm - 3.30pm 13/2 (ongoing) Gold Coin donation

### Italian

- **Travellers/Conversation**  
  An informal conversation class.  
  Ring to book.  
  **Bowen Street**: Thu 2pm - 3.30pm 13/2 (ongoing) Gold Coin donation

- **Absolute Beginners**  
  **Bowen Street**: Tue 3pm - 4.30pm 4/2 (8wks) $144; 21/4 (10wks) $180  
  **Canterbury**: Fri 9.30am - 11.30am 7/2 (8wks) $192; 24/4 (9wks) $216

- **Beginners (up to 12 mths exp)**  
  **Balwyn**: Mon 1pm - 3pm 3/2 (7wks) $159; 20/4 (9wks) $200  
  **Bowen Street**: Tue 1.30pm - 3pm 4/2 (8wks) $144; 21/4 (10wks) $180  
  **Canterbury**: Thu 12.30pm - 2.30pm 6/2 (8wks) $192; 23/4 (9wks) $216

- **Intermediate (1 - 3 yrs exp)**  
  **Ashburton**: Mon 1pm - 3pm 5/2 (8wks) $178; 22/4 (9wks) $200  
  Wed 7pm - 9pm 5/2 (8wks) $178; 22/4 (9wks) $200  
  Thu 1pm - 3pm 6/2 (8wks) $178; 23/4 (9wks) $200  
  **Canterbury**: Mon 1pm - 3pm 3/2 (7wks) $159; 20/4 (9wks) $205  
  **Canterbury**: Mon 1pm - 3pm 3/2 (7wks) $159; 20/4 (9wks) $205  
  **Canterbury**: Thu 9.45am - 11.45am 31/1 (10wks) $178; 17/4 (11wks) $196

- **Advanced/Conversation (3 yrs+ exp)**  
  **Ashburton**: Fri 11am - 1pm 7/2 (8wks) $200; 17/4 (11wks) $275  
  **Balwyn**: Thu 10am - 12pm 6/2 (8wks) $178; 23/4 (9wks) $200  
  Thu 7pm - 9pm 6/2 (8wks) $178; 23/4 (9wks) $200  
  **Canterbury**: Thu 10am - 12pm 6/2 (8wks) $182; 23/4 (9wks) $205  
  **Canterbury**: Mon 10.45am - 12.45pm 13/2 (7wks) $168; 20/5 (8wks) $192

- **Travellers/Conversation**  
  An informal conversation class.  
  Ring to book.  
  **Bowen Street**: Thu 10am - 12.30pm 29/1 (10wks) $161; 15/4 (11wks) $177

### German

- **Absolute Beginners**  
  **Balwyn**: Wed 10am - 12pm 5/2 (8wks) $178; 22/4 (9wks) $200  
  **Canterbury**: Wed 6.30pm - 8.30pm 4/2 (8wks) $182; 22/4 (9wks) $205  

- **Beginners (up to 12 mths exp)**  
  **Bowen Street**: Wed 10am - 12pm 12/2 (7wks) $168; 22/4 (10wks) $240  
  **Canterbury**: Tue 4pm - 6pm 4/2 (8wks) $182; 21/4 (9wks) $205

### Spanish

- **Spanish for Travelers NEW**  
  Adult beginners for those who like to travel. Interactive, informal and practical.  
  **Hawthorn**: Wed 6.30pm - 8.30pm 15/4 (10wks) $178
Managing overseas smart phone use while travelling
Mon 9.30am - 11.30am 2/3 (1wk) $10

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

Intro to Computers (Windows 10)
Windows 10, terminology, organising the desktop, files, folders, printing and basic Word.
Alamein: Wed 12.30pm - 3.15pm 5/2 (9 session) $122

Introduction to Technology Today
Drones, coding, VR, 3D printing. Learn some basic coding, how to use VR and drones and 3D printing in a fun, hands-on way.
Alamein: Thu 12.30pm - 3pm 7/5 (8wks) $105

IT for the Office
Improve and update your IT skills with various office programs. This is a pathway to paid employment or further study.
Kew: Thu 9am - 11.30am 6/2 (8wks) $115; 16/4 (10wks) $140

Excel: Introduction to (Intensive)
Create, customise, use format features, formulas, import objects, save and print.
Alamein: Tue to Fri 10am - 3pm 30/6 - 3/7 $105

Social Media Marketing for Business
NEW
Learn social media marketing skills for small business. It provides a pathway to small business start-up.
Kew: Fri 2pm - 4pm 8/2 (8wks) $100; 17/4 (10wks) $100

Tech Savvy (50+) NEW
Bring your phone, your iPad, tablet or laptop. Free small group workshops and one-on-one sessions. FREE
Ashburton: For details call 9885 7952.

Using your smart device
Learn to use iPads, iPhones, Samsung and androids. Suitable for beginners.
Trentwood: Thu 12.30pm - 3pm 25/2 (2wks) $50; 19/5 (2wks) $50

Word: Introduction to
Create, edit, format, save, manipulate and print documents, tables, images.
Alamein: Wed 10am - 3pm 6/5 (4wks) $105

Exploring the Internet

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

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

Protect your Computer
Keep your data, documents and photos safe, how to avoid scams and viruses, and how to back up your computer.
Alamein: Mon 12.30pm - 3pm 1/6 (1wk) $40

Social Media: What, why, how!
Learn how to use Facebook, Instagram, Pinterest.
Alamein: Mon 12.30pm - 3pm 25/5 (1wk) $40

Upskill for work

Barista Training
Provides a solid foundation in how to make coffee; and skills to find work in the café industry. ACFC funded places.
Kew: Contact reception 9853 3126

ESL Tutoring: Introduction to Learn English as a Second Language
Teaching strategies, grammar and pronunciation rules, macro language approaches and more. Excellent for people supporting ESL learners.
Alamein: Wed 10am - 12.30pm 29/4 (10wks) $85/$20

Find a Job or Change Your Career: Pathways to Employment
Covers your transferable skills, creating a sellable resume, 21st century job searching, interview skills and more. Great for people looking for work/gaining employment or study.
Alamein: Thu 10am - 3pm 27/2 (5wks) $70/$20

Introduction to Gaming Design
Kew: Fri 12pm - 2pm 7/2 (8wks) $50; 17/4 (10wks) $50

Taster Beauty Services
Contact reception 9853 3126

Taster in Customer Service
Contact reception 9853 3126

Taster in the Fashion Industry
Learners will have the opportunity to learn theory and practical aspects of fashion design
Kew: Contact reception 9853 3126

Individual Support

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

New to the world of digital technology, or just wanting to improve your skills?

Computers, Tablets & IT

■ Absolute Beginners
  Camberwell: Thu 6.30pm - 8.30pm 6/2 (8wks) $182; 23/4 (9wks) $205 NEW
  Canterbury: Mon 1pm - 3pm 3/2 (8wks) $192; 20/4 (9wks) $216

■ Intermediate (1 - 3 yrs exp)
  Canterbury: Mon 10.30am - 12.30pm 3/2 (7wks) $168; 20/4 (9wks) $216

■ Spanish Conversation Meet-Ups on Saturdays NEW
Practice your Spanish conversational skills with like-minded people in a fun casual environment.
Camberwell: Sat 12.30pm - 2.30pm 14/3 (4wks) $35; 2/5 (8wks) $70

■ Spanish Conversation
An informal conversation class. Ring to book.
Bowen Street: Thu 12pm - 1.30pm 13/2 (ongoing) Gold Coin donation

■ 21st Century PA
Create professional business documents, includes alignment, spacing, formatting, banners, charts.
Alamein: Tue 10am - 12pm 5/5 (3wks) $30

■ Amazing uses of iPads
Learn how to make calls, create playlists, photo edit, create photobooks, movies, get on social media and more all safely on the iPad.
Alamein: Tue 9.30pm - 12pm 4/2 (8wks) $85

■ Apple Watch
Discover what you can do!
Alamein: Mon 1pm - 3pm 2/3 (1wk) $32; 18/5 (1wk) $32

■ Coding and Robotics workshop
Learn how to do basic coding for a mini robot (Sphero) and race it. Great for understanding more of the world of coding and robots.
Alamein: Mon 12.30pm - 3pm 16/3 (2wks) $25

■ Connect - iPads at Your Pace
A group of seniors exploring the variety of opportunities that iPads have to offer. Progress at your pace. BYO iPad.
Hawthorn: Wed 1pm - 3pm 5/2 (8wks) $40; 15/4 (11wks) $40

■ Get online NEW
New to the world of digital technology, or just wanting to improve your skills?
Camberwell: Setting up a Facebook Account Securely
Mon 9.30am - 11.30am 3/2 (1wk) $10
Sending and receiving text messages
Mon 9.30am - 11.30am 17/2 (1wk) $10

■ Exploring the Internet

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

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

■ Protect your Computer
Keep your data, documents and photos safe, how to avoid scams and viruses, and how to back up your computer.
Alamein: Mon 12.30pm - 3pm 1/6 (1wk) $40

■ Social Media: What, why, how!
Learn how to use Facebook, Instagram, Pinterest.
Alamein: Mon 12.30pm - 3pm 25/5 (1wk) $40

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

■ Protect your Computer
Keep your data, documents and photos safe, how to avoid scams and viruses, and how to back up your computer.
Alamein: Mon 12.30pm - 3pm 1/6 (1wk) $40

■ Social Media: What, why, how!
Learn how to use Facebook, Instagram, Pinterest.
Alamein: Mon 12.30pm - 3pm 25/5 (1wk) $40

■ Upskill for work

■ Barista Training
Provides a solid foundation in how to make coffee; and skills to find work in the café industry. ACFC funded places.
Kew: Contact reception 9853 3126

■ ESL Tutoring: Introduction to Learn English as a Second Language
Teaching strategies, grammar and pronunciation rules, macro language approaches and more. Excellent for people supporting ESL learners.
Alamein: Wed 10am - 12.30pm 29/4 (10wks) $85/$20

■ Find a Job or Change Your Career: Pathways to Employment
Covers your transferable skills, creating a sellable resume, 21st century job searching, interview skills and more. Great for people looking for work/gaining employment or study.
Alamein: Thu 10am - 3pm 27/2 (5wks) $70/$20

■ Introduction to Gaming Design
Kew: Fri 12pm - 2pm 7/2 (8wks) $50; 17/4 (10wks) $50

■ Taster Beauty Services
Contact reception 9853 3126

■ Taster in Customer Service
Contact reception 9853 3126

■ Taster in the Fashion Industry
Learners will have the opportunity to learn theory and practical aspects of fashion design
Kew: Contact reception 9853 3126

■ Individual Support

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

- **Ashburton:** Thursday Afternoon Bookclub, 1st Thu of month 2pm - 4pm 6/2 (ongoing) $5 per session
  - The Ashy Bookclub
  - 1st Thu of month 7.30pm - 9.30pm 6/2 (ongoing) $5 per session
- **Novels at Night**
  - 2nd Wed of month 7.30pm - 9.30pm 12/2 (ongoing) $5 per session
  - Camberwell: New members welcome 3rd Mon of month 1.30pm - 3pm (ongoing) $5 per session
  - Canterbury: Coffee shop meetings, lively discussion on books, films and events. Call for details.
  - **Mailing Road** 1st or 2nd Tue of month 10am - 11am, 3rd Tue of month, 2.30pm to 3.30pm FREE with membership.
- **Kew:**
- **Contact Centre:** for details $3 per session
  - Mon 1pm - 4pm
- **Balwyn:**
  - 3rd Mon of month 1.30pm - 3pm (ongoing) $5 per session
- **Hawthorn:**
  - 4th Tue 7pm - 8.30pm 17/2; 5/5 (ongoing) $4.50 per session
  - Wed 9am - 12pm (ongoing) $5 per session
  - Fri 12.30pm - 3.30pm 28/1; 14/4 (ongoing) $4.50 per session
- **Surrey Hills:**
  - 4th Tue 7pm - 8.30pm 17/2; 5/5 (ongoing) $4.50 per session
  - Wed 9am - 12pm (ongoing) $5 per session
  - Fri 12.30pm - 3.30pm 28/1; 14/4 (ongoing) $4.50 per session
- **Short Stories Book Club**
  - For older people to discuss short stories, discover new authors and share a love of reading and exploring literature.
  - **Hawthorn:** Tue fortnightly 10.30am - 12.30pm 4/2 (5wks) $40; 14/4 (6wks) $40
- **Bridge**
  - Intermediate to advanced players, duplicate games, partners required.
  - **Balwyn:** Tue, Thu and Sat 12.30pm - 4pm (ongoing) $5 per session
  - **Camberwell:** Wed 12.30pm - 4pm (ongoing) $5 per session
  - **Kew:** Mon 1pm - 4pm
- **Cryptic Crosswords**
  - **Ashburton:** Mon 10.30am - 11.30am 3/2 (ongoing) $5 per session
  - **Ashburton:** Mon 2.30pm - 3.30pm 3/2 (ongoing) $5 per session
- **Friday 500 social cards**
  - Friendly casual group
  - **Camberwell:** Fri 1pm - 3pm (ongoing) $2 per session

**GARDENING**

- **Backyard Beekeeping**
  - This is an introductory class in the art of beekeeping.
  - **Ashburton:** Fri 12.30pm - 3.30pm (4wks) $20. Call for details
- **Mah-jong (Western)**
  - **Ashburton:** Fri 12.30pm - 4pm 31/1 (ongoing) $5 per session
  - **Camberwell:** Thu 1pm - 4pm (ongoing) $5 per session
  - **Surrey Hills:** Fri 1.30pm - 4pm 31/1; 17/4 (ongoing) $4.50 per session
- **Scrabble**
  - **Balwyn:** Mon 12.30pm - 4.30pm (ongoing) $5 per session
  - **Surrey Hills:** 1st & 3rd Thu of month 1pm - 4pm 28/1; 14/4 (ongoing) $4.50 per session
- **Solo**
  - **Balwyn:** Wed 6.30pm - 10pm (ongoing) $5 per session
  - Fri 9am - 12pm (ongoing) $5 per session
  - Very experienced group. New people welcome for a trial session.
  - **Camberwell:** Tue 12.30pm - 3.30pm (ongoing) $5 per session
- **Supervised Solo**
  - **Camberwell:** Wed 9.30am - 11.30am (ongoing) $7 per session

**COOKING**

- **$5 Meals**
  - This weekly class guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home. You can access this program using your NDIS plan.
  - **Trentwood:** Mon 11am - 1pm or 2pm - 4pm starting 13/1
- **Blokes in the kitchen**
  - Learn to cook and share simple meals.
  - **Surrey Hills:** Fri 8am - 12pm 14/2, 20/3; 17/4, 15/5 & 12/6 $20 per session
- **Chinese Dumplings**
  - Learn how to make meat and vegetarian dumplings with gluten free options.
  - **Canterbury:** Wed 10.30am - 12.30pm 20/2; 14/5 (1wk) $75
- **Cooking Small, Eating Well**
  - A fortnightly program for older people to explore new recipes and learn to cook for one or two people.
  - **Hawthorn:** Tue fortnightly 1pm - 3pm 28/1; 21/4 (8wks) $40
- **Healthy Cooking for Blokes**
  - Where older blokes learn cooking skills, enjoy each other’s company and enjoy a meal together.
  - **Ashburton:** Thu 11am - 1pm 3/2 (4wks); 20/4 (4wks) $60
- **Kombucha and Gut Health**
  - Learn how to make your own Kombucha.
  - **Ashburton:** Thu 11am - 1pm 3/2 (4wks); 20/4 (4wks) $60
- **Kombucha, Jun and Wild Fermented Soda Workshop**
  - Where older blokes learn cooking skills, enjoy each other’s company and enjoy a meal together.
  - **Ashburton:** Thu 11am - 1pm 3/2 (4wks); 20/4 (4wks) $60
- **Mediterranean Cooking & Diet**
  - Food, science and health behind the Mediterranean Diet plus cooking.
  - **Hawthorn:** Thu 6pm - 8pm 28/1 (8wks); 16/4 (8wks) $180
**Mediterranean Diet Workshop**
A workshop covering the science and health behind the Mediterranean Diet combined with demonstrating some authentic foods.
www.trybooking.com/574541
**Hawthorn:** Tue 7pm - 8.30pm 31/3 $25

**Persian Cooking Workshop**
Embark on a culinary journey through the Persian cuisine in this hands-on class.
www.trybooking.com/574583
**Hawthorn:** Sun 2pm - 5pm 19/4 $55

**Pick & Preserve**
Learn to preserve the best seasonal produce, making delicious pickles, relishes and sauces.
www.trybooking.com/574537
**Hawthorn:** Tue 7pm - 8.30pm 10/3 $25

**Sauerkraut & Fermented Veggies Workshop NEW**
**Surrey Hills:** Sat 12.30pm - 2pm 2/2 $50/$40 (member)

**Sauerkraut & Gut Health**
A class focusing on the ins and outs of great gut health through fermented food making.
www.trybooking.com/574551
**Hawthorn:** Tue 7pm - 8.30pm 12/4 $25

**Southern Indian Cooking NEW**
**Surrey Hills:**
Market tour
Fri 10.30am - 12pm 21/2
Cooking/lunch class
Sat 10.30am - 2pm 22/2 $100/$95 (member)

**Sri Lankan Cooking Class**
Learn how to cook Sri Lankan cuisine with our tutor, Harshini
**Balwyn:** Tue 6pm - 9pm 19/5, $80

**The Art of Making Dumplings NEW**
**Surrey Hills:** Sat 11am - 3pm 28/3 $125

**Acting Sustainably Where do I start? NEW**
**Canterbury:** Water, water everywhere
Wed 6pm - 8pm 19/3 (1wk) $20
**People have the power**
Wed 6pm - 8pm 18/4 (1wk) $20
**How green my garden grows**
Wed 6pm - 8pm 15/5 (1wk) $20

**Asian Grocery Shopping NEW**
Would you like to confidently walk into an Asian style store to make your gourmet purchase?
**Canterbury:** Wed 10.30am - 11.30pm 4/3, 21/5 (1wk) $15

**Connect - Stay Social, Stay Sharp**
Engage, explore and extend yourself in a learning group for older people with a variety of topics for discussion.
**Hawthorn:** Wed 10am - 12pm 5/2 (9wks) $40; 15/4 (11wks) $40

**Floral Art Group**
**Ashburton:** Thu 10am - 12pm 30/1 (ongoing) $5 per session

**International Women’s Circle**
A place for women to talk, reflect and share experiences in a safe and encouraging place. Suitable for women 25 - 45 yrs. Includes morning tea.
**Hawthorn:** Thu 10.30am - 12.30pm 30/1 (10wks); 16/4 (11wks) $50

**Japanese Tea Flight**
You’ll see, smell and taste authentic Japanese teas, selected based on uniqueness, accessibility and popularity in Japan.
**Bowen Street:** Mon 10am - 11am 2/3 (1 session) $42

**Life Long Learning Meetings (LLM)**
A program for older people learning, sharing ideas making new friends: includes guest speakers, discussion and afternoon tea.
**Hawthorn:** Thu 1.30pm - 3.30pm 30/1 (10wks) $40; 16/4 (11wks) $40
**Trentwood:** Fri fortnightly 1.30pm - 3.30pm 31/1 $25 (5wks); 17/4 (6wks) $30

**NBN**
Plans to choose, checking speed, the basics.
**Alamein:** Mon 1pm - 3pm 11/5 (1wk) $25

**Preserving precious family photographs NEW**
Learn how to tackle those photos in shoe boxes, sticky albums and packets with negatives. An experienced archivist will help organise your collection and demonstrate the best ways to preserve your precious photos for the future.
**Trentwood:** Thu 1pm - 3pm 24/2 (2wks); 4/2 (2wks) $45

**Support Network for Parents of Children with Disabilities**
For parents of children with disabilities (just for parents).
**Bowen Street:** 3rd Mon of month 10am - 12pm

**Toilet Coaching Workshop**
This session aims to give you practical steps that will assist in helping your child achieve toileting independence in a non-confrontational way.
**Bowen Street:** Fri 10.30am - 12.30pm 8/5, 15/5, 22/5 (3wks) FREE

**Upcycle with PLAYE**
Hands-on workshop, recycle and upcycle soft plastic waste in to PLAYE - a material we turn into one of a kind accessories and bags.
www.trybooking.com/574569
**Hawthorn:** Sun 1pm - 3pm 16/2 $55

**Vietnam Travel Tips**
A workshop that takes you from Halong Bay, to mountainous Dalat, and cultural Hoi An. www.trybooking.com/574556
**Hawthorn:** Tue 7pm - 8.30pm 31/3 $25

**Wiser Walker, Wiser Traveller**
A 3-week program for older people designed to help them learn about getting around without a car - use of public transport, Myki, taxi use, walking, community transport and support services.
**Bowen Street:** Fri 10.30am - 12.30pm 8/5, 15/5, 22/5 (3wks) FREE
**HEALTH & WELLBEING** (check out the Arts for more ways of looking after your health & wellbeing)

- **Active Living 60 Plus**
  - **Surrey Hills**: Mon 8.45am - 9.45am
    - 3/2 (7wks) $112; 20/4 (9wks) $144

- **Ageless Grace**
  - A chair-based body and brain exercise program done to uplifting music.
  - **Ashburton**: Thu 10am - 10.45am
    - 30/1 (9wks) $180; 16/4 (11wks) $220
  - **Canterbury**: Tue 10.45am - 11.45am
  - **Kew**: Wed 11.15am - 12.10pm
    - 5/2 (8wks) $122.50; 22/4 (10wks) $152.50

- **Al-Anon**
  - Al-Anon helps families and friends of alcoholics recover from the effects of living with someone with a drinking problem.
  - **Craig**: Sun 6pm - 7pm (ongoing)

- **Balance Back to Exercise**
  - A fun class particularly suitable for people coming back to exercise at a later stage of life.
  - **Ashburton**: Wed 12pm - 1pm
    - 5/2 (ongoing) $7 per class
  - **Balwyn**: Wed 7.45pm - 8.45pm
    - 6/2 (8wks) $122.50; 23/4 (10wks) $152.50
  - **Surrey Hills**: Thu 2pm - 3pm
    - 4/2 (ongoing) $7 per class

- **Bike Riding Groups**
  - **Surrey Hills**: Mon, Tue, Wed and Thu mornings (ongoing) FREE

- **Boxing Exercise**
  - Improve cardio and strength focusing on flexibility, weight bearing motion and boxing. Aimed at all ages.
  - **Hawthorn**: Mon 9.30am - 10.30am
    - 3/2 (9wks) $108*; 20/4 (9wks) $108*
      - *MAC reduced rates available
  - **Surrey Hills**: Thu 6.15am - 7am
    - 4/2 (8wks) $93; 21/4 (10wks) $115

- **Buddhist Meditation**
  - Discover simple meditations and ways of thinking to maintain a peaceful, positive mind.
  - **Craig**: Wed 7.30pm - 9pm
    - $15 per session (ongoing)

- **Buff Bones for Osteoporosis**
  - Pilates based full body workout for bone strengthening and balance. Safe for osteoporosis.
  - **Canterbury**: Mon 9.30am - 10.30am
    - 3/2 (7wks) $119; 21/4 (10wks) $170
  - **Hawthorn**: Thu 9.30am - 10.30am
    - 4/2 (ongoing) $7 per class
  - **Kew**: Thu 11.15am - 12.10pm
    - 4/2 (8wks) $130; 14/4 (10wks) $160

- **Changing Directions Music** NEW
  - A program for people with an ABI (Acquired Brain Injury) designed to encourage creative expression. A great social opportunity. You can access this program using your NDIS plan.
  - **Trentwood**: Mon 1pm - 2.30pm starting 13/1

- **Dance Latino Style**
  - Learn Latino style dance. Does not involve partner work.
  - **Canterbury**: Tue 10.45am - 11.45am
    - 4/2 (8wks) $128; 21/4 (10wks) $160

- **Dizco**
  - A fun Bootcamp for women only.
  - A place for women to make friends, have fun, lose weight and become a community! Women empowering women! Dancing, booty building, abdominal and upper body strengthening. Sessions will also touch on subjects such as self-love and how to learn your worth. Group members are encouraged to be open and share stories, affirmations and tips on improving mental health.
  - **Craig**: Thu 7pm - 8pm
    - 16/1 (ongoing) Prices to be advised (packages will be available) Instagram: @_dizco_

- **Exercise to Music Classes (50+)**
  - **Ashburton**: Mon 11.30am - 12.30pm
    - 3/2 (ongoing) $7 per class
      - Tue 9.30am - 10.30am
      - 4/2 (ongoing) $7 per class
      - Fri 9.30am - 10.30am
      - 7/2 (ongoing) $7 per class
  - **Kew**: Tue 11.15am - 12.10pm
    - 4/2 (8wks) $130; 14/4 (10wks) $160

- **Exercise to Music Classes (NEW)**
  - **Surrey Hills**: Wed 3.30pm - 4.30pm
    - 3/2, 20/4 (9wks) $108

- **Fit for You - Early Morning Sessions**
  - All body workout focusing on major muscle groups through resistance training to build strength and facilitate functional movement
  - **Balwyn**: Tue 6.15am - 7am
    - 4/2 (8wks) $93; 21/4 (10wks) $115
  - **Kew**: Mon 8.30am - 9.30am
    - 3/2 (7wks) $115; 13/4 (9wks) $145

- **Fun Fitness for the Brain and Body (Ageless Grace)**
  - Uplifting program beneficial for stress and anxiety relief, memory retention, co-ordination, balance and promotes creativity.
  - **Canterbury**: Fri 10am - 10.45am
    - 7/2 (8wks) $128; 24/4 (10wks) $160
  - **Surrey Hills**: Mon 10am - 10.45am
    - 3/2 (7wks) $112; 20/4 (9wks) $144

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

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

- **Lisa’s class for the Young at Heart**
  - A lively dynamic class for the young-at-heart and all fitness the levels. Gentle cardio, strengthening, balance and stretching.
  - **Kew**: Mon 11.30am - 12.30pm
    - 3/2 (7wks) $115; 13/4 (9wks) $145

- **Mat Pilates**
  - Build core strength, stability and develop endurance with longer, leaner muscles to improve posture.
  - **Kew**: Thu 8.30am - 9.25am
    - 6/2 (8wks) $130; 16/4 (10wks) $160

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

- **Meditation and Guided Relaxation**
  - For focusing and lowering stress.
  - **Alamein**: Thu 5.45pm - 6.45pm
    - 13/2 (7wks) $91; 30/4 (9wks) $117

- **Men’s Fitness**
  - A group design specifically for men, includes a 60-min full body workout session with moderate resistance and intensity exercises for upper and lower body.
  - **Hawthorn**: Thu 2pm - 3pm
    - 30/1 (10wks) $120*; 16/4 (11wks) $132*
      - *MAC reduced rates available

- **Mindful Meditation**
  - Pause and learn how to enable us to be less reactive, calmer and more present.
  - **Craig**: 2nd Tue of month
    - 7.30pm - 8.30pm (ongoing)
    - $15 per session

- **Mums and Bubs Exercise** NEW
  - A program run by a new mum for mums, specifically targeting areas of concerns for post-natal mothers, focusing on safe pelvic floor options.
  - **Hawthorn**: Mon 9.30am - 10.30am
    - 3/2, 20/4 (9wks) $108
**MuVit or Lose It!** NEW

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

**Nia**

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

**Trentwood:** Tue 10.30am - 11.30am
4/2 (8wks) $80; 21/4 (10wks) $144

**Post Natal Exercise**

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

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

**Qigong**

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

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

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

**Qi Gong/ ChiBall Moves**

Flowing qigong movements incorporating chiBalls; comfortable, gentle and simple to follow. Improves flexibility, strength, balance and mindfulness. Suitable for all ages and abilities. Free come and try day Tues 28/1 9.30am - 10.15am

**Trentwood:** Tue 9.30am - 10.15am
4/2 (8wks) $122.50; 21/4 (10wks) $152.50

**Advanced Qi Gong & Tai Chi**

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

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

Thu 8.30am - 9.30am, 9.30am - 10.30am
16/1 (12wks) $144*; 16/4 (11wks) $132*

Fri 9am - 10am, 10am - 11am, 11am - 12pm
17/1 (12wks) $144*; 17/4 (11wks) $132*

**MAC reduced fees available**

**Reboot 2.0** NEW

Bootcamp is back. An 8 week fitness journey.

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

**Silver Sneakers** NEW

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

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

**Strength and Balance**

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

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

Wed 9am - 10am
15/1 (12wks) $144*; 15/4 (11wks) $132*

**MAC reduced fees available**

**Trentwood:** Wed 9.30am - 10.30am
29/1 (9wks) $100; 15/4 (11wks) $125

**Strength Training (YMCA led)**

**Surrey Hills:** Mon, Wed and Fri
8.15am - 9.15am
Tue 8.30am - 9.30am
Tue and Thu 7.15pm - 8.15pm

Tue and Fri 12.30pm - 1.30pm
28/1 (9 weeks); 14/4 (11 weeks)
$5.75 per class (over 65 years)
$8 per class (under 65 years) paid per term.

**Stretch and Strength**

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

**Balwyn:** Mon 7pm - 8pm
3/2 (7wks) $107.50; 20/4 (9wks) $137.50
Thu 10.30am - 11.30am
6/2 (8wks) $122.50, 23/4 (10wks) $152.50

**Stretch and Strength**

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

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

**Strength and Wellbeing for Men** NEW

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

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

**Table Tennis Group**

**Ashburton:** Mon 2pm - 4pm
3/2 (ongoing) $5 per session

**Surrey Hills:** Thu 1.30pm - 3pm
30/1; 16/4 $4.50 per session

**Trentwood:** Thu 11am - 1pm
16/1 (ongoing) $3 per session

**Tai Chi for Absolute Beginners** NEW

**Camberwell:** Thu 9am - 10am
6/2 (8wks) $106; 23/4 (10wks) $132

**Tai Chi**

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

**Camberwell:** Mon 4pm - 5pm
Mon 5pm - 6pm
3/2 (7wks) $93; 20/4 (9wks) $119 NEW

**Canterbury:** Tue 9am - 10am
4/2 (8wks) $106; 21/4 (10wks) $132
Thu 8am - 9am, Thu 10am - 11am, Thu 11am - 12pm
6/2 (8wks) $106; 23/4 (10wks) $132

**Canterbury:** Fri 10.45am - 12pm
7/2 (8wks) $128; 24/4 (10wks) $160

**Kew:** **Beginners** Mon 1pm - 2pm
3/2 (7wks) $115; 13/4 (10wks) $160

**Surrey Hills:** Tue, Thu and Fri
8am - 9am (ongoing)
$25/single weekly session or $45/multiple weekly sessions

**Trentwood:** Some experience
Thu 30/1 1pm - 2pm or
Introduction 2pm - 3pm
Thu 30/1 (9wks) $100; 16/4 (11wks) $120

**Tai Chi/Qi Gong**

**Balwyn:** Tue 10.30am - 11.30am
4/2 (8wks) $122.50; 21/4 (10wks) $152.50
Wed 10.45am - 11.45am
5/2 (8wks) $122.50; 22/4 (10wks) $152.50
HEALTH & WELLBEING (continued)

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

- Walking Groups
  **Ashburton**: Wed 10am - 11am  
  29/1 (ongoing) $1 per session
  **Camberwell**: Tue 9.30am - 10.30am  
  Thu 9.30am - 10.30am **FREE**
  **Canterbury**: Thu 9.30am (fast pace), 10am (gentle pace)  
  6/2; 23/4 Free with membership
  **Hawthorn**: Fri 10am - 11.30am  
  6/2; 23/4 Free with membership
  **Surrey Hills**: Mon 9am - 10.30am  
  3/2; 20/4 (ongoing) **FREE**

- South Melbourne Walking Tour
  **Canterbury**: Fri 11am - 1pm  
  13/3 (1wks) $20

- Introduction to Vinyasa Yoga **NEW**
  Increase strength, flexibility and balance. Learn simple breathing techniques, mindfulness and meditation to focus the mind and relax. Free come and try day
  Thu 10am - 11am 30/1
  **Trentwood**: Thu 10am - 11am  
  6/2 (8wks) $125; 16/4 (11wks) $175

- Early Bird Yoga **NEW**
  **Camberwell**: Fri 7.30am - 8.30am  
  5/2 (8wks) $122.50; 22/4 (10wks) $152.50
  **Camberwell**: Thu 7pm - 8:15pm  
  6/2 (8wks) $125; 16/4 (11wks) $175

- Yoga
  **Balwyn**: Mon 9.30am - 10.30am  
  3/2 (7wks) $107.50; 20/4 (9wks) $130.50
  Thu 7pm - 8:15pm 6/2 (8wks) $122.50
  23/4 (10wks) $152.50
  Mon 5.45pm - 6.45pm 5/2 (8wks) $119
  Wed 6.30pm - 7.15pm 3/02 (7wks) $119
  Wed 6pm - 7pm and
  Mon 6pm - 7pm
  **Trentwood**: Thu 9.30am - 10.30am  
  28/1 (9wks) $152; 15/4 (11wks) $187
  **Bowen Street**: Thu 5.45pm - 6.45pm  
  29/1 (9wks) $135; 14/4 (11wks) $165
  **Kew**: Mon 6pm - 7pm and
  Thu 7pm - 8pm  
  3/2 (7wks) $105; 20/4 (9wks) $135
  Thu 7.30pm - 9pm 5/2 (8wks) $122.50
  Wed 6.30pm - 7.30pm 30/1 (9wks) $135; 16/4 (11wks) $165
  **Ashburton**: Mon 9.30am - 10.30am  
  3/2 (7wks) $105; 20/4 (9wks) $135
  **Ashburton**: Thu 9.30am - 10.30am  
  21/4 (10wks) $140
  Thu 7.30pm - 9pm 28/1 (9wks) $135; 14/4 (11wks) $165
  **Balwyn**: Mon 9.45am - 10.45am  
  30/1 (9wks) $135; 16/4 (11wks) $165
  **Ashburton**: Mon 9.30am - 10.30am  
  3/2 (7wks) $105; 20/4 (9wks) $135
  **Ashburton**: Thu 9.30am - 10.30am  
  23/4 (10wks) $166
  **Ashburton**: Thu 7.30pm - 9pm 28/1 (9wks) $135; 14/4 (11wks) $165
  Mon 9.45am - 10.45am  
  30/1 (9wks) $135; 16/4 (11wks) $165

- Yoga: Chair Based
  **Balwyn**: Mon 10.45am - 11.45am  
  3/2 (7wks) $107.50; 20/4 (9wks) $137.50
  **Canterbury**: Mon 10.45am - 11.45am  
  3/2 (7wks) $98; 20/4 (8wks) $112
  **Hawthorn**: Tue 10am - 11.30am  
  28/1 (10wks) $120; 14/4 (11wks) $132
  Includes morning tea.

- Yoga: Continuing
  **Alamein**: Mon 7pm - 8pm  
  3/2 (7wks) $91; 20/4 (9wks) $117

- Early Bird Yoga **NEW**
  **Camberwell**: Fri 7.30am - 8.30am  
  Fri 8.30am - 9.30am
  7/2 (8wks) $106; 24/4 (10wks) $132

- Yoga: Gentle
  **Alamein**: Mon 5.45pm - 6.45pm  
  3/2 (7wks) $91; 20/4 (9wks) $117

- Yoga: Hatha
  Suitable for all levels.
  **Bowen Street**: Wed 6.30pm - 7.30pm  
  5/2 (8wks) $136; 15/4 (11wks) $187

- Yoga: Hatha Continuing
  **Ashburton**: Mon 9.30am - 10.30am  
  3/2 (7wks) $105; 20/4 (9wks) $135
  **Ashburton**: Thu 9.30am - 10.30am  
  28/1 (9wks) $135; 14/4 (11wks) $165

- Yoga: Slow Flow
  **Ashburton**: Thu 9.30am - 10.30am  
  30/01 (9wks) $135; 16/4 (11wks) $165

- Yoga: Slow
  Poses are modified to adapt to your body. Suitable for all levels.
  **Hawthorn**: Thu 6.30pm - 7.30pm  
  30/1 (10wks) $142; 16/4 (11wks) $156

- Yoga: Yin
  **Ashburton**: Thu 10.45am - 11.45am  
  30/01 (9wks) $135; 16/4 (11wks) $165

- Yoga: Yin & Flow
  **Trentwood**: Tue 6.30pm - 7.30pm  
  28/1 (9wks) $109; 21/4 (11wks) $120

- Yoga with Meditation, Pranayama and Relaxation Techniques
  **Alamein**: Thu 9.30am - 11am  
  6/2 (8wks) $152; 23/4 (9wks) $171

- Yoga and Pilates Combo
  **Ashburton**: Tue 2pm - 3pm  
  28/1 (9wks) $135; 14/4 (11wks) $165

- Your Healthy Spine
  **Ashburton**: Wed 12pm - 1.30pm  
  29/1 (9wks) $135; 15/4 (11wks) $165
  **Ashburton**: Thu 7.30pm - 9pm  
  30/1 (9wks) $135; 16/4 (11wks) $165

- Zumba Gold
  Fabulous dance-fitness for active, older adults.
  **Balwyn**: Wed 9.30am - 10.15am  
  5/2 (8wks) $122.50; 22/4 (10wks) $152.50
  Wed 6.30pm - 7.15pm
  5/2 (8wks) $122.50; 22/4 (10wks) $152.50

ROOM HIRE

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

**Ashburton Community Centre**
Our modern centre has rooms and a registered kitchen suitable for classes, workshops and meetings for community, not-for-profit and commercial businesses. Visit our www.ashburtoncc.org.au for more details.

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

**Bowen Street Community Centre**
Camberwell
Meeting and party rooms available. For virtual tour of facilities and details - www.bowenstreet.org.au

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

**Craig Family Centre**
Rooms suitable for meetings, seminars and parties. Special rates for not-for-profit organisations.

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

**Surrey Hills Neighbourhood Centre**
We offer equipped kitchens, alfresco dining and outdoor areas for all your party, meeting, workshop and seminar needs.

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