

# Discover Learn Connect





COURSES & ACTIVITIES @ **CANTERBURY NEIGHBOURHOOD CENTRE**



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**Canterbury  
Neighbourhood  
Centre**

# Sustainability



## Acting Sustainably #Where do I start?

This evidence-based program presented by technical experts explores best environmental practice that can be applied now for a more sustainable lifestyle. Presented on the third Wednesday of each month, we discuss a variety of topics that influence carbon emissions, energy and water usage, transport, gardening and food production.

## Water, water everywhere

Consider the different types of water that comes into an urban property and how each can be used, reused or reduced appropriately to make best use of the available water. Wednesday 6pm – 8pm  
19th Feb (1wk) \$20

## People have the power

Discuss alternative sources of energy commonly used in homes and consider the main ways in which we can decrease usage.  
Wednesday 6pm – 8pm 18th March (1wk) \$20

## How green is my garden

Learn how to garden without pesticides and create bee and insect friendly gardens.  
Wednesday 6pm – 8pm 15th April (1wk) \$20

# Gardening

## Small Seeds – Wicking Bed design

Wicking beds are an increasingly popular way to grow vegetables. Learn how to design and construct your own wicking bed in this 2 hour presentation.  
Wednesday 11th March 10am – 12pm \$20

## Small Seeds – Autumn in my garden

Discover what to plant and how to rejuvenate your garden in autumn. Presented by a local landscape designer and followed by afternoon tea.  
Tuesday 3rd March 1.30pm – 2.30pm Free



2020 – T1 @ Canterbury Neighbourhood Centre

# The Arts

## Nature In Art

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world. Beginners welcome.  
Monday 9.30am – 12pm or 12.30pm – 3pm  
Starts 3rd Feb (7wks) \$196

## Watercolour

Explore a range of mediums and techniques in this small class with our experienced and talented artist Deb Mawdsley. Suitable for beginners to advanced.  
Tuesday 9.30am – 11.30am or 12.45pm – 2.45pm  
Starts Tuesday 4th Feb (8wks) \$208

## Creative Drawing

Using graphite, charcoal, pens and watercolour this class will break down techniques of drawing. Emphasis is placed equally on what the eye sees, expression, description and the pleasure of making. Suitable for beginners to advanced.  
Wednesday 10am – 12pm Starts 5th Feb (8wks) \$208



## Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Some storage is available between classes. Suitable for all levels.  
Tuesday 9.45am – 12.45pm or 12.45pm – 3.45pm  
Starts 4th Feb (8wks) \$244

# Children

## Playgroup – structured

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Children under 12 months free.  
Monday and Tuesday 9.30am – 11.30am  
Monday starts 3rd Feb (6wks) \$93  
Tuesday starts 4th Feb (8wks) \$124

## Young Superstars – acting for children (3–4yrs)

Learning the basics of acting, children will go on a journey to outer space and a pirate island.  
Friday 9.30am – 10.30am Starts 28th Feb (1wk) \$25

## Drama Basics for Children (5–7yrs)

Children will learn the basics of drama to be able to go on to put together several short performances. Focusing on character, storytelling and music.  
Wednesday 4pm – 5pm Starts 5th Feb (8wks) \$160

## Clay Play-Hand Built Ceramics for Children (8–12yrs)

Have fun learning about ceramics and sculpture as you make creative artworks in clay. Students will learn a range of hand building techniques to make sculptures, pots and other objects. They will learn about working with clay and develop skills through structured activities and creative projects. Activities are age appropriate and focus on creativity, experimentation and having fun. Students will complete several projects and some artworks will be kiln fired and glazed. Materials included.  
Wednesday 4.15pm – 5.45pm Starts 19th Feb (6wk) \$186



## Language

### French for absolute beginners

Friday 10am – 12pm  
Starts 7th Feb (8wks) \$192

### French beginners plus (18+mths exp)

Tuesday 1.15pm – 3.15pm  
Starts 4th Feb (8wks) \$192

### French intermediate (2yrs exp)

Monday 1pm – 3pm  
Starts 3rd Feb (7wks) \$168

### French advanced (4+yrs exp)

Monday 10.45am – 12.45pm  
Starts 3rd Feb (7wks) \$168

### Italian absolute beginners

Friday 9.30am – 11.30am  
Starts 7th Feb (8wks) \$192

### Italian beginners (6mths exp)

Thursday 12.30pm – 2.30pm  
Starts 6th Feb (8wks) \$192

### Italian beginners (12mths+ exp)

Thursday 9.45am – 11.45am  
Starts 6th Feb (8wks) \$192

### Italian beginners (2yrs exp)

Wednesday 3pm – 5pm  
Starts 5th Feb (8wks) \$192

### Italian intermediate (3yrs+ exp)

Wednesday 12.45pm – 2.45pm  
Starts 5th Feb (8wks) \$192

### Italian intermediate (2yrs exp)

Thursday 12.20pm – 2.20pm  
Starts 6th Feb (8wks) \$192

### Italian advanced

Thursday 10am – 12pm  
Starts 6th Feb (8wks) \$192

### Italian advanced- Language & Conversation (6yrs+ exp)

Wednesday 9.30am – 11.30am  
Starts 5th Feb (8wks) \$192

### Spanish absolute beginners

Monday 1pm – 3pm  
Starts 3rd Feb (7wks) \$168

### Spanish intermediate (6mths+ exp)

Monday 10.30am – 12.30pm  
Starts 3rd Feb (7wks) \$168

## Literature

### Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference!

Call CNC for further details.

1st Tuesday/month 10am – 11am

2nd Tuesday/month 2.30pm – 3.30pm

## Cooking

### Chinese Dumplings for Lunch

Learn how to make Chinese dumplings for a simple meal. Class includes selection of ingredients, preparation and cooking, followed by sharing a meal with fellow students. You will learn how to make meat and vegetarian dumplings with gluten free options.  
Wednesday 10.30am – 12.30pm  
Starts 26th Feb (1wk) \$75

### Asian grocery shopping

Would you like to confidently walk into an Asian style store to make your gourmet purchase? Ruby will take you shopping at a local Asian supermarket and explain what's what. Students will be encouraged to have morning tea afterwards to continue discussions about their delicious purchases.

Wednesday 10am – 11.30pm  
Starts 4th March (1wk) \$20 (\$15 for members)



## Technology

### Get online

New to the world of digital technology, or just wanting to improve your skills? This is the perfect class for you. Learn the essentials of how to use computers, smartphones and accessing the internet.

### Setting up and managing Facebook securely

Tuesday 9.30am – 11.30am  
Starts 4th Feb (1wk) \$10

### Sending and receiving text messages

Tuesday 9.30am – 11.30am  
Starts 18th Feb (1wk) \$10

### Managing overseas smart phone use while travelling

Tuesday 9.30am – 11.30am  
Starts 3rd March (1wk) \$10

### Using a Smart Phone Camera

Tuesday 9.30am – 11.30am  
Starts 17th March (1wk) \$10



## What people say about our classes

What a terrific experience I had at Wednesday's dumpling making class. It was very professionally run and I learned heaps.

Ruby is a delightful teacher and presenter, and was great with the hands on part of the class.

Her class notes were outstanding and super professional.

Thank you so much.

## Meet Terry

### Our Nature in Art Tutor



Terry is a trained art teacher with much experience as a wildlife and botanical artist. He is a long time member of the Botanical Illustrators group at the Royal Botanical Gardens and has exhibited at their bi-annual Art of Botanical Illustration exhibition for most of its history. His much sought after paintings can be found in homes around Australia and around the world, and are in prominent Botanical Art collections including at The State Collection at the Royal Botanical Gardens Melbourne, The Gardens of Government House Melbourne Florilegium at the State Library, and The Permanent Collection at RMIT University. In 2010 Terry was awarded the Celia Rosser Medal for his contribution to Botanical art and teaching.

**Terry has been a valued tutor at CNC for almost 20 years. His two Nature in Art classes are consistently full with many of the students having participated for a decade or more. In April – May 2020 our Nature in Art students will exhibit their works under Terry's guidance at Boroondara's Town Hall Gallery.**

# Fitness



## Silver Sneakers

Incorporating strength training using lightweight equipment and body movement to increase muscle strength, this program is led by a skilled personal trainer. Each session includes morning tea and handouts for follow-up exercises at home. Each month guest speakers will present topics such as nutrition and managing specific health issues. Thursday 9.30am – 10.30am Starts 6th Feb (8wks) \$136

## Strength and wellbeing for men

With a focus on strength and weight training to build muscle and maintain or improve mobility, this program is tailored specifically to men's needs. Each month a speaker will present topics such as nutrition, pain management, falls prevention, osteoarthritis and self-help strategies. Friday 10.45am – 11.45am Starts 7th Feb (8wk) \$136

**Two for One offer. Enrol with a friend in either the Silver Sneakers or the Strength and Wellbeing for men class and you both pay half price.**

## Pink Ribbon Pilates

Endorsed by the National Breast Cancer Foundation, the Pink Ribbon Program was created to enhance recovery for breast cancer patients. Utilising pilates this program helps stretch and strengthen shoulder, chest and back allowing the patient to improve range of motion and strength to those areas most affected by breast cancer surgery, treatment and reconstruction. Doctor's clearance required. Monday 10.45am – 11.45am Starts 3rd Feb (7wks) \$126

## Buff bones for osteoporosis

A pilates-based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises. Monday 9.30am – 10.30am Starts 3rd Feb (7wks) \$119 Thursday 9.30am – 10.30am Starts 6th Feb (8wks) \$136

## Dance Latino Style

These classes offer a variety of Latino styles such as Salsa, Samba, Cha Cha, Rumba among others. The movements are gentle and adapted to suit all sizes and ages and does not involve partner work. It promotes fitness, focus and confidence. No experience necessary. Tuesday 10.45am – 11.45am Starts 4th Feb (8wks) \$128

## Fun fitness for the brain and body – Ageless Grace

An uplifting holistic program for wellbeing, beneficial for stress and anxiety relief, memory retention, coordination and balance, and promotes creativity. Suitable for all ages and abilities who are interested in maintaining their brain health. Friday 10am – 10.45am Starts 7th Feb (8wks) \$128

## Pilates for flexibility

Improve your posture through correct alignment. Flexibility and strength will be a focus of the class with a variety of different pilates props including therabands, franklin balls and pilates rings. Suited to all ages and levels of mobility. Thursday 10.45am – 11.45am Starts 6th Feb (8wks) \$136

## Tai Chi

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing. *Beginners* Friday 10.45am – 12pm Starts 7th Feb (8wks) \$128

## Walking groups

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury. Ending with a coffee at one of our local cafes.

*Fast pace* Thursday 9.30am – 11am Starts 6th Feb. Free for CNC members  
*Gentle pace* Thursday 10am – 11am Starts 6th Feb. Free for CNC members

## South Melbourne Walking Tour

Join us for a leisurely stroll around South Melbourne. We will visit Coventry Bookstore, The Australian Tapestry Workshop, Emerald Hill Branch Library and South Melbourne Market, walking along some interesting and historic streets. Friday 11am – 1pm Starts 13th March (1wk) \$15 for CNC members \$20 non-members

## Yoga (Beginners to experienced)

Hatha yoga uses gentle stretching techniques to release tension, increase flexibility and create a sense of calm. Monday 9.30am – 10.30am Starts 3rd Feb (7 wks) \$98 Tuesday 9.30am – 10.30am Starts 4th Feb (8wks) \$112

## Yoga – Chair Based

Strengthen and stretch your body while being comfortably supported by a chair, includes breath work, short meditations and seated relaxations. Suited to low mobility. Monday 10.45am – 11.45am Starts 3rd Feb (7wks) \$98

**Can't find the class you're looking for? Why not look at Surrey Hills Neighbourhood Centre for even more classes, including:**

- Soy candle making
- Japanese calligraph
- Japanese ink painting
- Kombucha

**For more details visit [www.surreyhillscnc.org.au](http://www.surreyhillscnc.org.au)**

## How to book

Canterbury Neighbourhood Centre

**In person:** 1st floor

2 Rochester Road, Canterbury

**Phone:** 9830 4214

**Email:** [office@canterburynh.org.au](mailto:office@canterburynh.org.au)

**Please note:** Fees must be paid in full at the time of booking. Classes will only run with enough bookings. A full refund will be provided if a class is cancelled. Refunds will not be given once classes commence unless there are exceptional circumstances. Course information is correct at time of printing but may change.

**Become a member:** Canterbury Neighbourhood Centre is not for profit and community led. Membership is required for ongoing term based courses which helps support our work.



**Canterbury Neighbourhood Centre**

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