



**Canterbury & Surrey Hills Neighbourhood Centres** are two separate community houses but both with very common links. Just a fifteen minute walk from each other, they can open to you a world of new experiences, new friendships, interests, community activities and courses for all age groups. Together they will LINC you to other people and a whole new way of enjoying life.

# LINC

LOCAL INCLUSIVE NEIGHBOURHOOD CENTRES

**Courses @ CANTERBURY NEIGHBOURHOOD CENTRE & SURREY HILLS NEIGHBOURHOOD CENTRE**



## What's on...

**2017**  
APRIL TO  
JULY

- **Languages – all levels!**  
French, Italian, Spanish, Mandarin
- **Art & textiles**
- **Bike riding, yoga & laughter**
- **School holiday activities**
- **Playgroups**
- **Screen Printing**
- **Literature**
- **Ukulele lessons**
- **Card & scrabble groups**

## Events...

**Neighbourhood House Week 8-14 May**  
**Surrey Hills Neighbourhood Centre Volunteer Appreciation Lunch 14 July**



# learning • inspiring • nurturing • connecting...

## CHILDREN'S & TEEN | HOLIDAY ACTIVITIES

### Code it Yourself Club SHNC

CIY Club is all about children coming along and learning with others to create projects at their own pace. Learn the skills to take you on the pathways of coding, websites, 3D printing, game development and more. Taking expressions of interest.

### Creative Dance & Movement SHNC

Have fun with movement and music. Run by an experienced dance and yoga teacher.

#### Toddler class (parents in attendance):

Friday 10am - 10.45am

**3-5 year old class:** Friday 11am - 11.45am

**5-9 year old class:** Monday 4pm - 4.45pm

\$15 per class, paid by term.

Starts 24 April.

### Playgroups – Parent Led (0 - 5 years) SHNC

Fun playgroup activities for children with their parents or carers.

Tuesday, Thursday or Friday 9.30am - 11.30am

Tuesday starts 18 April (10 wks) \$50

Thursday starts 20 April (11 wks) \$55

Friday starts 21 April (11 wks) \$55

### Structured Playgroup CNC

Facilitated by our early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music.

Parents and Grandparents are welcome.

Monday and Tuesday 9.30am - 11.30am

Mondays starts 24 April (9 wks) \$117

Tuesdays starts 18 April (10 wks) \$130

### Young Engineers Lego Club – After school program

SHNC **NEW**

A hands-on after school program where students build machines, buildings, vehicles and other structures out of Lego, using one-of-a-kind model plans designed by Bricks 4 Kidz.

Thursdays 4pm - 5pm

Starts 27 April (5 wks) \$70

## School Holiday Activities

### Bat League Heroes and Villains Lego Workshop SHNC **NEW**

Join Bricks 4 Kidz®, the world's leading provider of educational play using LEGO®, for an exciting holiday program themed around the latest movie release. Children will build models of all of their favourite Bat characters in a fun and engaging program.

Suitable for children 6 - 13 years

Monday 10 April 9.30am - 12.30pm

(1 session) \$40 or \$35 if enrolling more than one.

### Cactus Fun Workshop SHNC **NEW**

Choose from colourful recycled materials to create a gorgeous hand stitched cactus.

Suitable for children 8 - 12 years

Tuesday 11 April 9.30am - 12.30pm (1 session)

\$55 or \$50 if enrolling more than one.

## COMMUNITY | GARDENING

### Community Activities

#### Charity Knitting Group SHNC

Knit to help others in need.

Monday 7pm - 9pm starts 24 April

Free with SHNC membership.

#### Community Mini Library CNC

Canterbury Neighbourhood Centre has a mini library. Share books and DVDs on an honour system. Donations of books for our library are very welcome. Drop in to the Centre for more details.

#### Drop in Morning Tea SHNC

Join us for morning tea and conversation.

Monday 9.30am - 11.30am

Starts 24 April, \$3 per session.

#### Men's Discussion Group SHNC

Come and join this engaging group to share your views about current events or other topics over morning tea.

Friday 9.30am - 11.30am fortnightly

Starts 21 April, \$4.50 per session

#### Yooralla Gardening Group SHNC

Participants from Yooralla look after the garden at Surrey Hills Neighbourhood Centre on Thursday mornings.

## In the Garden

### Growing Organic Food for Busy People SHNC **NEW**

Do you want to grow your own organic food but don't have enough hours in the day? Come along to this two hour presentation and receive practical tips on high production/low maintenance food plants, perennial versus annual food plants, sprouts and microgreens for a quick harvest and turning a polystyrene box into a wicking box.

Sunday 14 May 10am - 12pm

\$40/\$35 SHNC members

### Kokedama Balls SHNC

The new alternative to bonsai, kokedama balls are becoming hugely popular for indoor and outdoor decoration. Learn how to make these fabulous hanging plants, grown in a ball of moss. Be prepared to get your hands dirty in this hands on class. Participants will make two kokedama balls (if time permits) and learn how to care for them.

Friday 2 June 7pm - 9pm

\$80/\$70 SHNC members



The most enjoyable and stimulating class, the interaction between teacher and students is inspiring.

#### CNC Literature Class



"I learnt far more than I ever learnt in school and I now feel I can control my painting"

#### CNC Watercolor Class



#### Courses @

Canterbury Neighbourhood Centre & Surrey Hills Neighbourhood Centre  
April – July 2017

## Textiles & Furniture

### Sewing for Beginners SHNC **NEW**

Learn the basics of sewing, how to use your own sewing machine and different stitches.

Monday fortnightly 1pm - 3pm  
Starts 1 May (4 wks) \$80

### Stitch & Chat SHNC

Bring your sewing and enjoy making new friends. Afternoon tea provided by members on a rotating basis.

Monday fortnightly 1.30pm - 3.30pm  
Starts 24 April \$4.50 per session

### Upholstery & Soft Furnishing CNC

Recreate or reinvigorate that tired piece of furniture. Create your own bolsters, bean bags and cushions. Suitable for beginners to advanced. Onsite parking and storage is available between classes. Places are limited.

Tuesday 9.45am - 12.45pm or  
Tuesday 12.45pm - 3.45pm  
Starts 18 April (9 wks) \$261

### Screen Printing Workshop SHNC **NEW**

Learn how to make your own screen printing tool and use basic printing skills to print your own bag or tea towel.

Saturday 6 May 1pm - 4pm  
\$70/\$60 SHNC members



I had always wanted to learn an instrument, but never had the opportunity nor the time – so when I saw the ukulele class running at my local centre, I decided I would sign up and learn.

I am no virtuoso, but I completely enjoy myself.

**SHNC Ukulele Class**



## Music & Movies

### African Drumming CNC **NEW**

Covering a variety of rhythms and techniques, this class will immerse you in the rich and vibrant culture of West Africa through drumming! Relax, have fun, and make friends. Includes drum hire.

Classes held at Canterbury Guide Hall.  
Thursday 7pm - 8pm  
Starts 27 April (8 wks) \$176

### Classical Music Appreciation SHNC

This Classical Music Appreciation session will provide an oasis of enjoyment. After a brief introduction, the presenter will play the music and lead a discussion with group participants.

4th Wednesday 7.30pm - 9.30pm  
Starts 26 April, \$4.50 per session

### Foreign Films & Discussion SHNC

Enjoy a foreign film followed by a discussion and nibbles.  
3rd Wednesday 7.30pm - 10.30pm  
Starts 19 April, \$10 per session

### Ukulele Beginners SHNC

This beginners group will start with the basics: correct hold, learning to strum, numbers fingers, fingerpicking and how to play along with others.

Tuesday 7pm - 8pm  
Starts 18 April (10 wks) \$150

### Ukulele Ongoing SHNC

This class continues on from the beginner's class and is open to others with some experience.

Wednesday 12.15pm - 1.15pm or  
Wednesday 1.30pm - 2.30pm or  
Wednesday 2.45pm - 3.45pm  
Starts 19 April (11 wks) \$155

## Cooking

### Somali Cooking Demonstration SHNC

Learn about Somali cooking, followed by a cooking demonstration and food tasting.

Friday 12 May 7pm - 9pm  
\$80/\$70 SHNC members

### Bento Box Lunch Workshop SHNC

Enjoy this fun class learning from Chef Tamaki as she guides you in making the components of a traditional Bento Box.

Sunday 18 June 10am - 1pm  
\$80/\$70 SHNC members

## Visual Art

### Acrylic Painting SHNC

Teaching beginner to advanced levels. Each week, Velda, a local artist, introduces a new technique, subject or challenge to extend your painting.

Monday 1pm - 3pm  
Starts 24 April (9 wks) \$162

### Drawing SHNC

Drawing skills can be a great introduction to other art mediums. This class is suitable for beginners and those wanting to expand their repertoire.

Tuesday 2.30pm - 4.30pm  
Starts 18 April (10 wks) \$180

### Nature in Art CNC

Renowned botanical artist Terry Napier will guide you in using specific watercolour techniques to illustrate the natural and botanical world. Small friendly classes allow for individual attention, inspiration and encouragement.

Monday 9.30am - 12pm or  
Monday 12.30pm - 3pm  
Starts 1 May (8 wks) \$208

### Watercolour Painting SHNC

This class is taught by a local experienced painter of various art media. Students explore a variety of techniques applied.

Wednesday 10am - 12pm or  
Wednesday 1pm - 3pm  
Starts 19 April (11 wks) \$198

### Watercolour CNC

This small welcoming class is lead by an experienced artist. Explore a range of mediums and techniques.

Tuesday 9.30am - 11.30am or  
Tuesday 12.45pm - 2.45pm  
Starts 18 April (8 wks) \$192



# • Inclusive • Neighbourhood • Centres

THE ARTS – LITERATURE & HISTORY | GROUPS, HOBBIES & GENERAL INTERESTS

## The Arts – Literature & History

### Family History Collections SHNC

In this practical workshop you will learn how to organise and care for your family collection of documents, photos and treasures in a way that will preserve them for future generations. Thursday fortnightly 2pm - 4pm Starts 20 April, gold coin donation with SHNC membership.

### Heritage Collection SHNC

Volunteers curating local items of heritage value: viewed Mondays. Monday 10am - 3pm during term dates. Free with SHNC membership.

### Historical Society SHNC

Group meets to learn about various local history themes, with guest presenters. Visitors most welcome. 3rd Tuesday 8pm - 10pm Starts 18 April, \$4.50 per session

### Literature CNC

This stimulating class explores a range of media from classic to modern from a range of literary, philosophical and other perspectives. Wednesday 1pm - 3pm Starts 3 May (6 wks) \$132

### What Every Writer Needs CNC NEW

*Talent without knowledge is not enough.* Learn about the fundamentals of good writing, including editing and proof-reading skills; creating a point of view; sentence structure; grammatical issues; and an appraisal of how words work. Essential for writers of fiction and non-fiction. Tuesday 10am - 12pm Starts 2 May (6 wks) \$132

### Writing Life CNC

*We don't remember days we remember moments.* These structured lessons will inspire and guide you in capturing your stories of life and precious memories. Tuesday 10am - 12pm \$198 Starts 18 April (9 wks)

## Come & try sessions @ CNC & SHNC

Not sure if a course is right for you? Come and try sessions are available where there are vacancies in a class at the cost of a single lesson. Call CNC or SHNC to arrange a session. Don't worry if you've missed the start date – you can start most classes during term!

## Group, Hobbies & General Interests

### Armchair Travel SHNC

Broaden your horizons from the comfort of the SHNC! Explore historic and exotic sights from around the world. Learn about the history and culture from different guest speakers. 4th Tuesday bi-monthly 1.30pm - 3pm Starts 27 June, \$4.50 per session with SHNC membership

### Book Circles – Maling Road & Bellevue CNC

Coffee shop meetings for lively discussion on books, films and community activities and events. Book clubs with a real difference! Call CNC for further details.

### Maling Road NEW GROUP

1st Tuesday of each month 10am - 11am Free with CNC membership

### Maling Road

2nd Tuesday of each month 10am - 11am Free with CNC membership

### Bellevue

3rd Tuesday of each month 10am - 11am Free with CNC membership

### Book Groups SHNC

Share your pleasure of reading with other like-minded people. 4th Tuesday 7pm - 8.30pm Starts 23 May, \$4.50 per session

### Florins SHNC

A women's social group meet fortnightly to chat and enjoy excursions. 2nd and 4th Thursday monthly 2pm - 4pm Starts 27 April, \$4.50 per session

### Mahjong (Western) SHNC

Join our enthusiastic group and experience the challenges of the Western version of this Chinese game. Friday 1.30pm - 4pm Starts 21 April, \$4.50 per session

### Scrabble SHNC

Enjoy the challenge of words. This friendly group welcomes new players – experienced or beginners. 1st, 3rd & 5th Tuesday 1pm - 4pm Starts 18 April, \$4.50 per session

## ROOM HIRE

**Surrey Hills Neighbourhood Centre The Chandler Room** is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area.

**The Cottage** is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops, seminars.

All facilities are wheelchair accessible.

Ring Surrey Hills Neighbourhood Centre now to book your next event.

LINC

# link with your community houses and experience life... lead

## HEALTH & WELLBEING

### Active Living 60 Plus SHNC

A friendly and inclusive class focusing on balance, stretch, strength and light cardio.  
Monday 8.45am - 9.45am  
Starts 24 April (9 wks) \$135

### Ageless Grace

A fun, seated exercise program to uplifting music, which is designed to focus on the healthy longevity of the body and mind. It is fun, playful and for people of all ages and abilities.

#### Surrey Hills

Monday 10am - 10.45am  
Starts 1 May (8 wks) \$120

#### Canterbury

Friday 10am - 10.45am  
Starts 28 April (9 wks) \$108

### Bike Riding Groups SHNC

Monday, Tuesday, Wednesday and Thursday mornings, free with SHNC membership.

### Buff Bones CNC

A full body workout for bone strengthening and balance, integrating Pilates, strength training, functional and rehabilitative exercises. Safe for those with osteoporosis. Please bring a yoga mat and a small towel.  
Monday 9.30am - 10.30  
Starts 24 April (9 wks) \$135

### Eating Clean CNC NEW

These unique workshops explore the essential elements of incorporating clean eating into your life. Topics include; the relationship between food and wellbeing; gut health; and navigating sugars and fats. Recipes, handouts and meal planning techniques are included, and there will be tastings each week.  
Friday 10am - 11.30am  
Starts 5 May (6 wks) \$180

### Hypnosis for Weight Loss and Wellbeing CNC NEW

Create a new you in these workshops encompassing the whole person; explore the mind body connection, emotional self, thought patterns and beliefs, and nutrition and physical activity to create a new authentic you and achieve your wellbeing goals.  
Monday 10.45am - 12.15  
Starts 1 May (6 wks) \$180

### Laughter Club SHNC

Laughter is a celebration of the human spirit. Laugh your way to improved physical, mental, emotional and spiritual wellbeing.  
Wednesday 8.30am - 8.50am  
Starts 19 April, free with SHNC membership.

### Mindfulness Based Stress Reduction Program SHNC

Learn and practice living in the present and coping better with everyday life stressors. Participants will purchase a book with CD to use in daily practice. Led by qualified psychologists.  
Thursday 7pm - 9pm  
Starts 27 April (8 wks) \$220

### My Ideal Self CNC

Is it time for you to take new action to rediscover yourself, your passion, your inner strength? Explore the possibilities in overcoming your fears and limiting beliefs.  
Wednesday 6.30pm - 8.30pm  
Starts May 3 (5 sessions) \$175  
Friday 10.30am - 12.30pm  
Starts 5 May (5 sessions) \$175

### Pilates SHNC

Strengthen deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and an increased sense of wellbeing.  
Monday 10am - 11am  
Starts 24 April (9 wks) \$135  
Thursday 6pm - 7pm  
Starts 20 April (11 wks) \$155

### Qigong SHNC

Therapeutic form of Tai Chi involving low impact meditative exercise.  
Wednesday 10am - 11.15am  
Starts 19 April (11 wks) \$8 per session

### Strength Training SHNC

Facilitated by YMCA instructors: exercise core muscles using weights. Suitable for all ages.  
Monday, Wednesday and Friday 8.15am - 9.15am  
Tuesday and Thursday 7.15pm - 8.15pm  
Tuesday and Friday 12.30pm - 1.30pm  
\$5 per class (over 65 years)  
\$7 per class (under 65 years) paid by term

### Tai Chi – Self directed SHNC

Tuesday, Thursday and Friday 8.15am - 9am (ongoing)  
\$25/single weekly session or \$45/multiple weekly sessions.

### Tai Chi – Extended instructional SHNC

Relax the body and focus the mind with gentle exercises based on Beijing 24 style of Tai Chi. Suitable for all ages.  
Wednesday 8.50am - 9.50am  
Starts 19 April (9 wks) \$135

### Table Tennis SHNC

Enjoy friendly social table tennis.  
Thursday 1.30pm - 3pm  
Starts 20 April, \$4.50 per session

### Walking Groups SHNC

Enjoy a medium paced walk around the neighbourhood and a coffee along the way!  
Monday 9am - 10.30am Starts 24 April  
Friday 8.30am - 10.30am Starts 21 April  
Free with SHNC membership.

### Walk and Talk CNC

Get fit and make friends. Enjoy an hour's brisk walk through the streets and gardens of Canterbury followed by a well-deserved cuppa and chat.  
Thursday 9.30am Starts 20 April  
Free with CNC membership.

### Yoga – Gentle CNC

A gentle approach towards Hatha Yoga, incorporating stretching and strengthening techniques. Release tension, increase flexibility, establish a sense of calm and optimise health and wellbeing. Bring a yoga mat and a small blanket or pillow for under your knees.  
Tuesday 9.30am - 10.30am  
Starts 18 April (9 wks) \$108

### Yoga – Chair Based CNC NEW

Chair yoga offers a gentle, relaxing and refreshing approach to yoga practice. Seated on a chair and standing with the assistance of a chair allows students to experience hatha yoga in a safe, friendly environment. Breath work, short meditations and seated relaxations included.  
Tuesday 10.45am - 11.45am  
Starts 18 April (9 wks) \$108

### Yoga SHNC

Enjoy the benefits of hatha yoga. Ranging from beginner to experienced. Contact Surrey Hills NC for further details.  
Monday 7.30pm - 8.30pm  
Starts 24 April (9 wks) \$135  
Wednesday 5.45pm - 6.45pm  
Starts 19 April (11 wks) \$155  
Thursday 9.30am - 10.30am  
Starts 20 April (10 wks) \$150

### Younger Onset Dementia Exercise Program SHNC NEW

A strength-based exercise program that supports the person with dementia and their carer. Thursdays 12pm - 1pm  
Starts 4 May  
Contact SHNC for further information



LANGUAGES

**French Absolute Beginners** CNC

This class offers individual attention to begin your French language journey. Suitable for travelers or those who want to re-engage with French. No prior experience is required.  
Friday 1pm - 3pm  
Starts 21 April (9 wks) \$198

**French Beginners** CNC

This class will further develop your skills in reading, writing and speaking French. Six plus months experience  
Tuesday 1.15pm - 3.15pm  
Starts 18 April (9 wks) \$198

**French Intermediate** CNC

Challenge your grammar and language skills using your previous knowledge. 12 months experience preferred.  
Monday 1pm - 3pm \$198  
Starts 24 April (9 wks)

**French Intermediate** CNC

Continue to improve your language skills with more challenging written and oral French. 18+ months experience  
Monday 7pm - 9pm  
Starts 24 April (9 wks) \$198

**French Advanced** CNC

An interesting and practical course allowing you to practice your conversational skills while continuing to develop grammatical concepts. Four plus years' experience  
Monday 10.45am - 12.45pm  
Starts 24 April (9 wks) \$198

**French Conversation Intermediate to Advanced** CNC

Practical and entertaining, this social class focuses on conversation through discussing everyday situations using text, audio and visual materials to explore French language and culture. Three plus years experience  
Friday 10.30am - 12.30pm  
Starts 21 April (9 wks) \$198

**French VCE – Year 11 & 12** CNC

Our French tutor works with each student to prepare for VCE exams. A small group with individual attention and lots of practice.  
Monday 4.30pm - 6pm  
Starts 24 April (9 wks) \$180

**Italian Absolute Beginners** CNC **NEW**

This class is for absolute beginners learning basic grammar, conversation and comprehension of the Italian language. Suitable for travellers. No experience necessary.  
Thursday 12.30pm - 2.30pm  
Starts 20 April (9 wks) \$198

**Italian for Beginners** CNC

Builds on basic grammar, conversation and comprehension for those with some six plus months exposure to the Italian language.  
Thursday 9.45am - 11.45am  
Starts 20 April (9 wks) \$198

**Italian for Beginners** CNC

Enhancing conversation, grammar and comprehension of the Italian language for more advanced beginners. 12 months experience  
Wednesday 3pm - 5pm  
Starts 19 April (9 wks) \$198

**Italian – Intermediate** CNC

Italian for travel and pleasure, conversation and grammar for those with an intermediate level of language. 12 plus months experience  
Wednesday 12.45pm - 2.45pm  
Starts 19 April (9 wks) \$198

**Italian – Intermediate** CNC

Increase your knowledge and continue learning to speak, read and write Italian. A practical course relating to everyday situations. Two years' experience  
Thursday 12.20pm - 2.20pm  
Starts 20 April (9 wks) \$198

**Italian Advanced Conversation** CNC

Concentrating on conversation and writing with revision of grammar. Four-five years' experience  
Thursday 10am - 12pm  
Starts 20 April (9 wks) \$198

**Italian Advanced Language & Conversation** CNC

Refine grammar and ideas, discuss issues, and write in a range of genres. Six plus years experience  
Wednesday 9.30am - 11.30am  
Starts 19 April (9 wks) \$198

**Mandarin for Beginners** CNC

Our very experienced, native speaking Mandarin tutor will introduce spoken and written Mandarin for those with little or no experience in this language.  
Monday 7pm - 8.30pm  
Starts 24 April (9 wks) \$180

**Spanish for Beginners** CNC

For those with little or no previous experience with the Spanish language. A great class for travellers or students.  
Monday 1pm - 3pm  
Starts 24 April (9 wks) \$198

**Spanish Beginners** CNC

This class builds on conversation, grammar and written language. Six plus months experience  
Monday 10.30am - 12.30pm  
Starts 24 April (9 wks) \$198

**Canterbury Neighbourhood Centre & Surrey Hills Neighbourhood Centre Classes**

Classes will only run with sufficient enrolment. Refunds will not be given once classes commence without a medical certificate or where there are exceptional circumstances. A full refund will be provided if a class is cancelled by either of the two Centres.

**Fees and enrolments**

Class fees must be paid in full at the time of booking. Course times and classes are correct at the time of printing and are subject to occasional changes at the discretion of management.

**Memberships**

People who participate in Canterbury or Surrey Hills programs must be a member of that Centre at the time of enrolment. The membership fee for each organisation is \$15. Canterbury and Surrey Hills Neighbourhood Centres have a reciprocal arrangement where the annual membership fee will be discounted to \$10 if you are already a member of the other Centre. For more information about respective memberships, please enquire with either Canterbury or Surrey Hills Neighbourhood Centre.



Neighbourhood Houses  
Boroondara