



LINK

LOCAL INCLUSIVE NEIGHBOURHOOD CENTRES

The latest courses, events and activities at your two local neighbourhood centres in Canterbury and Surrey Hills.



Events

Surrey Hills Anzac Dawn Service
Monday 25 April, 6am to 7.30am

Canterbury Conversations
Tuesday 7 May, 6.30pm to 8pm
Wednesday 8 May, 10am to 11.30am

Open House – Canterbury Neighbourhood Centre
Wednesday 15 May, 10.30am to 2.30pm

SHNC Pop Up – Tastes and Treasures @ Trinity
Saturday 18 May, 9am to 1pm

What's new

- Acrylic jewellery
- Children's books that adults will love
- The fiction factory
- Floral ink painting
- The fundamentals of fashion design
- Writing for pleasure



What's on

workshops courses & events

Children and families

Play Music **C** **NEW**

Research-based, award-winning music program bringing together children and older adults through music and play. Structured 45-minute session followed by morning tea and free play.

Friday 10.30am to noon
Starts 3 May (8wks), \$120

The Fiction Factory **C** **NEW**

Designed to enhance children's imaginations, includes a mix of active and passive drama-based activities, using body strengthening poses and aerobic movements.

Suitable for older toddlers to pre-schoolers.

Thursday 10am to 10.45am
Free 'come and try' session on
Thursday 2 May (booking essential)
Term starts 9 May (8wks), \$120

Playgroup - structured **C**

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

Parents, grandparents or carers are welcome.
Monday and Tuesday 9.30am to 11.30am
Monday starts 29 April (8wks), \$112
Tuesday starts 30 April (9wks), \$126

Playgroup - parent led (0-5 years) **S**

Fun playgroup activities for children and their parents, grandparents or carers.

Thursday and Friday 9.30am to 11.30am
Starts 2 May (9wks) \$45 and
26 April (10wks), \$50

Fashion and style

Embracing your personal style **S** **NEW**

Feel confident with your style. Learn tips and tricks to elevate your everyday outfits. Discover key trends for the next season and how to inject them into your wardrobe in an affordable and sustainable way.

Sunday 19 May, 2pm to 4pm
\$50 / \$40 (SHNC member)

The art of acrylic: jewellery workshop **S** **NEW**

Create unique earrings and necklaces using acrylic in this fun workshop. Use a colourful and quirky range of pre-cut acrylic shapes, forms and patterns. All participants will create at least two pairs of earrings and a necklace. Includes all materials and a glass of bubbles!

Friday 24 May, 7pm to 9pm
\$75 / \$65 (SHNC members)

The fundamentals of fashion design **S** **NEW**

Develop your understanding of illustration for fashion design and construction. Includes proportion, figure development and composition, experimenting with materials and translating the illustration into a technical sketch for production. All materials provided including a sketchbook, grey lead pencils and fine liners to keep. Suitable for young people aged 12 to 18 years.

Saturday 2pm to 4pm
Starts 27 April (3wks), \$150
(includes all materials and equipment)

Creative pursuits

Surrey Hills Community Choir **S**

Sing your heart out at this friendly, fun and supportive choir. Suits all abilities.

Sunday 7pm to 8.30pm
Starts 28 April, (10wks), \$100

Ukulele **S**

Learn to play the ukulele with Des Mahoney. The most fun you can have with four strings!

Contact the centre if you are unsure about which level suits you.

Beginners

Wednesday 11.45am to 12.45am
Starts 24 April (9wks), \$144

Intermediate

Wednesday 1.30pm to 2.30pm
Starts 24 April (9wks), \$144

Advanced

Tuesday 7pm to 8pm
Starts 23 April (9wks), \$144
Wednesday 2.45pm to 3.45pm
Starts 24 April (9wks), \$144

Creating connections **S** **NEW**

Facilitated art group for people living with younger onset dementia (early stage).

Friday 2pm to 4pm, starts 10 May (8 wks)
Contact centre for further information.

Contemporary still life painting **S** **NEW**

Learn to paint still life in a bold, colourful and contemporary style inspired by Margaret Preston, Morandi, Cezanne and more. Observe form, colour and tone. Experiment with different techniques, styles and composition using acrylic paints. Suitable for beginners or those who would like to expand their skills. Starter kit available to purchase for beginners.

Saturday, 1.30pm to 4pm
Starts 8 June (4 wks), \$160

Drawing **S**

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 to 4.30pm
Starts 23 April (10wks), \$180

Floral ink painting **S** **NEW**

Suitable for all levels with a strong emphasis on Australian native plants. Learn how to experiment with texture in black and white.

You will select your favourite technique for the creation of a stunning background on which you will paint flowers. Includes all materials and a glass of bubbles!
Friday 3 May, 7pm to 9pm
\$75 / \$65 (SHNC members)

Mixed media for beginners **S** **NEW**

Release your inner creativity and explore a new medium including watercolour, drawing, collage and abstract.

Friday 2pm to 4pm
Starts 26 April (10wks), \$180

Nature in Art **C**

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

Monday 9.30am to 12pm or 12.30pm to 3pm
Starts 29 April (8wks), \$216

Creative pursuits

Painting in Acrylic and/or Gouache **S**

Join artist Jo Reitze and develop confidence and enjoyment from your painting. Jo provides topics each week which students can follow or select the subjects they prefer.

Monday 1pm to 3pm
Starts 29 April (8wks), \$144

Random weaving **S** **NEW**

Learn how to create a contemporary basket using a modern basketry technique. In this workshop you can create a basket or let your imagination go wild to create a garden sculpture. Includes all materials.

Sunday 16 June, 10am to 4pm, \$110 / \$100
SHNC member

Watercolour **C**

Beginners to advanced students encouraged to explore a range of mediums and techniques in this class with our experienced artist Deb Mawdsley.

Tuesday 9.30 to 11.30am or
12.45pm to 2.45pm
Starts 30 April (8wks), \$200

Watercolour painting **S**

This class is taught by an experienced local painter of different art media. Students can explore a variety of techniques.

Wednesday 10am to 12pm or 1pm to 3pm
Starts 24 April (10wks), \$180

Upholstery and soft furnishing **C**

Suitable for beginners to advanced. Create your own bolster, bean bag or cushion or reinvigorate that tired piece of furniture. Storage is available between classes. Places are limited.

Tuesday 9.45am to 12.45pm or
12.45pm to 3.45pm, starts 30 April (9wks), \$270

Community

Blokes in the kitchen **S**

Learn to prepare simple, delicious meals which you'll enjoy as a shared meal at the end of the class.

Friday 8am to noon
3 May, 31 May, 28 June \$20 per session

Charity knitting group **S**

Knit to help others in need. This group knits items for KOGO (Knit One, Give One).

Monday 7pm to 9pm
Starts 29 April, free with SHNC membership

Community mini library **C** **S**

Both centres have a mini library. Share books and DVDs on an honour system. Donations of books and DVDs are welcome. Visit the centres to see the selection.

Drop in morning tea **S**

Join us for morning tea and conversation.
Monday 9.30am to 11.30am
Starts 29 April, \$3 per session

Florins **S**

This women's social group meets fortnightly to chat and enjoy outings.
2nd and 4th Thursday monthly, 2pm to 4pm
Starts 9 May, \$4.50 per session

What's on

workshops courses & events

Community

Foreign films and discussion **S**

Enjoy a foreign film followed by a discussion and nibbles. Contact SHNC for details.
3rd Wed of the month, 7.30pm to 10.30pm
15 May and 19 June, \$10 per session

Heritage collection **S**

Volunteers curate items of heritage value.
Monday 10am to 3pm during term dates.
Free with SHNC membership

Historical society **S**

Learn about various local history themes, with guest presenters. Visitors welcome.
3rd Tuesday of the month
Starts 21 May, 8pm to 10pm, \$4.50

Mah-jong (Western) **S**

Join our enthusiastic group and experience the challenges of this game.
Friday 1.30pm to 4pm
Starts 26 April, \$4.50 per session

Men's discussion group **S**

Surrey Hills OM:NI (Older men, New Ideas) covers a wide range of topics and always welcomes new participants. Morning tea incl.
Friday 9.30am to 11.30am fortnightly
12 and 26 April, 10 and 24 May, 7 and 21 June, 5 and 19 July \$4.50 per session

Scrabble **S**

Enjoy the challenge of words. All welcome.
1st, 3rd and 5th Tuesday, 1pm to 4pm
Starts 30 April, \$4.50 per session

Stitch and chat **S**

Bring your sewing and enjoy making new friends. Afternoon tea provided by participants on a rotating basis.
2nd and 4th Monday, 1.30pm to 3.30pm
Starts 13 May, \$4.50 per session

Table tennis **S**

Enjoy a friendly game of social table tennis.
Thursday 1.30pm to 3pm
Starts 2 May, \$4.50 per session

Wednesday workshops **C**

Run your own workshop

Do you have a skill or passion to share? Come and run your own workshop. Contact CNC to share your ideas.

Upcoming workshops

Workshops are free however some have a cost for materials. Bookings are essential.

Handmade prints for cards and gifts

Participants will create a collograph by arranging papers, fabrics and ribbons of different textures on a board which is then sealed. When dry it can be printed on to paper to make an image for greetings cards or pictures to frame.
Wednesday 22 and 29 May
9.45am to 11.45am
(2wks), \$10 for materials
(payable in cash on the first day)

Volunteering

Both Centres rely on volunteers and it is a wonderful way to meet people in your local community, share your skills or learn new ones. Contact either centre to find out what opportunities are available.

Languages

French for absolute beginners **C**

No experience needed.
Wednesday 10am to noon
Starts 1 May (9wks), \$207

French for beginners (3-6mths exp) **C**

Wednesday 12.30pm to 2.30pm
Starts 1 May (9wks), \$207

French beginners plus (6mths+ exp) **C**

Enhance your skills in your French language journey. Tuesday 1.15pm to 3.15pm
Starts 30 April (9wks), \$207

French intermediate (12mths exp) **C**

Build on your French language skills.
Monday 1pm to 3pm
Starts 29 April (8wks), \$184

French advanced (4+yrs exp) **C**

Challenge your conversational skills while continuing to develop grammatical concepts.
Monday 10.45am to 12.45pm
Starts 29 April (8wks), \$184

Italian absolute beginners **C**

No experience needed.
Thursday 12.30pm to 2.30pm
Starts 2 May (9wks), \$207

Italian beginners (6+mths exp) **C**

Build on basic grammar, conversation and comprehension skills of the Italian language.
Thursday 9.45am to 11.45am
Starts 2 May (9wks), \$207

Italian beginners (12mths exp) **C**

Enhance conversation, grammar and comprehension skills of the Italian language.
Wednesday 3pm to 5pm
Starts 1 May (9wks), \$207

Italian intermediate (12mths+ exp) **C**

Need Italian for travel and pleasure? This is an intermediate language level of conversation and grammar.
Wednesday 12.45pm to 2.45pm
Starts 1 May (9wks), \$207

Italian intermediate (2+yrs exp) **C**

Increase your Italian language skill, learning to speak, read and write Italian with this practical course relating to everyday situations.
Thursday 12.20pm to 2.20pm
Starts 2 May (9wks), \$207

Italian advanced (4-5 yrs exp) **C**

This class focuses on conversation with some writing including revision of grammar.
Thursday 10am to 12pm
Starts 2 May (9wks), \$207

Italian advanced (6yr exp) **C**

Refines grammar, writing skills and discusses ideas and issues.
Wednesday 9.30am to 11.30am
Starts 1 May (9wks), \$207

Spanish absolute beginners **C**

No experience needed. Monday 1pm to 3pm
Starts 29 April (8wks), \$184

Spanish intermediate (6 mths+ exp) **C**

Builds on conversation, grammar and written language skills.
Monday 10.30am to 12.30pm
Starts 29 April (8wks), \$184

Sustainability

Beeswax wraps **S**

Back by popular demand! Be part of the solution with this practical sustainability workshop. Participants will learn how to make and maintain their own beeswax wraps for keeping food fresh and hygienic without single-use plastics. This is a hands-on workshop. Each participant will make two wraps to take home and learn skills transferable to the home environment. Includes all materials and a glass of bubbles!
Friday 17 May, 7pm to 9pm
\$75 / \$65 (SHNC members)

Small Seeds **C** NEW

Help create and maintain a small raised garden and grow fresh vegetables. Join us for the official launch on
Wednesday 1 May.
Contact centre to register your interest.

Reading and writing

Book circles – Maling Rd & Bellevue **C**

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.

Maling Rd

1st Tuesday/month 10am to 11am
2nd Tuesday/month 10am to 11am
3rd Tuesday/month 2.30pm to 3.30pm NEW

Bellevue

3rd Tuesday/month 10am to 11am
Free for CNC members

Book groups **S**

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

Literature – Children's books that adults will love **C** NEW

Re-discover books that were great fun to read as children, but also have a meaning, and value for adults too. Books include The Wind in the Willows, The Secret Garden and more! Contact centre for the full book list.
Wednesday 1pm to 3pm
Starts 1 May (9wks), \$207

Shakespeare's speeches **C** NEW

Explore some of Shakespeare's most enduring speeches – from Macbeth to Hamlet's 'To be or not to be'. No prior knowledge required.
Tuesday 10am to noon
Starts 7 May (4wks) \$92

Writing life **C**

Structured lessons to guide you in capturing your stories of life and precious memories.
Tuesday 10am to 12pm
Starts 30 April (9wks), \$207

Writing for pleasure **C** NEW

Always wanted to write but not sure how? Discover your stories in an encouraging, supportive environment.
Tuesday 1pm to 3pm
Starts 30 April (9wks), \$207

What's on

workshops courses & events

Health & wellbeing

Active living 60 plus **S**

This friendly and inclusive class focusses on balance, stretching, strength and light cardio.

Monday 8.45am to 9.45am
Starts 29 April (8wks), \$128

Bike riding groups **S**

Monday, Tuesday, Wednesday and Thursday mornings. Free with SHNC membership. Contact SHNC to discuss availability and level of fitness required.

Buff bones for osteoporosis **C**

A pilates based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises. Please bring a yoga mat and a small towel.

Monday 9.30am to 10.30am and 10.45am to 11.45am

Starts 29 April (8wks), \$136

Thursday 9.30am to 10.30am and 10.45am to 11.45am

Starts 2 May (9wks), \$153

Fun fitness for brain and body (Ageless Grace) **S C**

An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, coordination, balance and promotes creativity. Suitable for people of all ages and abilities who are interested in maintaining their brain health.

Surrey Hills

Monday 10am to 10.45am

Starts 6 May (7wks), \$112

Canterbury

Friday 10am to 10.45am

Starts 3 May (9wks), \$126

Laughter club **S**

Laughter is a celebration of the human spirit. Improve your physical, mental, emotional and spiritual wellbeing.

Wednesday 8.30am to 8.50am

Starts 24 April

Free with SHNC membership

Pilates **S**

Pilates focuses on strengthening deep abdominal and pelvic floor muscles.

Improve posture, body awareness, breathing and wellbeing.

Monday 10am to 11am

Starts 29 April (8wks), \$128

Tuesday 11am to noon

Starts 23 April (10wks), \$160

Thursday 6pm to 7pm

Starts 2 May (9wks), \$144

Qigong **S**

Experience this therapeutic form of Tai Chi involving low impact meditative exercise.

Wednesday 10am to 11.15am

Starts 24 April, \$8 per session

Strength training **S**

Facilitated by YMCA instructors. Exercise core muscles using weights. Participants must complete a medical clearance form with their doctor prior to commencement. Contact the centre for class availability and enrolment information.

Monday, Wednesday and Friday
8.15am to 9.15am

Tuesday 9.30am to 10.30am

Tuesday and Thursday 7.15pm to 8.15pm

Tuesday and Friday 12.30pm to 1.30pm

\$5.50 per class (over 65 years)

\$7.50 per class (under 65 years)

Classes start Tuesday 23 April (pay by term)

Tai Chi **C**

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.

Beginners **NEW**

Friday 11am to noon

Starts 3 May (9wks), \$126

Continuing

Friday 9.30am to 10.30am

Starts 3 May (9wks), \$126

Tai Chi – self-directed sessions **S**

This self-led group welcomes new participants who either have some tai chi experience or are comfortable to view tai chi videos to support their participation.

Tuesday, Thursday and Friday 8.15am to 9am

Classes start 23 April

\$25 per term for a single weekly session or

\$45 per term for multiple weekly sessions

Walking groups **S**

Enjoy a medium-paced walk around Surrey Hills and a coffee along the way!

Monday 9am to 10.30am, starts 29 April

Friday 8.30am to 10am, starts 26 April

Free with SHNC membership

Walking group – Parents with prams **S**

Explore the neighbourhood and meet other local parents.

Wednesday 9.30am to 11am

Starts 24 April, free with SHNC membership

Walk and talk **C**

Get fit and make friends. Enjoy an hour's walk through the streets and gardens of Canterbury followed by a well-deserved cuppa and chat.

Fast pace

Thursday 9.30am to 11am

Starts 2 May, Free for CNC members

Gentle pace **NEW**

Thursday 9.30am to 11am

Starts 2 May, Free for CNC members

Yoga – Chair Based **C**

Experience hatha yoga in a safe, friendly way, seated on a chair and standing with the assistance of a chair. Breath work, short meditations and seated relaxations included.

Monday 10.45am to 11.45am

Starts 29 April (8wks), \$112

Yoga – Hatha **C**

Small class of gentle hatha yoga using gentle stretching techniques to release tension, increase flexibility create a sense of calm.

Bring a yoga mat and pillow.

Monday 9.30am to 10.30am

Starts 29 April (8wks), \$112

Yoga – Gentle **C**

Focused on a gentle approach incorporating stretching and strengthening techniques

Tuesday 9.30am to 10.30am

Starts 30 April (9wks), \$126

Yoga – Hatha **S**

Enjoy the benefits of hatha yoga.

Suitable for beginners to experienced.

Monday 6pm to 7pm

Monday 7.15pm to 8.15pm

Starts 29 April (8wks), \$128

Wednesday 5.45pm to 6.45pm

Starts 24 April (10wks), \$160

Thursday 9.30am to 10.30am

Starts 2 May (9wks), \$144

Technology

iPad and iPhone for beginners **S**

Learn more about your device in a relaxed and friendly environment with an experienced tutor. Comprehensive notes provided so you can continue learning at home.

Tuesday 10am to 12.30pm

Starts 7 May (3wks), \$100 / \$90 (SHNC member)

Tech and Tea **C NEW**

Learn more about how to use your smart phone or tablet in a relaxed, friendly local café. Call CNC for further details.

Monday 9.30am to 10.30am from 6 May

Room Hire @ SHNC

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 and seminars.

How to book

Canterbury Neighbourhood Centre

In person: 1st floor, 2 Rochester Rd, Canterbury

Phone: 9830 4214

Online: canterburynh.org.au

Surrey Hills Neighbourhood Centre

In person: 157 Union Rd, Surrey Hills

Phone: 9890 2467

Online: surreyhillsnc.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 the time of printing but subject to occasional change.

Become a member: The Canterbury and Surrey Hills Neighbourhood Centres are not-for-profit, community-led organisations. Membership is required to enrol in term-based courses. Membership is not required to join a workshop or short-course. Your membership helps support the important work of the centres. Membership is \$15 per year for each centre. If you are already a member of one centre you can join the other centre for a reduced fee of \$10.

