



LiNC

LOCAL INCLUSIVE NEIGHBOURHOOD CENTRES

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

What's new

- Dance Latino style
- Drama and puppetry for kids
- Kids ukulele and holiday workshops
- Pilates for flexibility
- Managing screens, tech and children
- Security and the Cloud
- Fermented foods, cooking and supermarket tours
- Prenatal yoga

Events

Surrey Hills Volunteer appreciation drinks

Thursday 11 July 5pm – 7pm

Surrey Hills trivia night

Saturday 13 July 7pm

Artists in conversation

Surrey Hills

Tuesday 13 & 27 August 5.30pm – 6.30pm

Canterbury

Thursday 8 & 22 August 7pm – 8pm

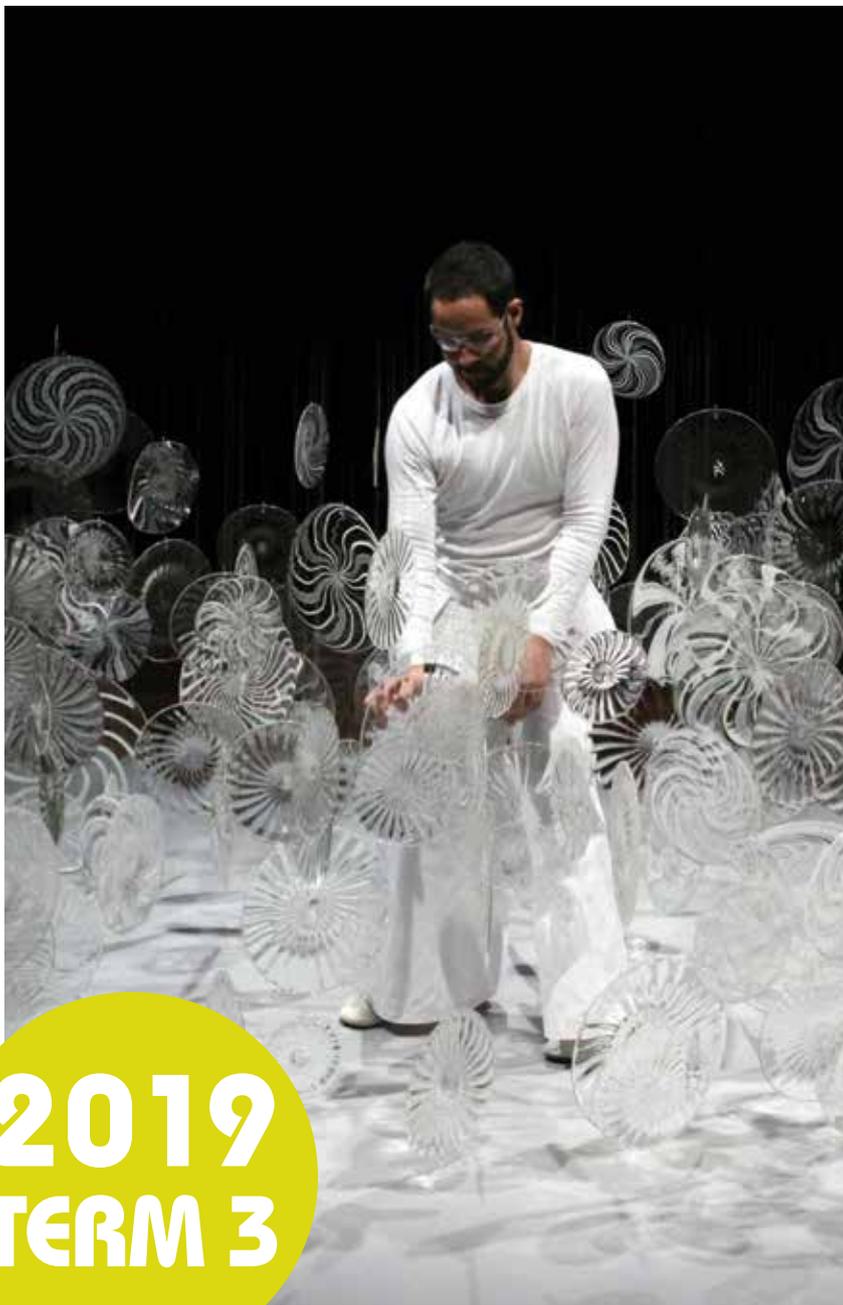
Surrey Hills Annual General Meeting

Wednesday 12 September

2pm – 4pm



2019
TERM 3



What's on

workshops courses & events

Community conversations

Artists in conversation **NEW**

Join us over four evenings in August for artist talks by professional craft practitioners. Run in conjunction with Craft Victoria as part of Craft Cubed, these talks offer an insight into the lives and works of some of Melbourne's most talented crafts people. Free event but booking required.

S Tuesday 13 & 27 August 5.30pm – 6.30pm
C Thursday 8 & 22 August 7pm – 8pm

Black Screens Deakin University **S** **NEW**

Dr Horwood from Deakin University will present her 2018 research findings on the relationship between excessive device use on mental health and wellbeing, outline the next phase of her research and answer your questions.

Friday 16 August 6pm – 7pm
\$10 individual, \$20 family

Good Gut Health **S** **NEW**

Joel Feren is an Accredited Practising Dietitian and Nutritionist, a Channel 10 presenter and spokesperson for Dietitians Association of Australia. Join Joel as he explores the vast eco-system of the gut microbiome and how nourishing your gut can improve mood, mental health and reduce risk factors for chronic disease.

Friday 19 July 6pm – 7pm
\$10 individual, \$20 family

Children and families

Kids and pets workshops – holiday

programs (6–15yrs) **S** **NEW**

Clicker kids workshop 1

This workshop introduces children to clicker training, a fun and effective way to communicate with your dog. Learn to play games and develop skills that help train your loyal friend.

Friday 4 October 9am – 10.30am
\$25 (clickers provided, no pets)

Crafts and pets workshop 2

A fun workshop where children make toys for their loyal pets.

Friday 4 October 11am – 12.30pm
\$35 (all materials provided)
Book both workshops for \$50

Playgroups – parent led (0–5yrs) **S**

Fun playgroup activities for children with their parents or carers.

Thursday or Friday 9.30am – 11.30am
Thursday starts 18 July (10wks) \$50
Friday starts 19 July (10wks) \$50

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 encouraged to join in. Children under 12 months Free.

Monday and Tuesday 9.30am – 11.30am
Monday starts 15 July (10wks) \$140
Tuesday starts 16 July (10wks) \$140

Play music **C**

Fostering positive interactions between generations, this structured playgroup brings together children and seniors in a shared space. Designed by a music therapist, class focuses on music and movement; activities include singing familiar songs, playing instruments and movement. A structured 45-minute session followed by morning tea and free play.

Friday 10.30am – 12pm
Starts 19 July (9wks) \$120

Children and families

Young Superstars – acting for children (3–4yrs) **C** **NEW**

Learning the basics of acting, children will go on a journey to outer space and a pirate island.
Monday 10.45am – 11.45am
Starts 22 July (1wk) \$25

Squiggle kids workshop (1–5yrs) **S** **NEW**

Join author Lauren Gardiner and paediatric occupational therapist Debbie Isaac to gain a better understanding of the developmental benefits of drawing and its relevance in the parent/carer bond.

Thursday 8 August 11.45am – 12.45pm Free

Drama basics for children (5–7yrs) **C** **NEW**

Children will learn the basics of drama to put together several short performances. Focusing on character, story telling and music.

Wednesday 4pm – 5pm
Starts 17 July (8wks) \$160

Ukulele for kids workshop

(7–12yrs) **S** **NEW**

Do you have a ukulele and want to learn more? Join Des Mahoney, accredited ukulele instructor, and have fun with other ukulele strummers! (Suitable for beginners or those who can play simple tunes).

Saturday 31 August & 7 September 3pm – 4pm
\$25 per session or \$40 for both sessions

Puppetry performances **C** **NEW**

Learn how to perform with a half life-size puppet, creating presentations for the group. Builds confidence, mindfulness and creativity. Basic prototype puppets built in class.

Thursday 4pm – 5.30pm
Starts 25 July (6wks) \$126

Technology

Getting more from social media **S** **NEW**

Get better use from Social media: Facebook, Messenger, Twitter - which ones do you use? This workshop explores the basics of popular applications and how to best use them socially and how to connect to a global world.

Tuesday 6 August 10am – 12.30pm
\$35/\$30 SHNC member

Practical solutions for parental control **S** **NEW**

This workshop equips parents with practical and effective solutions that can be implemented in the family unit to help manage appropriate device use and excessive screen time. (Parent attendance only)

Thursday 22 August 7.15pm – 8.45pm \$25

Security & the cloud **S** **NEW**

Learn more about 'The Cloud', what it is and the benefits of using it. This workshop demystifies 'The Cloud' and shows you the benefits of using it to keep your computer and data safe.

Tuesday 13 August 10am – 12.30pm
\$35/\$30 SHNC member

Tech and tea **C**

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 – 11.30am
Starts 15 July (2wks) \$20

Creative pursuits

Beeswax wraps **C** **NEW**

Learn how to make and maintain beeswax wraps for food freshness as an alternative to plastic wrap. Make two wraps.
Thursday 6.30pm – 8.30pm 25 July (1wk)

Drawing (beginners+) **S**

Drawing skills can be a great introduction to other art mediums.

Tuesdays 2.30pm – 4.30pm
Starts 16 July (10wks) \$180

Nature in art (beginners welcome) **C**

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am – 12pm or 12.30pm – 3pm
Starts 22 July (8wks) \$216

Mixed media for beginners **S**

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

Friday 2pm to 4pm Starts 19 July (10wks) \$180

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.

Mondays 1pm – 3pm
Starts 15 July (10wks) \$180

Ukulele **S**

Learn to play the ukulele with Des Mahoney. The most fun you can have with four strings! Contact the centre about your level.

Beginners

Wednesday 11.45am – 12.45am
Starts 24 July (9wks) \$144

Intermediate

Wednesday 1.30pm – 2.30pm
Starts 24 July (9wks) \$144

Advanced

Tuesday 7pm – 8pm
Starts 23 July (9wks) \$144
Wednesday 2.45pm – 3.45pm
Starts 24 July (9wks) \$144

Upholstery and soft furnishing **C**

Reinvigorate that tired piece of furniture or create a new beanbag or cushion. 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 16 July (9wks) \$270

Watercolour (beginners to advanced) **C**

Explore a range of mediums and techniques in this small class with our experienced and talented artist Deb Mawdsley.

Tuesday 9.30am – 11.30am or
12.45pm – 2.45pm
Starts 16 July (8wks) \$200

Watercolour painting **S**

This class is taught by Velda Palazzi a local painter who is an experienced teacher of various art media. Students explore a variety of techniques applied.

Wednesday 10am – 12pm or 1pm – 3pm
Starts 17 July (10wks) \$180

What's on workshops courses & events

Health & wellbeing

Active living 60 plus S

A friendly and inclusive class focusing on balance, stretch, strength and light cardio.
Mondays 8.45am – 9.45am
Starts 15 July (10wks) \$160

Bike riding groups S

Monday, Tuesday, Wednesday and Thursday mornings, free with SHNC membership.
Contact SHNC to confirm availability.

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 – 10.30am
Starts 15 July (10wks) \$170

Dance Latino Style C NEW

These classes offer a variety of Latino styles such as Salsa, Samba, Cha Cha, Rumba among others. The movements are gentle and adapted to all shapes, sizes and ages and does not involve partner work. Join us in our fun classes that promotes fitness, focus and confidence. No experience necessary.
Thursday 10.30am – 11.30am
Starts 18 July (10wks) \$160

Fermented foods workshop S NEW

Dr Gondalia will explore the benefits of fermented foods on the gut by demonstrating how to make Kombucha and Sauerkraut so you can easily replicate and implement the benefits at home.

Part 1: Kombucha workshop S NEW

Friday 9 August 6pm – 8pm
\$70/\$60 SHNC member

Part 2: Sauerkraut workshop S NEW

Friday 23 August 6pm – 8pm
\$70/\$60 SHNC member

Fun fitness for the brain and body - Ageless grace

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

- S Mondays 10am – 10.45am
Starts 15 July (10wks) \$160
- C Friday 10am – 10.45am
Starts 19 July (10wks) \$140

Indian cooking workshop S NEW

Are you bored of your usual cooking? Let's spice it up! Indian cooking uses more than 36 types of spices that are not only tasty but are packed with anti-oxidant health benefits. Learn how to use spices in Indian cooking and enjoy tasting the dishes at the end of the workshop.
Friday 2 August 6pm – 9pm
\$70/\$60 SHNC member

Joel Feren's supermarket tours S NEW

Join accredited dietitian and nutritionist Joel Feren on a tour of your local supermarket, Coles Local, and learn how to accurately read labels and prepare simple and healthy meals.
Tour 1 Monday 12 August 10am – 11.15am
Tour 2 Monday 19 August 4pm – 5.15pm
Tour 3 Sunday 1 September 10am – 11.15am
\$30 per tour

Laughter group S

Laugh your way to improved physical, mental, emotional and spiritual wellbeing.
Wednesdays 8.30am – 8.50am
Starts 17 July, free with SHNC membership.

Life Program – Diabetes Victoria S NEW

A Preventative Program for eligible participants who are at high risk of developing diabetes.
The four week program runs fortnightly and covers topics such as risk factors, diet, exercise and how to manage stress.
Mondays 1.30pm – 3pm
Starts Monday 5 August (4wks fortnightly)
Free (Contact centre for further information).

Meditation – 'Don't Worry Be Happy' short course S NEW

Join us on a Friday evening at the end of your busy week and learn simple, practical and useful techniques that will help release stress from the body and mind in a relaxed and friendly environment.
Starts Friday 9 August 6.30pm – 7.30pm (6wks)
\$100/\$90 SHNC member

Pilates S

Pilates focuses on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and wellbeing.
Mondays 10am – 11am
Starts 15 July (10wks) \$160
Tuesdays 11am – 12pm
Starts 16 July (10wks) \$160
Thursdays 6pm – 7pm
Starts 18 July (10wks) \$160

Pilates for flexibility C NEW

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. Please bring a yoga mat and a small towel.
Thursday 10.45am – 11.45am
Starts 18 July (10wks) \$160

Qigong S

Therapeutic form of Tai Chi involving low impact meditative exercise.
Wednesdays 10am – 11.15am
Starts 17 July, \$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.
Mondays, Wednesdays and Fridays 8.15am – 9.15am
Tuesdays 9.30am – 10.30am
Tuesdays and Thursdays 7.15pm – 8.15pm
Tuesday 12.30pm – 1.30pm
Friday 12pm – 1pm
\$5.50 per class (over 65 years)
\$7.50 per class (under 65 years) paid by term

Table tennis S

Enjoy friendly social table tennis.
Thursdays 1.30pm – 3pm
Starts 18 July, \$4.50 per session

Tai Chi

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

Beginners C

Friday 11am – 12pm
Starts 19 July (10wks) \$140

Ongoing C

Friday 9.30am – 10.30am
Starts 19 July (10wks) \$140

Self directed sessions S

New members or experienced participants welcome who are comfortable to learn from others and tai chi videos.
Tuesdays, Thursdays and Fridays 8.15am – 9am (ongoing) Starts 16 July
\$25/single weekly session or
\$45/multiple weekly sessions

Walking groups

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury. Stop for a coffee along the way!

Fast pace C

Thursday 9.30am – 11am
Starts 18 July, Free for CNC members

Gentle pace C

Thursday 9.30am – 11am Starts 18 July
Free for CNC members

Medium pace S

Mondays 9am – 10.30am Starts 15 July
Fridays 8.30am – 10am Starts 19 July
Free with SHNC membership

Yoga (Beginners to experienced)

Hatha yoga uses gentle stretching techniques to release tension, increase flexibility create a sense of calm. Contact each centre for details.
Monday 9.30am – 10.30am C
Starts 15 July (10wks) \$140
Mondays 7.15pm – 8.15pm S
Starts 15 July (10wks) \$160
Tuesday 9.30am – 10.30am C
Starts 16 July (10wks) \$140
Wednesdays 5.45pm – 6.45pm S
Starts 17 July (10wks) \$160
Thursday 9.30am – 10.30am S
Starts 18 July (10wks) \$160

Yoga – Chair Based C

Strengthen and stretch your body while being comfortably supported by a chair. This Hatha based yoga class includes breath work, short meditations and seated relaxations. Suited to low mobility.
Monday 10.45am – 11.45am
Starts 15 July (10wks) \$140

Yoga – Prenatal C NEW

This Hatha yoga class focuses on the use meditation, breathing and relaxation to promote health, and well-being during pregnancy. Suited for those new or experienced, not recommended for women in their first trimester.
Tuesday 11am – 12pm
Starts 16 July (10wks) \$140

Volunteering

Volunteering is a wonderful way to meet people in your local community, share skills or learn new ones. For a rewarding experience contact each Centre to explore new opportunities.

What's on

workshops courses & events

Community

Which way forward – balancing dynamics of 50+ **S** **NEW**

A workshop like no other, exploring the challenges and opportunities faced as we transition to retirement! The workshop helps participants to develop practical strategies, build empowerment and unlock a new path forward. (No financial advice).

Wednesday 7 August 7pm – 8.30pm \$35

Blokes in the kitchen **S**

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

Friday 9 August & 13 September
8am – 12pm \$20 per session

Florins **S**

This women's social group meets fortnightly to chat and enjoy excursions.

2nd and 4th Thursdays monthly 2pm – 4pm
Starts 25 July \$4.50 per session

Foreign films **S**

Enjoy a foreign film followed by a discussion and nibbles.

3rd Wednesday 7.30pm – 10.30pm
Starts 17 July, \$10 per session

Heritage collection **S**

Volunteers curating local items of heritage value. Viewed Mondays.

Monday 10am – 3pm during term dates
Free with SHNC membership.

Historical society **S**

Learn about various local history themes with guest presenters. Visitors most welcome.

3rd Tuesdays 8pm – 10pm, \$4.50 per session

Mahjong (Western) **S**

Join our enthusiastic group and experience the challenges of the Western version.

Friday 1.30pm – 4pm \$4.50 per session

Scrabble (beginners or experienced) **S**

Enjoy the challenge of words.

1st, 3rd & 5th Tuesdays 1.30pm – 4pm
Starts 16 July \$4.50 per session

Charity knitting group **S**

Knit to help others in need.

Mondays 7pm – 9pm

Starts 15 July
Free with SHNC membership.

Drop in morning tea **S**

Join us for morning tea and conversation.

Mondays 9.30am – 11.30am

Starts 15 July \$3 per session

Men's discussion group **S**

Surrey Hills OM:NI (Older men, New Ideas) covers a wide range of topics and always welcome new participants. Morning tea included.

Fridays 9.30am – 11.30am fortnightly

19 July, 2, 16 & 30 August and 13 September
\$4.50 per session

Stitch & chat **S**

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

Mondays fortnightly 1.30pm – 3.30pm
Starts 22 July \$4.50 per session

Surrey Hills Community Choir **S**

Sing your heart out on a Sunday night!

Friendly, fun and supportive choir.

Suits all ages and abilities.

Sundays 7pm – 8.30pm

Starts 21 July (9wks) \$90

Community

Creating connections **S**

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

Friday 1.30pm – 3.30pm

Starts Friday 26 July (8wks)

Free (Contact centre for further information)

Small Seeds **C**

Help create and maintain a small raised garden and grow fresh vegetables in our community garden.

Tuesday 1.30pm – 2.30pm

Starts 16 July Free

Languages

French for absolute beginners **C**

Wednesday 10am – 12pm

Starts 17 July (9wks) \$207

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

Wednesday 12.30pm – 2.30pm

Starts 17 July (9wks) \$207

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

Tuesday 1.15pm – 3.15pm

Starts 16 July (9wks) \$207

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

Monday 1pm – 3pm

Starts 15 July (9wks) \$207

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

Monday 10.45am – 12.45pm

Starts 15 July (9wks) \$207

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

Thursday 12.30pm – 2.30pm

Starts 18 July (9wks) \$207

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

Thursday 9.45am – 11.45am

Starts 18 July (9wks) \$207

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

Wednesday 3pm – 5pm

Starts 17 July (9wks) \$207

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

Wednesday 12.45pm – 2.45pm

Starts 17 July (9wks) \$207

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

Thursday 12.20pm – 2.20pm

Starts 18 July (9wks) \$207

Italian advanced **C**

Thursday 10am – 12pm

Starts 18 July (9wks) \$207

Italian advanced (6yrs+ exp) **C**

Wednesday 9.30am – 11.30am

Starts 17 July (9wks) \$207

Spanish absolute beginners **C**

Monday 1pm – 3pm

Starts 15 July (9wks) \$207

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

Monday 10.30am – 12.30pm

Starts 15 July (9wks) \$207

Room Hire @ SHNC

We offer room hire from 6 to 80 capacity, perfect for children's parties, adult celebrations and meetings. Fully equipped kitchens, alfresco dining and outdoor enclosed areas (with wheelchair access). Enquire at Surrey Hills Neighbourhood Centre for more details.

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 – 11am

2nd Tuesday/month 10am – 11am

3rd Tuesday/month 2.30pm – 3.30pm

Bellevue

3rd Tuesday/month 10am – 11am

Free for CNC members

Book groups **S**

Share your pleasure of reading with other like-minded people.

4th Tuesday 7pm – 8.30pm

Starts 23 July

1st Thursday 7.30pm – 9.30pm

Starts 1 August \$4.50 per session

Literature – Jane Austen **C**

Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.

Wednesday 1pm – 3pm

Starts 31 July (8wks) \$184

Words of War **C** **NEW**

Discover how extensively the global wars of the 20th century have made a lasting impact on the English language. No prior knowledge required.

Tuesday 10am – 12pm

Starts 23 July (4wks) \$92

Writing life **C**

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history.

Tuesday 10am – 12pm

Starts 30 July (8wks) \$184

How to book

Canterbury Neighbourhood Centre

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

Phone: 9830 4214

Online: canterburynh.org.au

office@canterburynh.org.au

Surrey Hills Neighbourhood Centre

In person: 157 Union Rd, Surrey Hills

Phone: 9890 2467

Online: surreyhillsnc.org.au

reception@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. Please refer to each Centre for class and refund conditions. Course information is correct and time of printing but may change.

Become a member: The Canterbury and Surrey Hills Neighbourhood Centres are not-for-profit, community-led organisations. Membership of each Centre is required for ongoing term based courses and helps support our important work. If you are already a member of one Centre, you can join the other Centre at a reduced fee.

