



# LINC

LOCAL INCLUSIVE NEIGHBOURHOOD CENTRES

**Canterbury** and **Surrey Hills Neighbourhood Centres** are your local community spaces. We have activities for people of all ages and interests. Let us LINC you to your community and open a world of new experiences and friendships.

Courses @ **Canterbury Neighbourhood Centre** & **Surrey Hills Neighbourhood Centre**

## What's on...

- Bees in the 'burbs
- Festive fun
- First aid for the home
- Poetry and end of life
- Return to paid work for parents
- The Mindful Wardrobe
- Ukulele – fast track beginners
- Walking tours

**2018**  
OCTOBER TO  
DECEMBER

## Events...

- **SHNC Twilight Market**  
Friday 26 October 5pm to 9pm
- **SHNC Music Festival**  
Friday 16 to Sunday 18 November



**Canterbury Neighbourhood Centre**

**Canterbury Neighbourhood Centre**  
1st Floor, 2 Rochester Rd Canterbury P: 9830 4214 [canterburynh.org.au](http://canterburynh.org.au)  
**Surrey Hills Neighbourhood Centre**  
157 Union Rd Surrey Hills P: 9890 2467 [surreyhillsnc.org.au](http://surreyhillsnc.org.au)



# What's new

## What's new – workshops,

### Bees in the 'burbs <sup>S</sup>

Join the team from Backyard Honey, your local beekeepers, for a relaxed afternoon learning about our buzzy friends and their crucial role in our eco-system. Talk with the beekeepers, handle apiary equipment, enjoy a cup of herb and honey tea and purchase pure raw, locally-sourced honey.

**Saturday 13 October 3pm to 4.30pm**  
**\$10 per person or \$20 per family**

### Cool cats music <sup>C</sup>

Play, sing, listen, perform, socialise! This is a facilitated music group where the aim is to have fun. Sing, bring an instrument or borrow one of ours. You don't have to be skilled, just willing to join in. The group is coordinated by BASScare.

**Tuesdays fortnightly 1.30pm to 3.15pm**  
**\$15 includes afternoon tea**  
(call to book but pay on the day)

### First aid for the home <sup>C</sup>

Learn the basics about first aid in the home with this four-part course. Our trainer, Ruby, worked with St John Ambulance for many years and will share valuable information about managing medical emergencies, recognising illnesses, wound care and management of injuries and bites.

Please note this is not an accredited course.

**Friday 10am to noon**  
**19 October to 9 November**  
**\$75/\$65 (CNC members)**

### Poetry and end of life <sup>C</sup>

This two-part workshop is a time to get together over poetry. We'll consider poetry's presence in our lives. What seasoned words stay with us? How does poetry awaken, steady or comfort us? What is poetry's role around end of life? We'll share poetry, thoughts and experiences and explore writing in different styles.

**Thursday 25 October and**  
**Thursday 1 November, 1pm to 3pm**  
**\$50/\$40 (CNC members)**

### Return to paid work for parents <sup>C</sup>

Have you been the primary carer for your kids and are now thinking about returning to work? This session will provide practical advice and strategies to boost your confidence and skills. Topics include resume writing, LinkedIn, networking, how to find a job that suits your needs and negotiate a fair salary. Presenter Jacqui Davis has 15 years' experience in recruitment, human resources and change management as well as being mum to 9-year-old twin boys. Light refreshments provided.

**Wednesday 14 November, 10.30am to noon**  
**Gold coin donation to EDVOS (Eastern Domestic Violence Service)** Bookings:  
[returntoworkforparents.eventbrite.com.au](http://returntoworkforparents.eventbrite.com.au)

### Sew your own pyjama pants or boxer shorts <sup>S</sup>

Learn how to cut and sew your own pyjama pants or boxer shorts in this two-part workshop. All materials provided. BYO sewing machine and basic sewing kit if you have them. You'll have made your own pyjama bottoms by the end of the weekend. Perfect for teens.

**Saturday 1 December and**  
**Sunday 2 December, 1.30pm to 3.30pm**  
**\$80 / \$70 (SHNC members)**

### Stress less <sup>C</sup>

This class uses breathing and meditation to help you let go of stress and bring relaxation and clarity into your daily life.

**Tuesday 10.45am to 11.45am**  
**Starts 9 October (10wks), \$130**



Awesome workshop,  
highly recommend it!  
Thanks again!

Renaë (The mindful wardrobe)



### The mindful wardrobe <sup>S</sup>

Do you hold onto clothes in the hope that you'll one day wear them, but always feel like you have nothing to wear? In this workshop we look at how to declutter and say goodbye to the pieces no longer working for you, how to bring life back to old favourites and how to purchase with intent creating a wardrobe with pieces that you love. Simone Thorpe is a personal stylist based in Melbourne and the founder of Style with Soul. Workshop includes a glass of bubbles, tea or coffee.

**Saturday 27 October, 2pm to 4pm**  
**\$40 / \$30 (SHNC members)**

### Ukulele – fast track beginners <sup>S</sup>

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

**Wednesday 11.30am to noon**  
**Starts 10 October (10wks) \$80**

### What word is that? <sup>C</sup>

Have you ever suffered from pteronophobia? What links the words dinghy and shampoo? Join us for a fascinating trip through word origins and meanings!

**Tuesday 10am to noon**  
**Starts 13 November (4wks), \$92**

# courses & events

## Festive fun

**Celebrate the festive season – there is something for all ages!**

### Advent calendar mobiles **S**

Join Emma Grace for a modern take on the traditional advent calendar. This workshop incorporates design and crafting techniques to create beautiful, festive wall hangings. Packages can be filled with edible treats or other treasures to be discovered throughout the month of December.

**Friday 30 November, 7pm to 9pm**  
**\$80/\$70 SHNC members**

### Little kids Christmas craft **S**

A chance for the little ones to make their own Christmas decorations using new and recycled materials. A simple, hands-on activity where the focus is on having fun. Suitable for pre-school aged children. Parents/carers need to stay for the session (we'll have some festive treats to share).

**Wednesday 5 December**  
**10am to 11am, \$20**

### Big kids Christmas craft **S**

Design and decorate your own Christmas gift sack. Work on unique Christmas designs to transfer to a plain white pillow slip to form a gift sack. We will use fabric markers, fabric scraps, stick on embellishments and hand stitching to bring these designs to life.

Suitable for primary school aged children. All materials provided.

**Thursday 6 December**  
**4pm to 5.30pm, \$25**

### Walking tours with Pauline Moncrieff **C**

**Building Marvellous Melbourne**  
Discover the architecture and history of Melbourne's most important buildings and their architects including the Old Treasury Building, Athenaeum Library and St Michael's Church.

**Tuesday 23 October, 10.45am to 12.30pm, followed by optional lunch.**

### Geelong and Archibald Prize exhibition

Travel by train to Geelong to explore sites of significance and visit the Geelong Art Gallery, which is the exclusive venue for the 2018 Archibald Prize.

**Thursday 8 November, 9.30am to 3pm**

**All transport, entry to venues (as required), food and refreshments at own cost. Contact the centre for more information. \$20/\$15 (CNC members)**

### Victorian Seniors Festival – October

**The Festival experience is all about getting out and about in your local community. This year's theme is 'Get Social'. Celebrate with us and meet new people.**

### Gentle walk **S**

Take a walk around the neighbourhood followed by a cuppa.

**Monday 8 October 2018**  
**8.50am to 10.30am**  
**Gold coin donation**

### Fun Fitness for body and brain **C**

A fun, seated exercise program to uplifting music, focussed on improving the body and mind. Suitable for people of all abilities.

**Friday 12 October, 10am to 11am**  
**Gold coin donation**

**For further information about the Festival visit [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au)**

## link with your comm

### Health & wellbeing

### Active living 60 plus **S**

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

**Monday 8.45am to 9.45am**  
**Starts 8 October (9wks), \$144**

### Bike riding groups **S**

Monday, Tuesday, Wednesday and Thursday mornings. Free with SHNC membership. Please contact SHNC to confirm availability.

### Buff bones for osteoporosis **C**

These small classes provide individual attention and are safe for those with osteoporosis. 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**  
**Thursday 9.30am to 10.30am and 10.45am to 11.45am**

**Starts 8 October/11 October**  
**(10wks), \$160**

### Fun fitness for brain and body

Seated exercise program to uplifting music, focused on improving the body and mind. Suitable for people of all ages and abilities.

### Surrey Hills Neighbourhood Centre

**Monday 10am to 10.45am**  
**Starts 8 October (9wks), \$144**

### Canterbury Neighbourhood Centre

**Friday 10am to 10.45am**  
**Starts 12 October (10wks), \$130**

### Laughter club **S**

Laughter is a celebration of the human spirit. Laugh your way to improved physical, mental, emotional and spiritual wellbeing.

**Wednesday 8.30am to 8.50am**  
**Starts 10 October**  
**Free with SHNC membership**

### Pilates **S**

Pilates focuses on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and an increased sense of wellbeing.

**Monday 10am to 11am**  
**Starts 8 October (9wks), \$144**  
**Tuesday 11am to noon**  
**Starts 9 October (9wks), \$144**  
**Thursday 6pm to 7pm**  
**Starts 11 October (10wks), \$160**

**2018**  
**OCTOBER TO**  
**DECEMBER**

I loved being introduced to new poems, new poets and new people. John (Poetry and end of life)

# Community houses and experience life.

Health & wellbeing continued



**Yoga – There is a yoga class to suit everyone.**

### **Yoga – Chair Based** C

Chair yoga offers a relaxing approach to gentle yoga practice. Seated on a chair and standing with the assistance of a chair, allows students to experience hatha yoga in a safe, friendly way. Breath work, short meditations and seated relaxations included.

**Monday 10.45am to 11.45am**  
**Starts 8 October (10wks), \$130**

### **Yoga – Gentle** C

Focused on a gentle approach incorporating stretching and strengthening techniques

**Tuesday 9.30am to 10.30am**  
**Starts 9 October (10wks), \$130**

### **Yoga – Hatha** S

Enjoy the benefits of hatha yoga. Suitable for beginners to experienced.

**Monday 7.30pm to 8.30pm**  
**Starts 8 October (9wks), \$144**  
**Wednesday 5.45pm to 6.45pm**  
**Starts 10 October (10wks)**  
**Thursday 9.30am to 10.30am**  
**Starts 11 October (10wks), \$160**

### **Yoga – Hatha** C

Small classes with individual attention focused on a gentle approach to Hatha Yoga incorporating stretching and strengthening techniques to release tension, increase flexibility and establish a sense of calm. Bring a yoga mat and a pillow (for under your knees).

**Monday 9.30am to 10.30am**  
**Starts 8 October (10wks), \$130**

### **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!

### **Qigong** S

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

**Wednesday 10am to 11.15am**  
**Starts 10 October, \$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 and contact SHNC for class availability.

**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) Paid by term**

### **Tai Chi** C

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

**Friday 9.30am to 10.30am**  
**Starts 12 October (10wks), \$130**

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

This self-taught 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 (ongoing)**  
**Starts 9 October**  
**\$25 per term for single weekly session or \$45 per term for multiple weekly sessions**

### **Table tennis** S

Enjoy a friendly game of social table tennis.

**Thursday 1.30pm to 3pm**  
**Starts 11 October, \$4.50 per session**

### **Walking groups** S

Enjoy a medium-paced walk around our neighbourhood. Stop for a coffee along the way!

**Monday 9am to 10.30am**  
**Starts 8 October**  
**Friday 8am to 9.30am**  
**Starts 12 October**  
**Free with SHNC membership**

### **Walk and talk** C

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. **Free for CNC members**

**Thursday 9.30am to 11am**  
**Starts 11 October**

## 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.



# link with your community houses and experience life.

## Creative pursuits

### Acrylic painting **S**

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

**Monday 1pm to 3pm**

**Starts 8 October (9wks), \$162**

### 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 9 October (9wks), \$162**

### Nature in Art **C**

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

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

### Watercolour **C**

Beginners to advanced students are welcome to explore a range of mediums and techniques in this small, welcoming class with our experienced and talented artist Deb Mawdsley.

**Tuesday 9.30 to 11.30am or 12.45pm to 2.45pm**  
**Starts 9 October (8wks), \$200**

### Watercolour painting **S**

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

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

### Stitch and chat **S**

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

Monday fortnightly

**1.30pm to 3.30pm**

**Starts 8 October, \$4.50 per session**

### 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 9 October (9wks), \$270**

## Music & movies

### Foreign films and discussion **S**

Enjoy a foreign film followed by a discussion and nibbles. Contact SHNC for details of upcoming films.

**3rd Wednesday 7.30pm to 10.30pm**

**Starts 17 October, \$10 per session**

### Ukulele intermediate **S**

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

**Wednesday 12.15pm to 1.15pm**

**Starts 10 October (10wks), \$160**

### Ukulele ongoing **S**

This class is suited to players with experience.

**Tuesday 7pm to 8pm**

**Starts 9 October (9wks), \$144**

**Wednesday 1.30pm to 2.30pm**

**Starts 10 October (10wks), \$160**

## Community

### Charity knitting group **S**

Knit to help others in need.

**Monday 7pm to 9pm**

**Starts 8 October**

**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. Drop in to the centres for more details.

### Drop in morning tea **S**

Join us for morning tea and conversation.

**Monday 9.30am to 11.30am**

**Starts 8 October, \$3 per session**

### Men's discussion group **S**

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

**Friday 9.30am to 11.30am fortnightly**

**Starts 12 October, \$4.50 per session**

## Groups & general interest

### Florins **S**

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

**2nd and 4th Thursday monthly**

**2pm to 4pm**

**\$4.50 per session**

### Mah-jong (Western) **S**

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

**Friday 1.30pm to 4pm**

**Starts 12 October, \$4.50 per session**

### Scrabble **S**

Enjoy the challenge of words.

This friendly group welcomes new players – experienced or beginners.

**1st, 3rd & 5th Tuesday**

**1pm to 4pm, \$4.50 per session**

## Kids & Teens

### Code it yourself club **S**

Learn the skills to take you on the pathways of coding, websites, 3D printing, game development and more.

**Mondays 4pm to 5pm or 5pm to 6pm**

**Call Michael Hwang on 0438 838 875 for further information.**

### Playgroups – parent led (0-5 years) **S**

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

**Thursday or Friday 9.30am to 11.30am**

**Thursday starts 11 October (10wks), \$50**

**Friday starts 12 October (9wks) \$45**

### Structured playgroup **C**

Facilitated by our 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 15 October (9wks)**

**Tuesdays starts 16 October (9wks)**

**\$122 per term**

**2018  
OCTOBER TO  
DECEMBER**



Languages

**French for beginners**

This class offers individual attention to begin your French language journey. Suitable for travellers or those who want to re-engage with French. Recommend three to six months prior experience.

**Friday 1pm to 3pm**

**Starts 12 October (9wks), \$207**

**French beginners plus**

This class will enhance your skills in your French language journey. Recommend 6 months plus prior experience.

**Tuesday 1.15pm to 3.15pm**

**Starts 9 October (9wks), \$207**

**French intermediate**

Build on your French language skills. Recommend 12 months prior experience.

**Monday 1pm to 3pm**

**Starts 8 October (9wks), \$207**

**French advanced**

Challenge your conversational skills while continuing to develop grammatical concepts. Recommend 4 plus years prior experience.

**Monday 10.45am to 12.45pm**

**Starts 8 October (9wks), \$207**

**Italian beginners**

Build on basic grammar, conversation and comprehension skills of the Italian language. Recommend 6 months plus prior experience.

**Thursday 9.45am to 11.45am**

**Starts 11 October (9wks), \$207**

**Italian for beginners**

Enhance conversation, grammar and comprehension skills of the Italian language. Recommend 12 months plus prior experience.

**Wednesday 3pm to 5pm**

**Starts 10 October (9wks), \$207**

**Italian for intermediate**

Need Italian for travel and pleasure? This is an intermediate language level of conversation and grammar. Recommend 12 months plus prior experience.

**Wednesday 12.45pm to 2.45pm**

**Starts 10 October (9wks), \$207**

**Italian intermediate**

Increase your Italian language skill, learning to speak, read and write Italian with this practical course relating to everyday situations. Recommend two years prior experience.

**Thursday 12.20pm to 2.20pm**

**Starts 11 October (9wks), \$207**

**Italian advanced conversation**

This class focuses on conversation with some writing including revision of grammar. Recommend four to five years prior experience.

**Thursday 10am to 12pm**

**Starts 11 October (9wks), \$207**

**Italian advanced language and conversation**

Refines grammar, writing skills and discusses ideas and issues. Recommend six years plus prior experience.

**Wednesday 9.30am to 11.30am**

**Starts 10 October (9wks), \$207**

**Spanish intermediate**

This class builds on conversation, grammar and written language skills. Recommend six months plus prior experience.

**Monday 10.30am to 12.30pm**

**Starts 8 October (9wks), \$207**

The Arts –  
history, literature & writing

**Book circles –**

**Maling Road & Bellevue**

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 Road**

**1st Tuesday of each month 10am to 11am**

**Maling Road**

**2nd Tuesday of each month 10am to 11am**

**Bellevue**

**3rd Tuesday of each month 10am to 11am**

**Free for CNC members**

**Book groups**

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

**4th Tuesday of the month 7pm to 8.30pm**

**Starts 23 October, \$4.50 per session**

**Heritage collection**

Volunteers curating local items of heritage value.

**Monday 10am to 3pm during term dates.**

**Free with SHNC membership**

**Historical society**

Group meets to learn about various local history themes, with guest presenters. Visitors most welcome.

**3rd Tuesday of the month**

**8pm to 10pm, \$4.50**

**Literature – contemporary fantasy**

This stimulating class explores the works of writers including Gabriel Garcia Marquez, Neil Gaiman, J K Rowling, Isobelle Carmody and more.

**Wednesday 1pm to 3pm**

**Starts 10 October (9wks), \$207**

**Writing life**

Structured lessons to inspire and guide you in capturing your stories of life and precious memories.

**Tuesday 10am to 12pm**

**Starts 9 October (9wks), \$207**

How to book

Phone:

9830 4214

9890 2467

In person:

1st floor, 2 Rochester Rd, Canterbury

157 Union Rd, Surrey Hills

Online:

canterburynh.org.au

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.
- Most classes will not run on Monday 5 or Tuesday 6 November due to Melbourne Cup Day. Check with the centre for details.

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 (although members receive a discount). 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.

Volunteer

Both centres rely on volunteers to help them run. Volunteering is a wonderful way to meet people in the community, learn or share new skills and feel good about contributing. Contact either centre to find out what opportunities are available.



BOROONDARA  
City of Harmony



Neighbourhood Houses  
Boroondara