

Live & Learn

July to December 2022

SHORT COURSES, ACTIVITIES & SOCIAL EVENTS @ BOROONDARA NEIGHBOURHOOD HOUSES



Work on your wellbeing at a Neighbourhood Centre

The City of Boroondara is home to 11 community and neighbourhood centres, bringing the community together to connect, learn and contribute in their local area through social, educational and support activities. Find out more about each centre in this latest edition of our Short Course Guide.

Enrolments

To enrol in a class, call or email the centre offering the course you are considering, using the contact information provided or visit their website to enrol online. Most centres have a small annual membership fee for new members which covers the centre's running costs, overheads and expenses. Fees are also charged for individual courses. We try to keep the cost of our programs affordable and accessible, and some are even free. All courses are subject to sufficient enrolments and may be cancelled at the discretion of the centre's management.

COVID-safe

We are pleased to welcome people back onsite, under strict COVID-safe guidelines, including hygiene and cleaning processes and capacity regulations. In the event of COVID lockdowns in the future, our activities may revert to online delivery.

Acknowledgement of Country

The City of Boroondara acknowledges the traditional owners, including the Wurundjeri Woi Wurrung People in the northern part of our city, as the original custodians of this land, and respects their customs and traditions and their special relationship with the land.

Disclaimer: Details are correct at the time of publication.

The community and neighbourhood centres reserve the right to add, withdraw and substitute events, workshops and programs should the need arise.

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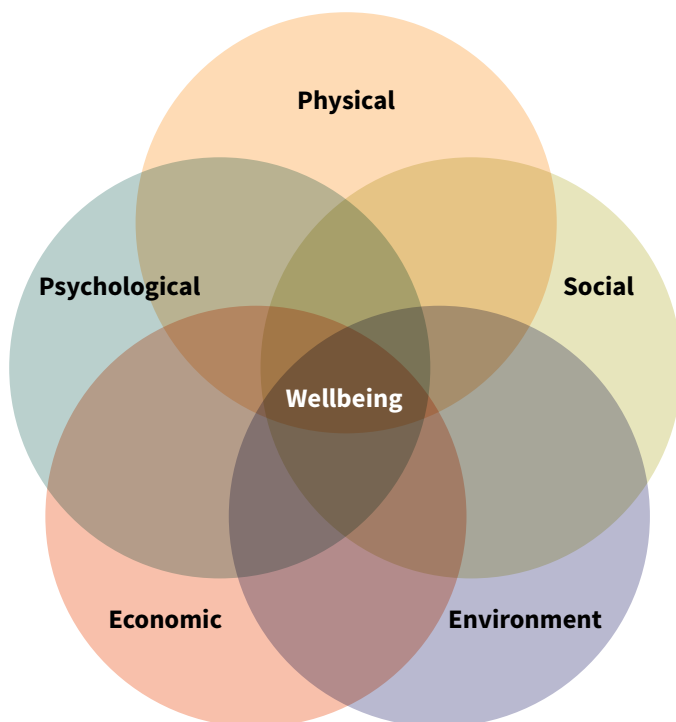


Wellbeing is more than being well

Officially, wellbeing is not just the absence of disease or illness. That's the message from the World Health Organisation.

Every aspect of your life influences your wellbeing – your physical health, psychological health, social health, economic health and environmental health.

And they are all interrelated (figure 1). For example, having a job provides money (supporting your economic health), but also provides purpose and goals (supporting your psychological health), as well as friendships and a sense of belonging (supporting your social health). Some jobs can also be good for your physical health and the environment.



Source: Aspects of wellbeing, mecteam.blogspot.com

Sometimes, finding your sense of wellbeing can seem a little elusive. A survey of Australians found 58% of respondents wish they could spend more time on improving their health and wellbeing (Better Health Channel 2020).

So how can you support your wellbeing? Here's some advice from the experts:

- Develop and maintain strong relationships with family and friends.
- Make regular time for social contact.
- Try to find work that you find enjoyable and rewarding, rather than just working for the best pay.
- Eat wholesome nutritious foods.
- Do regular physical activity.
- Become involved in activities that interest you.
- Join local organisations or clubs that appeal to you.
- Set yourself achievable goals and work towards them.
- Try to be optimistic and enjoy each day.

If you need some inspiration about ways to improve your wellbeing, check out what's on offer at one of our neighbourhood centres. The focus this semester is on ways to support wellbeing.

If you're looking for a new activity, why not try pet portraits (**Balwyn Community Centre**) or ukulele lessons (**Ashburton Community Centre**). You could set yourself a new goal, like improving your public speaking skills (**Alamein Neighbourhood and Learning Centre**). Or maybe you could learn how to use hand and power tools at the women's shed at **Kew Neighbourhood Learning Centre**.

If you want to do something for your body and your mind, maybe you could give yoga or Pilates a go. With classes for all ages and levels at **Surrey Hills Neighbourhood Centre** and **Hawthorn Community House**, there's a class near you. For something a little more active, how about some line dancing (**Camberwell Community Centre**) or Zumba (**Canterbury Neighbourhood Centre**). **Trentwood Community House** has an exercise class especially for new mums – it's safe and a great way to meet new people. Or if you're looking for a way to spend some fun time with your child (or grandchild) and make new friends, check out one of the many playgroups at **Bowen Street Community Centre** or the **Craig Family Centre**. 

New skills to support your wellbeing


Meet Lisa-Jane (LJ) Bell, just one of our talented and supportive teachers at Alamein. Over the past 15 years, LJ has specialised in delivering public speaking, negotiation and resilience courses for businesses and educational institutions.



Overcoming her own fears about public speaking, LJ uses her empathy and calm patience with her participants. With her bag of tricks and various techniques, she helps students overcome their fears too. She values varied learning styles and produces interesting classes in negotiation, resilience and public speaking. She's passionate about ensuring trainees learn the topic at hand, and see the world a little bit differently.

Course participant David thinks there should be a full course on every unit in LJ's course. Years of counselling didn't help as much as LJ's course.

"By using real life examples to learn from each other's experience, we prepare ourselves for work, community work or adjusting to new situations. Resilience is all about our wellbeing," said David.

We offer several 'Life & Workforce Skills' throughout the year to improve your confidence and fundamental skills. Visit our website or call us for more details. 

CLASSES FOR THIS SEMESTER

ENGLISH, LITERACY AND NUMERACY

- Basic Literacy and Numeracy
- Living English–Level 1
- English Communication Skills–Level 2
- English for Work and Study–Level 3
- Literacy and EAL through Computers

DIGITAL SKILLS

- Touch Typing
- Computer Basics and Beyond
- Using iPads to Communicate in the Digital Age

LIFE AND WORK SKILLS

- Business Administration
- Cleaning Operations
- Creating Crafts for Markets
- Customer Service Essentials
- Financial Wellbeing Basics
- Grow Your Own Veggies
- Home Maintenance
- Negotiation with your Teenager
- Pathways to Employment
- Presenting Yourself Online
- Skill for Volunteering & Beyond

EXERCISE AND CREATIVE PURSUITS

- Pilates
- Yoga
- Meditation
- Mosaics

COMMUNITY ACTIVITIES

- Men's Shed
- Discussion Groups
- Job & Education Referrals
- Community Garden



WORKSHOPS & CLASSES FOR THIS SEMESTER

CREATIVE PURSUITS

Acrylic Painting
Art for All Abilities
Advanced Watercolour Painting
Botanical Watercolour and Illustration
Chinese Brush Painting
iPad Art
Life Drawing
Watercolour Painting and Mixed Media
Ukulele
The Joy of Good Books
Your Life Stories – Writing Group

SOCIAL GROUPS

Thursday afternoon Bookclub
The Ashy Bookclub
Novels at Night
Cryptic Crosswords
Spinners and Knitters
Craft, Coffee and Chat
Patchwork and Handcraft
Floral Art
Acoustic Group
Blues Music Jamming Group
Table Tennis Group
Walking Group
Mah Jong Group and Lessons
Global Film and Discussion Night

HEALTH & WELLBEING

Ageless Grace
Balance Back to Exercise
Exercise to Music
Fit for You
Keep Fit
Mat Pilates
Nordic Walking
Yoga Hatha
Yoga for All
Yoga Slow Flo
Yin Yoga
Yoga and Pilates
Your Healthy Spine

LANGUAGES

French
Italian

TECH SAVVY FOR SENIORS

Tech Help Desk (one-on-one support)
Get Connected
Stay Connected

FOR KIDS

Mini Groovers
Yoga for Families



ASHBURTON COMMUNITY CENTRE

Learn the ukulele - it's great for the soul and the brain

**‘IF EVERYONE PLAYED UKULELE,
THE WORLD WOULD BE A BETTER PLACE.’**

Jake Shimabukuro, ukulele virtuoso

It seems the ukulele students at Ashburton Community Centre couldn't agree more with Jake Shimabukuro's statement.



For an hour every week, community musician and teacher Margaret Crichton helps her students relax, learn a new skill and make new friends. She starts each lesson with a warm up of songs from previous classes, before introducing a new song or two with instructions on technique. There's always time for questions and the class finishes with a song.

‘It's a happy hour each week where I can join in with a lovely group of learners,’ said Mary.

And if you're up for it, there are opportunities to perform. Margaret and some of her students recently performed for the Life Long Learning group at the centre.

You'll need your own ukulele and music stand. Margaret is a wealth of knowledge, and she'll help you with any purchases and let you know what and where to buy.

This popular course started with a beginner's class in 2018. It expanded to include intermediate and advanced classes as students have progressed. If you don't know which level is best for you, come to a trial class and Margaret will find the best fit for you. **L**



Ashburton Community Centre

Phone: 9885 7952 Email: office@ashburtoncc.org.au
Website: www.ashburtoncc.org.au

Get involved and inspired at BCC!


The wellbeing benefits of art are well documented. It's good for your physical health, by improving your fine motor skills. It's great for your mental health, helping many cope with stress and anxiety. And as a form of communication, it also helps your social wellbeing. That's why it's such a big part of what we do at Balwyn Community Centre.



Welcome artist and teacher, Mark Whitaker.

Meet Mark Whitaker, our new art teacher. Originally from the UK, Mark studied art and design, graduating from Newcastle University with a BA (Hons) in Fashion Design. He has 35 years' experience in the fashion industry, working in publishing and design, illustration and fashion drawing. He was menswear fashion editor for British GQ (in London) and Details (in New York).

Mark is always drawing, for pleasure and more recently doing commissioned pet portraits. During Melbourne's extended COVID lockdown, he returned to figure drawing. With his sprightly personality and obvious talent, his classes extend our members in new and inspiring ways.

Mark will take 2 classes in semester 2: Pet portraits and Life drawing. He's also offering a half-day weekend workshop. We're taking bookings and expressions of interest for these classes now. Call the office to find out more and sign up. 



ART OFTEN DELIGHTS, EXCITES, INTRIGUES AND YET STILL INTIMIDATES PEOPLE. I LOVE SEEING THE JOY ON A PERSON'S FACE WHEN THEY REALISE PUTTING PENCIL TO PAPER, PAINT ON A CANVAS OR SIMPLY CUTTING COLOURED SHEETS OF PAPER TO MAKE A COLLAGE IS SOMETHING THEY ARE CAPABLE OF DOING. IT'S THE REASON I TEACH. 🎨

WORKSHOPS & CLASSES THIS SEMESTER

COOKING

Italian kids cooking class
Sourdough breadmaking workshop
Sri Lankan cooking

HEALTH AND FITNESS

Balance back to exercise
Chair yoga
Fit for you
Meditation
Personal training
Pilates
Stretch and strengthen
Table tennis
Tai chi and Qigong
Yoga

LANGUAGES

French
German
Italian

ARTS AND CRAFTS

Botanical painting and drawing
Decoupage work group
Life drawing
Painting for pleasure
Tapestry workgroup
Watercolour painting
Drawing

SPECIAL INTEREST GROUPS

Bridge
Scrabble

HOME AND GARDEN

Veggie swap
Community garden
French polishing and furniture restoration

BCC CHILD CARE

Let your child thrive! Our occasional care child care program is based on learning and play.



The power of playgroups

CLASSES FOR THIS SEMESTER

ART

How to Draw what you See

CHILDCARE

Wednesday, Thursday, and Friday

COOKING

Dumplings

Indian

Turkish

Alfajores cookies (South America)

Fermented foods

LANGUAGES

English as an additional language

French Conversation

Italian Conversation

Spanish Conversation Beginners

Spanish Conversation Advanced

PLAYGROUPS

Grandparents

New to the Area

Unstructured

Multiple Birth Association

French Playgroup

SEWING

Sewing for all Levels

Various Craft Workshops

TECHNOLOGY

Individual Support

FITNESS

Yoga

Tai chi

GENERAL INTEREST

Pathway to Employment

Safe Seats, Safe Kids

Community Library

Wiser Driver

GROUPS

Camberwell Multiple Birth Association

CWA

Chinese Language

Mrs Clarke's School Readiness Program



When you think of playgroups, your first thought is probably about the benefits for children. Playgroups are a great way for children to learn through playing and interacting with other children. But, adults get a lot out of playgroups too.

Like children, adults make friends at playgroup

For many parents, playgroups are a way to meet new people and extend their social life and wellbeing. Often, playgroup is a family's first social network that is about them as a group. This is especially true for people who are new to an area. For Jess, recently arrived from the UK, playgroup was a 'life saver'.

"My daughter and I have made great friends at playgroup," he explains. "Other playgroup families have formed my family's social network - playgroup led to playdates, which then led to social BBQs."



Playgroups build support networks

Playgroups connect people who are in similar situations and can support each other. Having children is an amazing experience, but there are times when it's good to know there is someone in your local community you can rely on when you need help or someone to talk to.

"Playgroup was my sanity saver," explains Fleur. "I had postnatal depression and the bonds and connections I have made with other mums helped me through some very challenging times."

There's a playgroup for everyone

With a range of different types of groups catering to local areas, different interests or needs, most families can find a group that works for them. We offer playgroups for new mothers' groups, new families to the area, multiple birth groups, French language groups and even a grandparents' group.

If you've got an idea for a new playgroup, please contact us. 

Line dance your way to better health and wellbeing

If you've been looking for a good way to get back into a regular fitness routine, we've got a class just perfect for you.

Let's start with line dancing. It ticks all the 'fun' boxes – it covers the waltz, the tango, the cha cha, the mambo and the rhumba.

It ticks the health boxes by:

- improving heart health
- increasing aerobic power
- improving bone strength (bone-mineral content)
- increasing balance and flexibility (reducing fall risk)
- increasing muscle mass (reducing pain and discomfort).

And it ticks the wellbeing boxes by improving your confidence, being a great way to meet people and make new friends.

We've got classes for beginners and not-so-beginners. And there's lots of TLC along the way from Jenny, our talented instructor.

We have a plethora of other choices, with small classes to cater to individual needs, e.g.:


Yoga – Mondays and Wednesdays

Mat Pilates – Thursdays, Fridays and Saturdays

Qigong and Tai Chi – Tuesdays and Thursdays

Line Dancing – Tuesdays

Strength Training with Exercise Physio – Wednesdays

That's a taste of what's on offer. You'll find a complete list on our website where you can enrol, www.camberwellcommunitycentre.org.au or scan the QR code below. 



CLASSES FOR THIS SEMESTER

ARTS

Acrylics and Mixed Media
Drawing and Painting
Japanese Ink
Oil Painting
Painters Group

Contemporary and Abstract Art
Fine Arts on iPad
Mindful Art
Pastels
Watercolour

LANGUAGES

French
German
Spanish

POTTERY

Hand-building and
Wheel-Throwing

SOCIAL GROUPS AND CLUBS

Senior Citizens Club
Italian Senior Citizens Club
Camberwell Film Society

Greek Senior Citizens Club
Book Club
Walking Group

CARD AND GAMES GROUPS

Solo
Mahjong (Western style)

Bridge (duplicate)
Social Cards 500



Camberwell Community Centre
Phone: 9882 2611 Mobile: 0478 766 683
Email: contacts@camberwellcc.org.au
Website: www.camberwellcommunitycentre.org.au



Canterbury locals getting out and about

WORKSHOPS & CLASSES FOR THIS SEMESTER

KIDS PROGRAMS

Structured Playgroup

HEALTH AND FITNESS

Buff Bones for Osteoporosis

Chair yoga

Pilates

Tai Chi

Yoga

Zumba

LANGUAGES

French

Italian

ARTS AND CRAFT

Nature in Art

Open Art

Upholstery

Watercolour painting

SPECIAL INTEREST GROUPS

AND CLUBS

Book Club

Bridge

Garden Club

Mah Jong

As part of Neighbourhood House Week, locals delighted in a unique walking tour discovering the secrets of Canterbury, led by resident history buff, James Nicolas.

It was one of several pop-up events Canterbury Neighbourhood Centre organised in the lead up to moving to our new Canterbury Precinct in Canterbury Gardens, scheduled for the end of 2022.




“WE WERE THRILLED AT THE COMMUNITY RESPONSE TO THE WALKING TOUR, WHICH QUICKLY SOLD OUT”, SAYS ANNA MARTIN, PROGRAM COORDINATOR, CANTERBURY NEIGHBOURHOOD CENTRE. “WE ALSO INTRODUCED A SPECIAL SERIES OF WORKSHOPS. ART IN THE PARK CELEBRATED CRAFT AND WELLBEING IN THE GARDENS SO PEOPLE CAN ENJOY BEING OUTDOORS AND FEELING CREATIVE.”



Due to popular demand, we've planned another historical walking tour in October.

It's all part of a suite of new programs coming soon including:

- school holiday art workshops
- garden and sustainability workshops
- textile classes and more.

Jump on our email list and be the first to hear about new events, classes and upcoming activities. Visit www.canterburync.org.au for all the details and subscribe. 



CRAIG FAMILY CENTRE

Playgroups offer so much more than play!

Play improves children's cognitive, physical, social and emotional development and wellbeing. Our playgroups are a wonderful way for families to play together and connect with other local families in a social, supportive environment. They can share experiences and form friendships at their own pace.



Playgroups are a great way to gently re-introduce children to social and educational activities after Melbourne's many lockdowns. Playgroup friendships for parents are just as important – we encourage parents to come and meet new people, create support networks and share experiences. Mums, dads, grandparents and carers are all welcome to join in!

Our 'Squiggle Kids' facilitator and paediatric Occupational Therapist Debbie Isaac explains the benefits of our fun, play-based drawing sessions:

6 WHEN CHILDREN DRAW, THEY OFTEN TALK. DRAWING CAN HELP A CHILD TO EXPRESS THEIR IDEAS AND IDENTITY, BOTH IN THE DRAWING ITSELF AND IN CONVERSATION ABOUT IT. DRAWING ALSO HELPS CHILDREN TO DEVELOP FINE MOTOR SKILLS, VISUAL SKILLS AND MEMORY SKILLS. DRAWING WITH AN ENGAGED ADULT ALSO PRESENTS A WONDERFUL OPPORTUNITY TO BOND. 9

Come and play with us at the Craig Family Centre. We can't wait to see you! 



Craig Family Centre
Phone: 9885 7789
Email: enquiries@craigfc.org.au
Website: www.craigfc.org.au

WORKSHOPS & CLASSES FOR THIS SEMESTER

PLAYGROUPS AND UNDER 5s

Spanish playgroup
Mums 'n' bubs yoga
Tuesday morning music with Jo
Creative play with Squiggle Kids
Mandarin playgroup
Bush playgroup
Gumnut music with Louise
Baby playgroup
Friday Parent-led playgroup
All The Doo Dah Day, music & movement

CHILDCARE & KINDERGARTEN

Sessional childcare
3-year-old kindergarten
4-year-old kindergarten

PRIMARY-AGED CHILDREN & TEENS

Screen and Stage, Grade 3 and 4
Screen and Stage, Grade 5 and 6
Acting and Singing for Teens, Year 7 and 8
Bright Brains homework club, Year 1 to Year 10
Mandarin languages classes

FAMILY SERVICES & SPECIAL EVENTS

Bike Maintenance Workshops
Parent-child Woodwork Workshops
Jobs Advocacy
'Safe Seats, Safe Kids' car seat fittings

SPECIAL INTEREST GROUPS

Al-anon
Ashburton Food Forest
Australian Breastfeeding Association
Country Women's Association Ashburton
GOLD Group
Lions Club of Boroondara-Gardiners Creek
Mindfulness Meditation
Victorian Guild of China Painters
Victorian Egg Decorators Guild



Be inspired, improve your wellbeing and connect with your community

We all need to look after our health and wellbeing. Drop in every Wednesday from 1pm and enjoy a FREE delicious and nutritious lunch prepared by our volunteers. Come, eat and connect with others in your neighbourhood in a safe and supportive environment.

CLASSES FOR THIS SEMESTER

Slow Flow Yoga – Monday and Thursday

Morning Meditation – Wednesday

Pilates – Monday, Thursday and Friday and online Tuesday

Qi Gong /Tai Chi – Thursday

Community Kitchen – Wednesday

NOVA Art – Thursday and Friday

iPad Beginner – Thursday

French – Tuesday

Italian – Wednesday

Cinema & Chat – Monday

Short Story Book Club – Tuesday

We also have a range of other programs and classes to support the health and wellbeing of those in our community.

Have you ever thought about taking up Pilates?

For an hour a week, this full-body exercise involves precise movements and breath control to strengthen muscles. As well as improving your postural alignment and flexibility, Pilates can improve your concentration and help you relax and manage stress.

We offer classes at all levels. And anyone can do it – elite athletes, people with limited mobility, pregnant women and people with low fitness levels.


Did you know we are a registered NDIS service provider?

We provide community-based social and recreational programs for people with a disability. For example, our Changing Directions Music and Art programs are designed for people with an acquired brain injury. They encourage participants to explore their interests and develop skills through musical expression and visual arts. In this supportive environment, participants and their carers can interact and develop the social networks that improve community integration.

Another example is our **Nova Art program**. This welcoming and supportive open studio environment encourages artists who have lived experience of mental illness to pursue their own artistic practice and vision. The program is run by an Art Therapist who supports the group in their creative expression and participation.

‘ IT’S A WARM, RELAXED SOCIAL ENVIRONMENT WHERE THE FACILITATORS ARE VERY SUPPORTIVE AND KNOWLEDGEABLE. ’

Kylie

Have you checked out our events? We’ve got Persian cooking, wine workshops, jewellery making, meditation and mindfulness and so much more. Head to our website for more information. 



32 Henry Street

HAWTHORN COMMUNITY HOUSE

Hawthorn Community House

Phone: 9819 5758 Email: info@hch.org.au

Website: www.hch.org.au

Women can have sheds too

Kew Neighbourhood Learning Centre is a place in the community where people come to share, connect, learn and realise their potential. We offer diverse programs in adult education, children's services and social activities. We also offer a wide range of responsive programs to those in our community who are experiencing social isolation.



If you're looking for a way to improve your wellbeing, a women's shed has got it all:

- A place to learn new skills ✓
- A place to practise a hobby ✓
- A place to meet new people ✓

A new shed has just started at Kew Neighbourhood Learning Centre. Every Tuesday (10am – 3pm), women come together to make new social

connections, reduce isolation and learn a new skill.

You can also learn some useful skills along the way, such as basic household maintenance, how to use hand and power tools, and do some fun DIY projects. The aim is to build women's skills and confidence, and help keep them empowered and independent. **L**

6 OUR WOMEN'S SHED IS CREATING A NETWORK FOR SOCIALISING AND FRIENDSHIP – IT'S A PLACE FOR WOMEN TO SHARE THEIR LIFE EXPERIENCES AND ANY ISSUES THEY FACE. 9

Claudia Payet, Women's Shed Coordinator

CLASSES FOR THIS SEMESTER

CREATIVE PURSUITS

Writing for Pleasure and Publication
Ukulele

LANGUAGE AND LITERACY

EAL class
Effective writing for EAL
Digital Literacy for EAL

CAREER STARTERS

Barista training
Intro to Hospitality
Intro to Customer Service
Intro to Building and Construction
Intro to Dental assistant
Transition to employment
Intro to events management
Work ready and interview skills
Hospitality Engagement and
Employment Training program

HEALTH AND WELLBEING

Yoga
Fit for you
Mat Pilates
Tai Chi

INCLUSIVE COMMUNITIES PROGRAM



Kew Neighbourhood Learning Centre
Phone: 9853 3126
Email: admin@kewnlc.org.au
Website: Kewnlc.org.au

A yoga position for everyone

OUR YOGA CLASSES

TEEN YOGA

Refresh your mind, treat your body to some gentle exercise and boost your wellbeing with this mid-week dose of serenity. Teen Yoga gently works the entire body for overall health. This class is specifically designed to be fun, relaxed and easy going and is suitable for teens of all abilities and fitness levels.

Wednesday 4.30pm–5.30pm

\$15 per session, enrol a term at a time
<https://surreyhillsnc.org.au/courses/teen-yoga/>

HATHA YOGA

Hatha Yoga balances the body and the mind ('ha' representing the esoteric sun, and 'tha' the moon). Beginners are welcome and all ages and levels will feel encouraged and supported. You can choose from 2 classes:

Monday 6pm–7pm or

Tuesday 6pm–7pm

\$18 per session, enrol a term at a time
<https://surreyhillsnc.org.au/courses/yoga-courses/>

PILATES

Our Pilates classes focus on strengthening the deep abdominal and pelvic floor muscles that will help to improve posture, body awareness, breathing and an increased sense of wellbeing.

Monday 10am–11am

\$18 per session, enrol a term at a time
<https://surreyhillsnc.org.au/courses/2022-pilates-monday/>



The benefits of yoga have been recognised for centuries. Improved flexibility and posture and lower anxiety and stress levels are important for everyone's health. Our yoga and Pilates classes are a popular part of our health and fitness programs at Surrey Hills Neighbourhood Centre. There's something for everyone – including a new after school yoga class just for high school students.

Our new **Teen Yoga class** is run by the wonderful Liliana, who gently and expertly tailors sessions to promote wellbeing and serenity. After a busy day at school, teens can jump off the train at Surrey Hills and head straight into a calming yoga session. Yoga improves concentration and focus, setting teenagers up for their evening homework sessions.

The much-loved Virginia runs our **Hatha yoga sessions for adults**. Hatha yoga involves physical postures (yoga poses) and breathing techniques that are practised more slowly and with more static posture holds. Virginia's classes have been a mainstay of our community for many years and are as popular as ever!

Wear comfortable clothing that allows you to stretch. We have mats or you can bring your own. Bring a drink bottle, and a blanket for relaxation at the end of the class for the chilly winter evening classes.

Namaste! 🙏



Surrey Hills Neighbourhood Centre

Phone: 9890 2467

Email: reception@surreyhillsnc.org.au

Website: www.surreyhillsnc.org.au

Getting back into exercise after pregnancy – SAFELY

When you've got a new baby, exercise is often the last thing on your mind. But did you know that doing some gentle exercise after pregnancy not only helps your body recover, it can help your mental health? Often, the hardest part is not knowing where to start. That's where Trentwood can help.




As a parent, you need to look after YOUR health and wellbeing, as well as your child's. Regular exercise helps improve your physical and mental wellbeing. It can:

- help restore muscle strength and firm up your body
- raise your energy level and improve your sense of wellbeing
- promote weight loss
- improve your cardiovascular fitness and restore muscle strength
- condition your abdominal muscles
- improve your mood, relieve stress and help prevent postpartum depression.

At Trentwood, our Tuesday morning postnatal class is tailored for mums who want to get back into shape after pregnancy and meet others. Our classes are pelvic floor safe and suitable for all fitness levels. Best of all, you can bring your baby along. The class is led by an experienced exercise professional who is registered with AUSactive.

Here are some other tips for keeping active with a baby:

- Exercise with a friend.
- Exercise in short bursts if that's all you have time for – even if it's only for 10 minutes. It's a great way to spread activity throughout the week.
- Don't be too hard on yourself if your exercise plans go awry. Just do what you can.
- You can do tummy and pelvic floor exercises any time, any where.
- Walk your baby in the pram for short trips. 

WORKSHOPS AND CLASSES FOR THIS SEMESTER

BE ACTIVE

Belly Dancing
Chinese Cultural Dancing
Nia Dance Fitness
Pilates
Strength and Balance
Hatha Yoga
Table Tennis
Tai Chi
Qigong/Tai Chi
Yin and Flow Yoga
Movement for Healthy Ageing

BE CREATIVE

Mixed Media Art
Art and Craft projects
Drawing and Painting
Therapeutic Gardening
Sustainable Craft
Holistic wellbeing workshops

BE INVOLVED

French Conversation
Mandarin for Beginners
Rendezvous to Write
Social Inclusion week November 20–26

IN THE KITCHEN

\$5 Meals
Turkish cooking workshops
Healthy Cooking workshops

FOR KIDS AND TEENS

Study Space
Table Tennis



Still looking for inspiration?

CHECK OUT SOME SPECIAL EVENTS

Our communities are opening up, and what better way to reconnect with our friends, family and neighbourhoods than by joining in some of these events.



Inspire Women at Balwyn Community Centre – a free community program

Running from **18–29 July**, these free events, workshops, and lectures are for women of all ages and backgrounds. You can get involved in life drawing, self-defence, sourdough breadmaking and strength training for women. There's also a seminar on raising resilient daughters. Guest speaker and Mayor, Jane Addis, will discuss her political career and Dr Tania Penovic will talk about reproductive rights. Book in, be inspired and learn from Boroondara's thought leaders. For more information, visit Inspire Women on the Balwyn Community Centre website.

Ashburton-a-Fair (Ashburton Community Centre)

Saturday 25 June, 17 September and 3 December, 9.30am – 2.30pm

Join us at this quarterly community event presented by the Ashburton Community Centre and Rotary Chadstone/East Malvern. Shop at the market, book into an art workshop, participate in a range of free creative activities for all ages, enjoy a Devonshire tea and drop by the sausage sizzle. See you there! Visit our website for more details in the lead up to the event at www.ashburtoncc.org.au

BookFest Ashburton (Ashburton Community Centre)

Saturday 9 July, 10am–2pm

Come along to our inaugural event! At Bookfest you will find a second-hand book sale, up-cycling craft activities, Devonshire tea, a sausage sizzle and more. Visit our website for more details in the lead up to the event at www.ashburtoncc.org.au

Father's Day Woodwork Workshop & Sausage Sizzle (Craig Family Centre)

Saturday 3 September, 12pm–2pm

Join us for this special Father's Day Event! Dads and grandads are invited to join us and work with their child to construct their own wooden, classic car in this woodwork workshop, facilitated by 'Craftpower'. Learn new woodwork skills, enjoy the creative process and have some fun – together! A delicious sausage sizzle lunch is included.

Bike Maintenance Workshops (Craig Family Centre)

Saturday 5 November, 10am–2pm

Be safe and save money - learn how to maintain your bicycle. Bike Mechanics from Good Cycles will guide you through the fundamentals of bike maintenance, so you and your family can get the most out of your bikes, and ride with confidence. Bring a friend, the kids, the bikes and ask lots of questions! And enjoy a delicious sausage sizzle lunch!

Kew Neighbourhood Learning Centre Open House

Friday 25 November 2022, 3pm–7pm

Join us for our Open House Party. There will be kids activities – including petting zoo and pony rides, markets stalls with handmade products, live music, art show ... and lots more! Our friendly staff will also be on hand to answer any questions you may have about our courses and programs.

Thinking of Occasional care for your little one in 2023? We have that covered too! Meet our wonderful occasional care staff and check out our fun and friendly childcare facilities! Once you are done walking around our diverse centre, head over to our Sparechair café and enjoy some delicious food from our new menu accompanied by a wine, beer or perhaps even a spritz! 

Rooms for hire



Many of our centres have rooms and halls to hire at very competitive rates. Contact the centres directly for further information or to make a booking.

ALAMEIN NEIGHBOURHOOD AND LEARNING

Rooms suitable for meetings and seminars.

ASHBURTON COMMUNITY CENTRE

Rooms and a registered kitchen available for hire for community, not-for-profit and commercial use. Suitable for meetings, classes and workshops. Discounts available for regular hire.

BALWYN COMMUNITY CENTRE AND FUNCTION CENTRE

Small room hire suitable for freelancers, study/special interest groups.

BOWEN STREET COMMUNITY CENTRE, CAMBERWELL

BSCC has two buildings, with various spaces suitable for different purposes, available for hire to local residents, groups and organisations.

CAMBERWELL COMMUNITY CENTRE

Fairholm hall and studio/class spaces for hire. Includes kitchens and the latest in audio visual (AV) technology.

CRAIG FAMILY CENTRE

Rooms suitable for meetings, seminars, community groups and parties.

HAWTHORN COMMUNITY HOUSE

Rooms available for meetings, parties, small events. Access to private garden, large kitchen and parking available.

KEW NEIGHBOURHOOD LEARNING CENTRE

Rooms available at very competitive rates. Harrier's Pavilion is also available for event or party hire.

SURREY HILLS NEIGHBOURHOOD CENTRE

Various rooms and a registered kitchen available for hire. Suitable for meetings, workshops, cooking classes and celebrations.

TRENTWOOD COMMUNITY HOUSE

New well-equipped centre has various sized rooms and a large kitchen available for hire for community groups and commercial use. Suitable for meetings, workshops, and functions.

Our centres

Alamein Neighbourhood and Learning

49 Ashburn Grove, Ashburton 3147
Phone: 9885 9401 Email: admin@alameinnlc.com.au
Website: www.alameinnlc.com.au
Facebook: Alamein Neighbourhood and Learning Centre

Ashburton Community Centre

160 High Street, Ashburton 3147
Phone: 9885 7952 Email: office@ashburtoncc.org.au
Website: www.ashburtoncc.org.au
Facebook/Instagram: ashburtoncc

Balwyn Community Centre

412 Whitehorse Road, Surrey Hills 3127
Phone: 9836 7942 Email: reception@balwyncc.org.au
Website: www.balwyncc.org.au
Facebook: BalwynCC

Bowen Street Community Centre

102 Bowen Street, Camberwell 3124
Phone: 9889 0791 Email: info@bowenstreet.org.au
Website: www.bowenstreet.org.au

Camberwell Community Centre

33-35 Fairholm Grove, Camberwell 3124
Phone: 9882 2611 Mobile: 0478 766 683
Email: contacts@camberwellcc.org.au
Website: www.camberwellcommunitycentre.org.au
Facebook: [camberwellcommunitycentre.org.au](https://www.facebook.com/camberwellcommunitycentre.org.au)

Canterbury Neighbourhood Centre

2 Rochester Road, Canterbury 3126
Phone: 9830 4214 Email: office@canterburynh.org.au
Website: www.canterburyprecinct.org.au

Craig Family Centre

7 Samarinda Avenue, Ashburton 3147
Phone: 9885 7789 Email: enquiries@craigfc.org.au
Website: www.craigfc.org.au

Hawthorn Community House

32 Henry Street, Hawthorn 3122
Phone: 9819 5758 Email: info@hch.org.au
Website: www.hch.org.au
Facebook: www.facebook.com/hawthorncommunityhouse
Instagram: www.instagram.com/hawthorncommhouse/?hl=en

Kew Neighbourhood Learning Centre

2-12 Derby Street Kew 3101
Phone: 9853 3126 Email: admin@kewnlc.org.au
Website: Kewnlc.org.au
Instagram: @kewlearning
Facebook: @kewneighbourhoodlearningcentre

Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills 3127
Phone: 9890 2467
Email: reception@surreyhillsnc.org.au
Website: www.surreyhillsnc.org.au
Facebook: www.facebook.com/surrey.neighbourhoodcentre

Trentwood Community House

2 Centre Way, Balwyn North 3104
Phone: 9006 6590
Email: info@trentwood.org.au
Website: www.trentwood.org.au
Facebook: Trentwood at the Hub