

SOCIAL GROUPS

VIETNAMESE/INDOCHINESE ELDERLY GROUP

The group meets every fortnight on a Thursday in the Church Hall opposite the Neighbourhood House. Information meetings to which guest speakers are invited alternate every fortnight with a trip and an outing often outside Melbourne.

Bookings are essential for these meetings and outings for catering purposes and for booking the buses and trips. Fees are kept to a minimum.

WEDNESDAY SOCIAL GROUP - ALL WELCOME

WEDNESDAY: 1pm - 3pm (Except for outings).

COST: Lunches start at \$5.

BUS OUTINGS: \$5 plus entry or lunch costs.

Bookings are essential. Phone: 9376 6366

A detailed program is available from the office.

COMMUNITY GROUPS CURRENTLY MEETING

ALCOHOLICS ANONYMOUS (SPANISH SPEAKING GROUP)

The group meets at the Kensington Neighbourhood House: **Friday, Saturday and Sunday**

7.30pm - 9pm PHONE: 9429 1833

FLEMINGTON KENSINGTON NEWS

The Flemington Kensington News is a community newspaper put out by a collective for the community. If you would like to make a contribution by way of writing, photography, layout, graphic design or delivery, please contact Carolyn on 9376 0642.

CHRIST CHURCH HALL HIRE

One off hire of the Christ Church Hall can be organised through the Neighbourhood House. Minimum 2-hour rental cost is \$30 and \$15 per hour

NEIGHBOURHOOD HOUSE HIRE

Hire out the Neighbourhood House for:

- Meetings, childrens' birthday parties etc.
- Cost is \$45 for 3 hours and \$10 per 30 minutes after that.
- Must have own insurance.
- Community Groups by negotiation.

- Full term fees to be paid in advance
- Classes may need to be cancelled if numbers are insufficient
- Refunds will apply when a class is cancelled through insufficient numbers
- Where no start date is given, the program will be on-going from the date class numbers are sufficient to start
- Bring a friend to any class and get 50% off that class
- We are a Companion Card Holder Supplier
- Adult & Community Further Education (ACFE) funded courses comply with the Ministerial policy on fees and charges.

Kensington Neighbourhood House is funded by:

- ♦ Department of Human Services
- ♦ City of Moonee Valley
- ♦ City of Melbourne
- ♦ Our members by donation.
- ♦ Adult Community Further Education

This organisation respects your right to information privacy. Information which we collect and hold on participants is kept in accordance with information privacy laws.



ACTIVITIES and COURSES 2006

TERM 1

MONDAY 30 JANUARY - FRIDAY 10 MARCH

TERM 2

MONDAY 27 MARCH - FRIDAY 16 JUNE

Bookings are essential for all classes and activities in fairness to tutors and for catering purposes.

Kensington Neighbourhood House
89 McCracken Street, Kensington 3031

Tel: 9376 6366 Fax: 9376 8444

Office Hours: 9.00am - 4.30pm

Email: kwgp@vicnet.net.au

ABN: 74489791023

WORKSHOPS AND SPECIAL FEATURES

SHARING THE SAME ROOF

Melbourne City Council has funded an Arts Project for 2006. The project will tell the stories of all those who use the Neighbourhood House, from the founding women from the public housing estate and through its history to current day users. The stories will reflect the diversity of use and cultures at the House and will end with a dramatic presentation in December 2006. We are also interested in those who would like to be performers.

HEEBLESTONE SCULPTURE with Ann Hood

Come and work on a sculpture for your house or garden using files, rasps and chisels.

SATURDAY FEBRUARY 18th 11am – 3pm

COST: \$55/\$40 conc (includes cost of Heeblestone block)

BAG MAKING with Ellie Valdebenito

Make and design your own tote bag out of cotton fabrics.

SATURDAY FEBRUARY 25th 10am – 4pm

COST: \$20 plus supply your own fabrics



WOMEN'S HEALTH & BEAUTY DAY with Qua Thi Nguyen & Melina Caccetta

This day includes an Eastern face massage method for inner and outer body health as well as learning to make your own inexpensive and natural facial products and then trying them out. Products provided on the day. Have fun and glow at the same time. BYO own bowl, face washer, mirror and lunch.

SATURDAY APRIL 8th 11am – 3pm

COST: \$15/\$8 conc

WORKSHOPS

COMMUNITY GUEST SPEAKERS

Frank Golding THURSDAY 2nd March

7.30pm – 9.30pm

Frank Golding is the author of *An Orphan's Escape: Memories of a Lost Childhood* which tells the story of his own childhood spent in a Ballarat Orphanage with his two brothers. These boys spent their whole time in the orphanage knowing their parents were alive. Frank will speak of his experiences and of the history he uncovered during the research for his book, including his parents' battle against the State.

Arnold Zable Date to be determined.

Please call for information

Arnold Zable is a dynamic and compelling storyteller who speaks with passion about memory, history, displacement, community and the multiplicity of cultures within Australia. Recently he has spent considerable time with refugees held in detention centres. Arnold has written a number of books ie *Jewels & Ashes*, *Wanderers & Dreamers*, *Café Scheherazade*, *The Fig Tree* and *Scraps of Heaven*.

Community Speaker's session: \$5/\$2 conc.

SING OFF THE RAFTERS with Jeannie Van De Velde

Join these vibrant voice workshops to discover and explore your singing voice. A range of fun games and easy to learn songs. Connect with others through singing with this teacher and practitioner in the Alexander Technique.

Come to both or either of the sessions:

SATURDAY MARCH 4th & MAY 6th 3.30pm – 5pm

COST: \$10/\$7 conc. per session



WORKSHOPS

SEASONAL GARDENING TALKS

AUTUMN – Potted Plants & Indigenous Gardens
Local gardening expert, **Meg Dunley**, will provide advice and information on potted plants – ideal for those with little or no garden – as well as a seasonal update on what needs to be done during Autumn.

Judy Allen from **VINC** (Victorian Indigenous Nursery Co-operative) will speak on indigenous gardens.

SATURDAY MARCH 4th 11am-1pm

COST: \$5/\$2 conc

WINTER – Planting, Mulching & Composting

Winter is an ideal time to plant. This talk will provide you with all the information you need on planting, mulching and composting.

SUNDAY JUNE 18th 10am – 12 noon

COST: \$5/\$2 conc

BONSAI DEMONSTRATION

Bonsai experts from Bonsai Northwest will demonstrate how these beautiful trees are created, cultivated and maintained as healthy vibrant trees that grow, blossom and bear fruit. Watch a bonsai tree begin its life growing into a miniature forest giant.



One introductory session will be offered with the possibility of a follow-up session if requested.

WEDNESDAY FEBRUARY 22nd 7.30pm – 9.00pm.

COST: \$5.00 (includes supper)

GUITAR with Steve Walton

An ideal opportunity to learn the fundamentals of guitar playing; basic chords and music theory. Students must have their own guitar and plectrum/picks. Steve has played guitar & bass for 20 years & has music theory to AMEB level (4th Grade). **By appointment: Mondays & Wednesdays: 10am – 4.30pm**

COMMUNITY EDUCATION

CERTIFICATE III IN CHILDREN'S SERVICES CHC30402

This is a full-time accredited childcare training course, beginning in March each year. It runs for 4 to 5 days weekly ending in October/November. It involves a mix of classroom teaching and training in a childcare centre.
Phone 9376 6366 for a course brochure, information session and interview times.

INTRODUCTION TO COMPUTER & INTERNET

April 7th – May 26th
An 8 week beginner computer and internet course which will introduce people who have little or no experience to the basics of computer and internet. It will include Microsoft Word, formatting, saving files, surfing the internet and emailing.
Phone 9376 6366 to go on our waiting list.



FRIDAYS: 10am - 12.30pm
COST: \$80.00
Bookings essential.

EMAIL MADE EASY

Three sessions for people who want to communicate via email to family and friends.

Session 1: Introduction to computers (for those who need it)

Session 2: Setting up an email account

Session 3: Sending and receiving emails

TUESDAY FEBRUARY 7TH, 14TH, 21ST
3.45pm – 5.15pm

COST: \$10/\$7 concession per session.

COMMUNITY EDUCATION

ENGLISH AS A SECOND LANGUAGE

New students need to phone 9376 6366 to make an interview time to assess your language skills.

Basic Course:

Tuesdays & Thursdays 9.15am - 12.15pm

Intermediate Course:

Tuesdays & Thursdays 1pm - 3.30pm

COST: \$13 per term (concession rate)

ENGLISH CONVERSATION

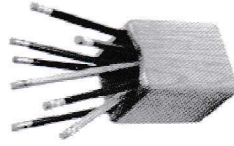
Practise social English with a tutor in a small, informal group. A great way to make friends and improve your English speaking and listening skills. Best for a post-beginner level.

MONDAYS: 9.30am – 11.00am

COST: \$3.00 per session
Bookings essential.

LITERACY CLASS

For people who need help with spelling, reading and writing skills to communicate more effectively.



WEDNESDAYS 1.15pm – 3.15pm

From FEBRUARY 8th

NO COST

Adult & Community Further Education (ACFE) funded courses comply with the Ministerial policy on fees and charges.

MORNING CHILDCARE

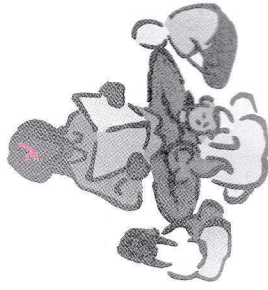
MONDAYS, TUESDAYS WEDNESDAYS & THURSDAYS

9.30am until 12.30pm

We have experienced and excellent qualified childcare staff who ensure your child's time is both educational and enjoyable. We take a small number of children (12 maximum) in a residential house setting.

Activities include:

- Water Play
- Painting
- Singing
- Books
- Music
- Using Playdough
- Paper Construction



Outdoor play also takes place in our back garden area. Children come with a small lunch snack provided by their parent/guardian. Sunhats in summer.

Our fees are very reasonable and we require payment to be made whether or not your child attends a session. This is in the interest of retaining highly qualified and committed staff.

Fees are: \$15.00 full.

\$7.00 concession.

\$5.00 if the parent/guardian is attending an English Class at the House and is concession eligible.

Children do not attend childcare if they are ill, and should have up-to-date immunisation. Any child who is not immunised will not attend any sessions where there is an outbreak of disease for which they are not immunised.

* Bookings for Child Care are essential *

ART

CREATIVE WRITING with Emilie Collyer

This is an exciting introduction to the potential of writing for yourself and others. Explore a different aspect of writing each week including, character, story and dialogue. Work on your own pieces of writing in a structured and supportive environment. Emilie is an accomplished playwright and has a Dip. in Prof. Writing and Editing (RMIT).

WEDNESDAYS: 10am -12noon
COST: \$10/\$7 (concession) per class.

HAIKU – Japanese Short Verse with Alana Kelsall

Create a moment, a diary, your own modern story with a series of formal Haiku; this ancient Japanese verse form.

Alana is an accomplished poet, speaks fluent Japanese and has a Dip. in Prof. Writing & Editing.

MONDAYS: 7pm – 8:30pm
COST: \$8 / \$5 conc

MOSAICS with Ann Hood

Come along and join in this exciting group and make beautiful mosaic designs on items of your choice. This class can be a contemplative or chatty class depending on your disposition. Either way it's fun. You will need to purchase your own materials but Ann is a great guide for imaginative and inexpensive ways for you to achieve your final product.

MONDAYS: 7pm – 9pm Advanced Class
TUESDAYS: 7pm – 9pm Beginners Class
FRIDAYS: 1pm – 3pm Beginners Class
COST: \$8 per class

EARN TO KNIT

Learn the basics of knitting, techniques of: casting on & off, increasing & decreasing, knit & purl stitches. After a few classes you will be able to undertake your own projects with confidence.

MONDAYS: 2.30pm – 3.30pm
Gold coin donation

HEALTH & FITNESS

GENTLE EXERCISE & LIGHT WEIGHTS with Carol Weiland Monaghan

This is a fun class suitable for the over 50 age group and for those who are beginning exercise after an injury or fall and post rehabilitation. Great for developing co-ordination and bone density, combining low impact stretching and light weight work. This class is done to music with an emphasis on fun and fitness. **THURSDAYS:** 1.30pm - 2.30pm
COST: \$5.00

WALKING GROUP with Sheila Byard

Walk and explore Kensington with this group. You'll get fitter and learn the history of the local area with Sheila's astounding knowledge.

FRIDAYS: 10am – 11am
NO COST

THEATRE GAMES with Emilie Collyer

An introductory course aimed at getting up and being comfortable performing in a group. It will cover theatre games, body and voice as well as ideas for creative works. A fun and friendly way to nurture the performer within and bring hidden skills to life. Emilie has worked within an improvisation group for many years.

WEDNESDAYS: 1pm - 3pm
COST: \$10/\$7 conc

GITA STYLE HATHA YOGA

Beginners Average Intermediate
Gentle Pre Natal

Kids and Teens Yoga starting 2006
Individual Classes Available

KENSINGTON: Christ Church Hall – McCracken St

FLEMINGTON: Canterbury St. Stables
Phone Rick for timetable and details.

Ph: 9376 3773 Mob: 0431 163 130
email: RickHarvestYoga@alphalink.com.au



HEALTH & FITNESS

LATIN DANCE with Thomas Melgarejo

Learn the sultry and exciting moves of Latin Dance. Thomas has taught this dance for over 11 years and has toured Europe with Exhibition Shows and Master Classes. Come along, learn and have lots of fun to the steps of the: **Cha Cha, Mambo, Salsa, Conga, Samba, Merengue**

TUESDAYS: 5pm - 6pm
COST: \$10 per class.

In the Christ Church Hall (behind the Church) McCracken Street, Kensington. Bookings essential.



MASSAGE with Harold Haarbarger (MAA)

These massage sessions provide individual treatment for relaxation and well-being. Reiki is also available. The first treatment needs to be for one hour's duration in order to gain client history.

MONDAYS: 2pm - 4pm by appointment.
COST: 1 Hour - \$40/\$25 (concession)
½ Hour - \$25/\$15 (concession)

REFLEXOLOGY with Jill Snowdon

(Certified Reflexology, Reiki 1 & 2)

Reflexology is a type of massage which works by applying pressure to reflexes and pressure points on the hands and feet. These points relate to organs and glands in the body. Reflexology can bring relief from pain and tension in the body.

FRIDAYS: 2pm - 4pm by appointment.
COST: 1 Hour – \$40/\$25 (concession)
½ Hour – \$25/\$15 (concession)

RELAXATION HOUR

Drop in and join us for guided visualisations inspired to bring about relaxation. Various breathing techniques to calm and soothe the body and mind. Short meditation practice.

THURSDAYS: 3pm – 4pm
NO COST