

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 Sarah on 0419 322 138.

CHRIST CHURCH HALL HIRE

One off hire of the Christ Church Hall can be organised through the Neighbourhood House.

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.

Adult Education in
the Community



ACTIVITIES and COURSES 2006

TERM 3

MONDAY 3 JULY - FRIDAY 15 SEPTEMBER

TERM 4

MON 3 OCTOBER - THURS 21 DECEMBER

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.

Preparatory Session: Wed 22nd November

7pm-8pm \$5.00

Workshop: Sunday 3rd December

11am-4pm \$55/\$35 conc.

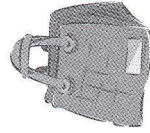
BAG MAKING with Ellie Valdebenito

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

Sat 19th August and/or

Sat 11th November

10am-4pm \$30/\$15 conc (per session)



MOSAICS INTENSIVE with Ann Hood

Preparatory Session: Wednesday 12th July

7pm-8pm \$5.00

Sat & Sun 29th/30th July

10.30am-3.30pm

\$45/\$20 conc (for 2 days)

WORKSHOPS

CLAY FLOWERS

Learn to make your own Clay Flowers using the Traditional Thai method—*Dok Mai Jark Din*. Clay flowers are also suitable for cake decorations.

Saturday 2nd September - 1pm-4pm

Cost: \$39 (maximum 10 people)

SCREEN PRINTING with Alex Rowland

Screen-print your own design onto an item of your choice eg. t-shirt, tea-towel, cushion cover etc. Screens and paints provided. BYO item to print.

Saturday 13th October - 1pm-3pm

Cost: \$30/\$15 conc (maximum 5 in class)

ASIAN COOKING DEMONSTRATION

with Lu Tu Binh

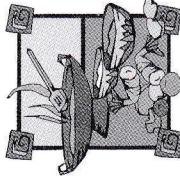
Come and find out how to make three delicious main course dishes from the following cuisines:

Vietnamese, Chinese and Japanese

(Tonkazu or Tempura).

Sunday 3rd September - 2pm-4pm

Cost: \$20/\$10 conc



DECORATE A WOODEN CHAIR

with Ann Hood

Spend a day painting and decorating a wooden chair. BYO chair and decorations ie. acrylic paints, brushes, beads, glue, sandpaper etc.

Preparatory Session: Wed 8th November

7pm-8pm \$5.00

Sunday 19th November

10.30am-3pm \$25/\$15 conc.

Workshop:

CLASSES

PAINTING & DRAWING with Alex Rowland

Learn the quiet and joy of painting and/or drawing skills with Alex who is an accomplished artist and has worked in both Australia and the U.K.

WEDNESDAYS: 3pm-5pm afternoon / or

6pm-8pm evening

Cost: \$15/\$10 conc (materials supplied except for canvases)

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

TUESDAYS: 3pm - 4.30pm

Cost: \$10 per 45 min (conc and children u/12)

\$15 per 45 min (non concession)

\$10 per student - group lessons (2 or more)

A free first lesson for all new students and for any student who refers a new student.

LEARN CHESS with Gordon Lindberg

A 20 minute discussion/lecture, followed by playing involving rounds and tournaments. All learning materials provided in class. Suitable for late primary school age children and adults.

THURSDAYS: 4pm-5pm

Cost: \$5.00 (requires a minimum of 8)

GO with Gordon Lindberg

An ancient board game also known as Wei Qi in Chinese, Baduk in Korean and Igo in Japanese.

WEDNESDAYS: 4pm-5pm

Cost: \$5.00 (requires a minimum of 8)

**** Bookings are essential for all classes ****

**** Deposit required for workshops ****

**** Fees payable on commencement ****

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.

BEGINNING CHILDCARE

17th July—24th November

Study four competencies from CHC30402 Certificate III in Children's Services and gain a first aid certificate. This course will introduce childcare as an occupation, through a combination of classroom study and workplace experience. Students will be awarded Statements of Attainment for competencies achieved.

MONDAYS: 9.30am-1.30pm and a minimum of 10 days work placement

Cost: \$90/\$75 concession

INTRODUCTION TO COMPUTER & INTERNET

Term 3: 7th July—25th August

Term 4: 6th October—24th November

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 mailing.

Phone 9376 6366 to go on our waiting list.

FRIDAYS: 10am - 12.30pm

Cost: \$80.00



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

**** Bookings are essential for all classes ****

**** Fees payable on commencement ****

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: \$1.31 per class hour or \$52 concession.

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: 10.00am - 11.30am

Cost: \$3.00 per session

ESL READING & WRITING

14th July—24th November

For people who speak a language other than English and who want to improve their reading and writing skills for employment, further study or every day life.

FRIDAYS: 10.00am - 12.00pm

Cost: \$52

LITERACY CLASS

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

WEDNESDAYS: 1.00pm - 3.00pm

No Cost

FIRST AID: LEVEL 2

Accredited training

TUESDAY 18th July - 9.00am-4.00pm and

WEDNESDAY 19th July - 9.00am-4.00pm

Cost: \$180

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, Playdough and 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.

ARABIC POETRY - LOVE AND WAR with Alana Kelsall

This course will look at forms of Arabic poetry - from more traditional type Gazals to present day free verse. An emphasis on the twin themes of love and war.

TUESDAYS: 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

COST: \$8 per class

LEARN 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 - 4.00pm

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 local places of interest and get fit at the same time.

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

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 Haarburger (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: 2.30pm - 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.

WEDNESDAYS: 4pm - 5pm

NO COST