

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~~ *for*. 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.

WEEKEND AWAY FOR OLDER WOMEN

30th March - 1st April

Enjoy a weekend away in Marysville staying at ESA's "Forest Retreat". All accommodation, meals and transport included in cost.

COST: \$50

MINIMISING YOUR WASTE

This workshop will teach you how to minimise your household waste and impact on the environment. It will include tips on sustainable purchasing, recycling and a demonstration on how to install a worm farm. Workshop will be followed by light refreshments.

SUNDAY 25th February: 10am - 12pm

NO COST

CONSERVING ENERGY AT HOME *efficient*

This workshop will explore and highlight practical ways in which you can be more energy efficient at home. A demonstration will be given on how to install Clear Comfort window insulation, helping you to save energy at a fraction of the cost of double-glazing. Workshop will be followed by light refreshments.

SUNDAY 22nd April: 10am - 12pm

NO COST

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

The Kensington Neighbourhood House has been established in Kensington since 1975 to provide a space for the community and its various groups and interests to meet, share information, develop skills and break down isolation or other community barriers.

→ 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
- Department of Victorian Communities
- 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.

Produced by Kensington Neighbourhood House
with funds provided by the City of Melbourne.



ACTIVITIES and COURSES 2007

TERM 1

Tuesday 30 January - Friday 30 March

TERM 2

Monday 16 April - Friday 29 June

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: 74 489 791 023

GENTLE EXERCISE & LIGHT WEIGHTS

with Carol Welland 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.

TUESDAYS: 2.30pm - 3.30pm

COST: \$5.00 per class

LOW IMPACT EXERCISE with Chrissie Williams

Low impact exercise class using light weights and therabands with a focus on home based maintenance exercises. Good for muscle strength and flexibility with associated cardiovascular benefits. Suitable for all ages and abilities.

FRIDAYS: 11.30am - 12.30pm

COST: \$5.00 per class

HEALTH & WELLBEING LUNCH

Enjoy a light lunch whilst learning about good health and wellbeing.

FRIDAYS February 9th, March 2nd and 23rd:

12.30pm - 1.30pm

COST: \$3.00 per session

CREATIVE MOVEMENT FOR ADULTS with

Naomi Martin

These classes use simple, enjoyable movements adapted from Kinesiology, Yoga and Tai Chi with which to balance and re-energize the body. Naomi has a background in creative dance, Flamenco and belly dance and is a Chinese medicine practitioner and counsellor.

TUESDAYS: 7pm - 8pm

COST: \$8/\$5(conc) per session

CREATIVE MOVEMENT FOR CHILDREN with

Naomi Martin

With an emphasis on the imagination and having fun, these classes use simple, enjoyable movements adapted from Kinesiology, Yoga and Tai Chi. Naomi has previously taught creative movement at Mangala Studios in Carlton and is a holistic children's counsellor.

TUESDAYS: 4pm - 4.45pm

COST: \$8/\$5(conc) per session

INTRODUCTION TO HEALING MEDITATION

with Jill Snowden

Term 1: 14th February to 20th March

Term 2: 8th May to 12th June

During this 6 week course participants will obtain an overview of different meditation techniques that can be used to manage body tension, pain and illness in order to find out which technique suits them best. Jill is a qualified reflexology practitioner and energy worker and has been assisting people to manage illness, stress and pain for over 8 years.

TUESDAYS: 3.45pm - 5.00pm or 5.45pm - 7.00pm

COST: \$100/\$70 (conc)

REFLEXOLOGY with Jill Snowden

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. Jill is a qualified reflexology practitioner.

FRIDAYS: 2pm - 4pm by appointment.

COST: 1 hour - \$40/\$25 (conc)/½ hour - \$25/\$15 (conc)

MYOTHERAPY with Pamela MacPherson

Myotherapy treats muscle and soft tissue injuries that cause pain or affect movement. It helps relieve muscular tension, spasm and cramps caused by stress, exercise, trauma, overuse or the effects of surgery.

COST:

WALKING GROUP with Sheila Byard

Walk and explore local places of interest and get fit at the same time. The group does not walk on days when the weather forecast is over 30°C.

FRIDAYS: 10am - 11am

NO COST

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 - 4.45pm

NO COST

IMMERSE YOURSELF IN A SPRING CLEAN

In this four week course you will learn how to cleanse your liver, kidneys, bowel, skin, lung and central nervous system. Meditation and exercise will also be incorporated.

MONDAYS 12th, 19th, 26th February, 4th March:

10am - 11.30am

COST: \$8/\$5 (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 or email Rick for timetable and details.

Ph: 9376 3773 Mob: 0431 163 130

email: RickHarvestYoga@alphalink.com.au

FRUIT BOTTLING with Jacquie Byard

Learn the technique of preserving seasonal fruits and vegetables. Workshop includes free take home sample.

Saturday 24th February 1pm - 3pm

COST: \$5

MAKING JAMS AND CHUTNEYS with Jacquie

Byard

Making your own jams and chutneys is not only great for your taste buds but they can also make ideal gifts. This workshop will provide you with all the know-how.

Saturday 28th April 1pm - 4pm

COST: \$5

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 6th May 2pm - 4pm

COST: \$20/\$10(conc)

CERTIFICATE III IN CHILDREN'S SERVICES CHC30402

5th February - 30th November

This is a full-time accredited childcare training course that runs for 4 to 5 days weekly. It involves a mix of classroom teaching and training in a childcare centre. Phone 9376 6366 for more information and a course brochure.

CERTIFICATE III IN CHILDREN'S SERVICES CHC30402 - PART TIME

23rd July 2007 - 30 June 2008

Study four competencies from Certificate III in Children's Services. This course will introduce childcare as an occupation, through a combination of classroom study and workplace experience.

MONDAYS: 9.30am-3.00pm and work placement
Cost: \$90/\$75 concession

INTRODUCTION TO COMPUTER & INTERNET

Term 1: 9th February - 30th March

Term 2: 27th April - 15th June

An 8 week beginner 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.

FRIDAYS: 10am - 12.30pm
Cost: \$80/\$53 concession

COMPUTERS LEVEL 2

Term 2: 23rd April - 11th June

This 8 week course is ideal for those that want to expand on their basic knowledge of computers. The course will cover email attachments, Excel, Publisher and internet searches.

MONDAYS: 10am - 12.30pm
Cost: \$80/\$53 concession

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: \$1.34 per class hour or \$53 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 post-beginners.

MONDAYS: 10.00am - 11.30am

Cost: \$3.00 per session

ESL READING AND WRITING

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.

Basic Course:

Fridays 10am - 12pm

Intermediate Course:

Wednesdays 10am-12pm

Cost: \$1.34 per class hour or \$53 concession.

Tuesday: 1-15 - 3-15pm

RETURN TO WORK

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: \$17.00 (full)

\$8.00 (conc)

\$6.00 (if the parent/guardian is attending an ACFE funded 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 ***

Wednesday 4th April and Wednesday 4th July

A full program of activities will be available in the second last week of each term. Email us to join our electronic mailing list on kwgp@vicnet.net.au, otherwise keep an eye out in your child's school newsletter.

WHAT IS HERITAGE IN 3031

Meet outside the Racecourse Road Library. Walk with members of the Kensington Association History and Heritage Group.

Friday 23rd March 6.30pm at Racecourse Road Library
NO COST

TELL THE STORY OF YOUR HOUSE with

Sheila Byard and others

This workshop will provide you with all the tools and know how to research and record the history of your own House.

Saturday 24th March 10am - 1pm

Cost: \$30/\$20 (concession)

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 - 12pm or 7pm - 9pm
COST: \$10/\$7 (concession) per class.

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

KNITTING FOR FUN

Knitting isn't just about baby booties. Be creative, make cushion covers, a funky bag or a new coat for your dog. This class is suitable for all abilities from beginners to experienced knitters.

MONDAYS: 2.30pm - 3.30pm
Gold coin donation

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 or 6pm - 8pm
Cost: \$15/\$10 conc (materials supplied except for canvases)

SCRAP BOOKING with Ann Hood

Learn the decorative craft of preserving photos and memorabilia for future generations. These classes will cover different times in your lives such as childhood, family, marriage, favourite recipes, poetry, holidays etc.

MONDAYS: 1pm - 3pm
Cost: \$10/\$5 (conc) plus cost of initial set up kit (\$20)

recipes

THE ARTS AND SELF EXPLORATION with

Karyn Down

Explore your creativity and world through a range of creative art approaches using visualisations, painting, poetry, movement, clay work and more. The emphasis is on fun and connection to self and others. You do not need any particular artistic skill to be involved.

TUESDAYS: 12.30pm - 2.30pm
COST: \$8/\$3

beginning Feb. 13th

COUNSELLING/COMPANIONING USING THE CREATIVE ARTS with Karyn Down

This one on one companioning is available for those who wish to examine and explore their life and experience using a creative art approach. It can be of benefit to those who have particular issues and concerns as much as for those who are approaching their lived experience with a sense of curiosity and enquiry but with no particular need. Karyn Down has a Graduate Diploma from the Melbourne Institute of Creative Art Therapy (MIECAT) and will be undertaking her Masters by Supervision in 2007. This companioning process can be arranged by appointment only. Sessions tend to be for 2 hours. Cost covers room rental and art material supply.

Phone: 9376 6366 for an appointment
COST: \$20/\$7

THE INANNA STORY FOR WOMEN

Journeying to meet your potential in the shadows The Inanna story, a 5,500 year old story about a Mesopotamian Goddess's descent to the Underworld, will be a container for a journey using the creative arts to explore the impact of great change in women's lives. The story is full of symbolism and involves exploring the treasure house of our shadow sides as well as the benefits from acknowledging and befriending grief and change in our lives. These workshops will use a range of creative arts processes including movement, visualisations, creative writing and journaling, clay work, mask making etc.

SATURDAY 21st & 28th April 10am - 4pm
Cost: \$45/\$15 (concession)
BYO lunch to share

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 17th March 1pm - 3pm or
Saturday 12th May 1pm - 3pm
Cost: \$30/\$15 conc (maximum 5 in class)

INTRODUCTION TO CREATIVE WRITING with Emilie Collyer

This workshop will cover topics such as; generating ideas, getting started, structure, style/voice, language, how to re-inspire yourself and the ongoing creative process.

Saturday 17th February & 19th May 10am - 4pm
Cost: \$40/\$20 (concession)

BROOCH MAKING

Make an eye-catching brooch, necklace or pair of earrings using a round or square piece of shell, covered with colourful Japanese origami paper and lacquered to produce a striking piece of wearable art. Three pieces will be made in the session.

Sunday 4th March 11.30am - 2.30pm
Cost: \$25/\$20 (concession)

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.

SATURDAY 24TH February & 3rd March 2pm - 4pm
COST: \$10/\$7(conc) per session

AFRICAN DANCE & DRUMMING

SUNDAY 20th & 27th May
Cost:

SOY CANDLE MAKING

Come and discover the new, easy way to enjoy making and burning your own candles with soy. Safe, natural, non toxic.

Saturday 5th May 2pm - 3.30pm
Cost: \$20 (includes all materials)