

## Clubs and groups

We have a wonderful variety of **FREE** clubs and activities on offer at our Centre. These groups are run by volunteers, generally during school terms.

**New participants are always welcome.**

**For dates and to register contact us or go to our website.**

### Knit and Crochet \*NEW

Do you love to knit or crochet? Work on your projects while having a chat and a cuppa.

Monday 10:00am - 12:00pm (weekly)

### Crafternoon

Take some time for you, enjoy connecting with others whilst working on your projects.

Wednesday 1:00pm - 3:00pm (weekly)

### Book Club

This friendly group meets and discusses their favourite books

First Monday 7:30pm - 9:00pm (monthly)

### Genealogy

Discover methods for researching your family tree in this supportive group

First Saturday 2:00pm-4:00pm (monthly)

### Walking Groups \*New Time

Our walking groups now include a more challenging walk

First Thursday 9:30am (Monthly, challenge)

Third Thursday 9:30am (Monthly, social)

### Man Walk \*NEW

The man walk provides an opportunity for men to get together to walk, talk and support each other.

Wednesday 7:00am (weekly)

### Photography

Run by a passionate local Photographer. Share your interest in photography and learn some tips along the way

Wednesday 7:00pm - 8:30pm (monthly)

### Singing Group \* New Time

Do you enjoy singing for pleasure? This informal group meets weekly.

Thursday 1:30pm - 3:00pm (weekly)

### Community Table \* New Time

Come and share a meal on our Community Table with other adults at Blue Dog Cafe.

Second Friday 6:30pm (monthly)

### Social Group \*NEW

We are looking to start a new social group to get together for outings and activities. Please contact us to register your interest.

### Library Afternoon \*NEW

Make use of our wonderful library, come and have a cuppa and a chat and borrow a book or two.

Friday 3:00pm - 4:00pm (weekly)



## Children's Courses

### Teens Yoga and Mindfulness \*NEW

Yoga and mindfulness for teens helps improve focus and self awareness. It not only helps build strength and co-ordination but it enables them to develop tools to reduce stress and anxiety.

Monday 4:00pm - 5:00pm, 12-16 years  
24 February - 23 March (4 weeks) \$50

### Cartooning

Do you love drawing? Gain confidence in developing your own style and explore your drawing abilities. As you progress you will have fun learning the basics of the App "SketchBook". Bring your own iPad or we can provide one for you use.

Thursday 4:00pm - 4:55pm, 6-9 years  
or 5:00pm - 6:00pm, 10-14 years  
13 February - 19 March (6 weeks) \$90

### Youth Drama \*NEW

Come and join the Park Orchards Youth Theatre Program. Play! Develop! Grow!

Classes will include theatre games, improvisation activities, script exploration and character-development techniques, to nurture self-confidence, ease of public speaking and most of all as a fun way to spend the afternoon!

Thursday 4:00pm - 5:30pm, 12-16 years  
20 February - 26 March (6 weeks) \$120



### Woodwind Lessons \*NEW

Would you like to learn clarinet, flute or perhaps another woodwind instrument? Our tutor has many years experience and can help you achieve your learning goals, including assistance in AMEB Exam prep. Individual and group lessons available. 30-45 minute sessions depending on experience

Tuesday 3:45pm - 6:15pm  
11 February - 24 March (6 weeks)  
Check website for further details.



North Ringwood Community House Inc. offers the following nationally recognised qualifications:

- Certificate IV in Disability (CHC43115), **our prices match the "Free TAFE" course**
- Certificate III in Individual Support (CHC33015), **our prices match the "Free TAFE" course**
- Certificate IV in Leisure & Health (CHC43415)

Registered Training Organisation 6434  
Visit [www.nrhc.org.au](http://www.nrhc.org.au) or phone 9876 3421

## Community Library

We have over 2000 novels and non-fiction titles as well as magazines, audio books, DVDs and CDs available for free borrowing. The best time for using the library is before or after school. Or come along to our Library session Fridays from 3 to 4pm.



## Enrolment

Go to [www.parkorchards.org.au](http://www.parkorchards.org.au) to enrol online, or call us on **9876 4381**.

As well as the online option, payment can be made in person, by mail, direct debit, or credit card over the phone. Missed the start date? You can join most classes part way through the term depending on availability.

*Park Orchards Community House & Learning Centre Inc. (ABN: 18 790 057 404, INC: A0011092D) is a Registered Training Organisation (4008) and gratefully acknowledges funding support from:*

Neighbourhood Houses Victoria



Manningham City Council



Adult Community & Further Education (ACFE)



Accredited Training is delivered with Victorian and Commonwealth Government Funding



*Government Funded places will be offered to eligible applicants as indicated by the Department of Education and Training*

# 1

## Park Orchards Community House & Learning Centre



## Term 1, 2020 Courses & Activities 3 February - 28 March

### Accredited Training

Our face to face classes, interactive sessions and great trainers make for a supportive, collaborative learning environment. Call us today to find out why our students have such successful outcomes.

#### Diploma in Early Childhood Education and Care CHC50113

Have you already completed your Certificate III in Early Childhood Education and Care and now want to upgrade your skills and knowledge?

Become a child care room leader or the person responsible for program planning, once you have this highly regarded and highly sought qualification!

Commencing 11 February, 2020

Tuesdays 9:15am - 3:15pm  
\$450 (Funded), \$250 (Concession Funded)  
\$2895 (Full Fee), \$2600 (Concession Full Fee)

*\*Must hold a Certificate III in Early Childhood or equivalent*

#### Certificate III in Early Childhood Education and Care CHC30113

Passionate about working with children in their early years? Become an early childhood educator and work in kindergarten, long day care, family day care or as a nanny.

Gain industry experience with 180 hours of meaningful work placement.

Commencing 10 March 2020  
Tuesdays and Thursdays 9:15am - 3:15pm  
\$395 (Funded), \$239 (Concession Funded)  
\$2950 (Full Fee), \$2700 (Concession Full Fee)

#### Our fees match "FREE TAFE"



#### Certificate III in Education Support CHC30213

Ever wanted to assist children in schools? Already volunteering at your child's school? As a qualified Education Support Worker, you can make a valuable contribution to children's development and support both teachers and children within the school environment.

Become an Education Support Officer, Support Worker (working with children with disabilities) or a Teacher's Aide.

Commencing 10 February 2020 (Mon and Weds class)  
or 14 April 2020 (Tues and Thurs class)  
9:15am - 3:15pm  
\$375 (Funded), \$235 (Concession Funded)  
\$2741 (Full Fee), \$2503 (Concession Full Fee)

#### Certificate IV in Training & Assessment TAE40116

Do you have industry skills and knowledge and intend on sharing your skills with others?

Quality trainers for adult education are in demand! Learn to design, deliver, facilitate and assess training programs.

Commencing Wednesday 12 February 2020  
9:00am - 4:30pm (26 weeks)  
\$860 (Funded) \$332 (Concession Funded)  
\$2750 (Full Fee), \$2500 (Concession Full Fee)

### Childcare

Now taking bookings for 2020!

With our fantastic, brand new Childcare facility we are now able to offer more childcare places.

Your child will be encouraged to explore their imagination, creativity and social skills at our occasional childcare in a warm, caring and friendly environment. For children aged 0-6 years.

Childcare operates Monday to Friday during school terms from 9:00am - 2:00pm. We also have a session on Wednesdays from 12:00am - 4:00pm.

We also offer a convenient pick-up and drop-off service between our Centre and Park Orchards Kindergarten.

Permanent or casual bookings are available.

*Childcare subsidy approved, discounted fees are available for our students.*



### Family Playgroup

Would you like to meet with other local families and have an opportunity to play with your child/ren in a friendly supportive environment?

For parents or carers and their children aged 0-6 years.

Starts Saturday 15 February (runs every second Saturday, check website for dates)  
\$50 per term per family

### OFFICE HOURS

Monday - Friday  
9:00 am - 4:30 pm

(Closed on school and public holidays)

572 Park Road (PO Box 68)  
PARK ORCHARDS 3114  
Phone: 9876 4381 Fax: 9876 3263  
office@parkorchards.org.au

# 9876 4381

# www.parkorchards.org.au

## Learn Local



Learn Local funded courses offer excellent value and give you a chance to try out an industry before you commit to further study or work.

Ideal for those looking to upskill, return to work or further study (funded price) or you are welcome to attend for personal interest (non-funded price).

We have a number of courses on offer this year including Kick Start your Career in Disability, Introduction to Hospitality, Auslan, Introduction to Floral Design Bookkeeping, and Xero.

Contact us to find out more or check the website.

## First Aid

### Provide Cardiopulmonary Resuscitation (CPR) HLTAID001

With our experienced first aid trainer you will gain the confidence to respond in cardiac or respiratory emergency.

### Provide First Aid HLTAID003

Gain the skills and knowledge required to provide first aid response and life support (CPR).

### Provide an emergency first aid response in an education & care setting HLTAID004

Learn to deliver a first aid response and life support in a range of situations in an education and care setting (2 days).

**Register Now - check Website for dates**

**Did you know that we can come to you? We can deliver certified CPR or First Aid training for your organisation, at your venue or ours.**



## Personal Development

### Life! Diabetes Prevention Program

Changing your lifestyle isn't easy, especially on your own. The Life! program is a FREE Victorian healthy lifestyle program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

Run by expert health professionals the Life! program gives you the motivation and support needed to make and maintain positive changes and to live a healthier, more active lifestyle.

Register your interest for the next intake

## Computers

Improve your computer skills for work, study or home use. The following courses are designed to make use of programs that are affordable and accessible. When used well these programs can be incredibly useful and powerful.

### Intro to Desktop Publishing

Gain confidence in your Desktop Publishing skills with this fantastic and practical workshop.

This course is designed to provide hands on experience in creating professional looking flyers and brochures using Microsoft Publisher and open source program, Scribus.

Wednesday 1:00pm - 3:00pm  
13 February - 5 March (4 weeks) \$120

### Practical Graphics with Powerpoint

This course will enable you to create a variety of design graphics in practical, simple, and useful ways, using one of the most popular software programs ever, PowerPoint.

Pick up essential knowledge about the principles of design, formatting, typography, layers, grids, alignment, clipping, colour and so much more as you gain expert knowledge of this program.

Saturday 10:00am - 12:00pm  
14 - 28 March (3weeks) \$90



## Conversational French

With our dedicated tutors you will soon be speaking confidently in French!

Begin with simple conversation and writing skills to develop a basic understanding of the language. Then extend your range of expression, advance your listening, speaking, reading and writing skills and build confidence in your language use.

Not sure which level to enrol in? Contact us to find out the best level for you.

### Beginners

Monday 6:00pm - 7:20pm  
10 February - 23 March  
(6 weeks, no class 9 March) \$135

### Level 1

Monday 7:30pm - 9:00pm  
10 February - 23 March  
(6 weeks, no class 9 March) \$135

### Level 2

Tuesday 6:00pm - 7:30pm  
11 February - 24 March  
(6 weeks, no class 10 March) \$135

## Music

### Guitar for 8 to 80!

Bring out your inner musician with expert guidance from Kevin Blaze. Play songs from the very first class.

(Note: morning and afternoon sessions available Mondays, Tuesdays or Wednesdays for 45 minutes, scheduled according to ability).

Individual lesson (8 weeks) \$240  
Small Group lesson (8 weeks) \$160

### Beginner's Guitar Group \*NEW

Learning to play guitar in this fun, group environment. Must have your own guitar. Suitable for those who have little or no experience.

Group lesson (6 weeks) 1:45pm-2:45pm  
Tuesday 18 February - 24 March \$120

### Woodwind Lessons \*NEW

Would you like to learn clarinet, flute or perhaps another woodwind instrument? Our tutor has many years experience and can help you achieve your learning goals.

Individual and group lessons available, depending on experience

Tuesday 3:45pm - 6:15pm  
11 February - 24 March (6 weeks)  
Check website for further details.

## Health and Fitness

Regular group exercise has been shown to improve not only your physical but your emotional health. So what are you waiting for? Try a class today! Our fitness classes are suitable for all levels.

### Strength for Women

Learn a variety of different stretching and strength training exercises using resistance bands and your own body weight. Our tutor Karen has a particular focus on building core strength and protection of the pelvic floor.

Monday 9:20am - 10:20am  
10 Feb - 23 March  
(6 weeks, no class 9 March) \$90

### Tai Chi for Health

The soothing tranquil flow of Tai Chi is perfect for developing balanced health for the body and mind promoting good physical and emotional health. This class is run by experienced Tai Chi instructor Janice.

Thursday 9:20am - 10:20am  
6 February - 26 March (8 weeks) \$120

### Qigong Shibashi

Based on the philosophy of Tai Chi, this form is designed to improve general health and wellbeing. Gentle guidance from Janice makes it easy to learn. The beautiful flowing routine is both a joy to do and deeply relaxing. Suitable for all levels.

Monday 2:00pm - 3:00pm  
3 Feb - 23 March  
(7 weeks, no class 9 March) \$105

### Pilates

Pilates helps to improve flexibility and posture. Strengthen and tone the abdominals, lower back, hips, thighs, arms and buttocks.

Tuesday 10:00am - 11:00am  
4 February - 24 March (8 weeks) \$120

## Yoga and Meditation

Our experienced yoga teachers will help you create better body awareness, build muscle strength, increase flexibility and improve your posture.

Classes include physical postures, breathing techniques, relaxation, meditation and mindfulness practices.

**Look for our NEW Teens Class (back page)**

### General Yoga \*NEW

A 75 minute class with Tori suitable for beginners to intermediates. Includes a relaxation meditation or Yoga Nidra.

Monday 7:00pm-8:15pm  
7 February - 27 March (7 weeks) \$105

### Hatha Yoga

Increase suppleness with this gentle, relaxing practice suitable for all levels with Virginia.

Wednesday 9:15am - 10:15am  
5 February - 18 March (7 weeks) \$105

### Chair Yoga \*NEW

Chair yoga with Tori is an accessible practice suitable for all levels. Great if you are recovering from injury or need a gentle practice.

Wednesday 2:00pm - 3:00pm  
19 February - 25 March (6 weeks) \$90

### Mindfulness Meditation \*NEW

Learn mindfulness and breathing techniques with Ambika, includes light exercise and a guided meditation designed to reduce stress and anxiety.

Wednesday 7:00pm - 8:00pm  
19 February - 25 March (6 weeks) \$75

### Vinyasa Yoga

Yoga with Kym. A flowing practice with a particular focus on core strength.

Wednesday 7:00pm - 8:00pm  
5 February - 25 March (8 weeks) \$120

### Gentle Yoga \*NEW

This class with Kym is suitable for all levels. Help calm the mind and relax the body.

Wednesday 6:00pm - 6:55pm  
4 March - 25 March (4 weeks) \$60

### General Yoga

This class with Kate incorporates a variety of yoga practices for all levels.

Friday 9:30am - 10:30am  
7 February - 27 March (8 weeks) \$120

### Restore Yoga

This class with Kate is suitable for anyone wishing to ease away tension in mind and body. Includes meditation or Yoga Nidra.

Friday 10:45am - 12:00pm  
7 February - 27 March (8 weeks) \$120

## Fitness Special

Book two fitness or yoga classes and you may attend the second class for only \$10 per class!

Offer applies to individual bookings to full term classes. \$10 per class applies to class of lower value.

## Art and Craft

These short, enjoyable workshops with local artisans are suitable for beginners through to more experienced students.

### Learn Watercolour

Learn some basic watercolour techniques with Patricia Galli. Suits absolute beginners or those with some experience who are looking to refine their technique.

Wednesday 1:00pm - 3:00pm  
12 February - 18 March (6 weeks) \$150

### Art Of Travel Journaling

Capture and record memories of your travels or outdoor adventures with Patricia Galli. Be guided through a variety of mediums and techniques. Build confidence in sketching outdoors. Materials list provided.

Sunday 10:00am - 3:00pm  
15 March \$90

### Crochet for Fun

Whether you have some experience or none at all, Cornelia will help you gain the skills and techniques needed to create beautiful pieces.

Wednesday 7:00pm - 9:00pm  
12 February - 11 March (5 weeks)  
or, Thursday 10:00am - 12:00pm  
13 February - 12 March (5 weeks) \$120

## Makers Workshops

Nadine will demonstrate bread making techniques in class. Create your own dough and take it home your dough to bake at home.

### Demystifying Bread

Be inspired to fit bread baking into your weekly schedule with this easy, time-saving method. Baking bread at home is nutritious, healthy and preservative free. Suitable for beginners.

Thursday 6:30pm - 9:00pm  
27 February \$50

### Sourdough Bread

Gain an insight into sourdough bread making. Share tips, tricks and recipes. You will be provided with some starter culture to get you going at home. Best for those with some experience.

Thursday 6:30pm - 9:00pm  
12 March \$55

### Persian Cooking \*NEW

Learn about the wonderful flavours of Persian cooking. Try out recipes and cooking methods while preparing a three course menu, stay and share lunch with the group.

Sunday 10:00am - 1:00pm  
1 March \$70

### Beeswax Wraps

Learn how to make your own beautiful, reusable and natural food wraps with Jill. Beeswax wraps are eco-friendly and practical.

Thursday 7:00pm - 9:00pm  
19 March \$45

### Cultivating Mushrooms \*NEW

Learn how to grow mushrooms at home! Gain knowledge of fungi, it's life cycle, when to cultivate and more. Includes an oyster mushroom kit worth \$30

Sunday 10:00am - 1:00pm  
22 March \$70

## Nature in Art

Learn how to produce realistic plants, native animals, insects, birds etc in your watercolour paintings, with our experienced and well renowned artists.

### Terry Napier

Terry has been teaching and sharing his talent for over 20 years. Natural History watercolour painting is a realistic, scientifically correct style.

Monday 7:00pm - 9:30pm  
3 February - 23 March  
(no class Labour Day, 7 weeks) \$180

Tuesday 9:30am - 12:00pm, or  
1:00pm - 3:30pm  
4 February - 24 March  
(no class 10 March, 7 weeks) \$180

Saturday 9:30am - 3:30pm  
8 February - 29 February (4 weeks) \$210

### Workshop - Cockatoo

This workshop with Terry is designed for experienced artists. Be guided on how to capture the beauty of Cockatoos.

Saturday 9:30am - 3:30pm  
14 March \$100

### Workshop - Come and Try

In this affordable workshop you will learn about Natural History Art and develop your skills and confidence. Materials Provided.

Saturday 9:30am - 3:30pm  
21 March \$50

### David Reynolds

Produce beautiful watercolour paintings using flora and fauna as your subject. David has a wealth of experience in botanical and natural history art.

Wednesday 7:00pm - 9:30pm  
5 February - 25 March (8 weeks) \$180

### Peta Harrington

Learn the techniques to produce realistic Natural History watercolour paintings. This class is suitable for those with some experience, or complete beginners

Wednesday 9:30am - 12:00pm  
5 February - 25 March (8 weeks) \$180

Friday 9:30am - 12:00pm  
7 February - 27 March (8 weeks) \$180

### Marta Salamon

Create natural history art using a mixture of watercolours, pencils and gouache with Marta who has been specialising in botanical art for over 20 years.

Friday 1:30pm - 4:00pm  
7 February - 27 March (8 weeks) \$180

