

CHELTENHAM COMMUNITY CENTRE



Neighbourhood Houses
The heart of our community

Course & Activity Guide
July – December 2018

ABOUT

Cheltenham Community Centre (CCC) is a not for profit organisation that strengthens community by offering people a diverse range of community services, learning opportunities and resources for personal development.

CCC has over 1000 participants attending a wide variety of services and programs each year, including adult education, childcare, recreational programs for adults and children and social support groups.

CCC is supported by funding from a number of organisations. These include Adult Community and Further Education Board, the Department of Health and Human Services, the Department of Education and Training and the City of Kingston. CCC is one of the largest community providers of the Adult Migrant English Program.

CCC believes in working in partnership with local agencies, learning institutes and government to provide individuals and the community with quality programs. CCC enjoys a positive working relationship with Southern Community Church of Christ to deliver community festivals, improve facilities for community programs and work on special projects.

All programs at CCC are conducted by highly qualified and experienced staff while governance of the CCC is overseen by a volunteer Board of Governance.

Join our Mailing List

Sign up to our mailing list to be kept up to date with new courses, activities and events offered throughout the year. You can sign up at www.chelt.com.au



EVENTS

Free Children's Festival – Saturday 27th October

As part of National Children's Week celebrations, Cheltenham Community Centre will hold a free Children's Festival on **Saturday 27th October from 10am – 1pm**. The Festival will be jam packed with family entertainment – jumping castle, fire engine ride, chair-o-plane ride, face painting, craft activities, childcare open day and much, much more.

Senior's Festival throughout the month of October

This year the theme of the Victorian Seniors Festival is 'Celebrating Diversity' and aims to honour the accomplishments and value of older people in our community.

CCC is offering a free:

Chi Yoga class	Wednesday 10 Oct, 12pm-1pm
Painting and Drawing Class	Tuesday 16 Oct, 10am-12pm
Zumba Gold	Friday 19 Oct, 10.45am-11.45am
Gentle Exercise	Wednesday 24 Oct, 11am-12pm
Senior's Lunch	Wednesday 24 Oct, 12pm-1pm

Bookings are essential for these free classes on 9583 0095 or admin@chelt.com.au

Soul Café 'World Wednesday lunches'

Soul Café 'World Wednesday lunches' run every 2 weeks during school terms and involve a team of volunteers from various backgrounds who offer foods from different cultures such as Chinese, Egyptian, Japanese, Sri-Lankan, French and Phillipino. Lunch is provided for a \$5 donation at 12pm. We are always looking for volunteers to join the team – no experience or expertise required. Self-serve coffee and tea available daily.

For more information contact Customer service on 9583 0095 or visit www.chelt.com.au for further details.

Cheltenham Community Centre
8 Chesterville Road Cheltenham

CCC is a Registered Training Organisation | RTO No. 6507
ABN 89 194 090 141 | Inc. No. A0024484L
www.chelt.com.au | (03) 9583 0095

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CHILDCARE

(26 place Licenced Childcare Centre)

CCC offers a variety of childcare options.

Family Grouping

Family Grouping Care is available for children from 6 months to 5 years of age. Children from the same family can attend sessions together.

Pre-Kinder

Pre-Kinder is available for children aged between 2 to 4 years. These sessions are similar to a 3-year-old pre-school program but children can attend from 2 years of age.

3 Year Old Activity Group

3 Year Old Activity Group is a play-based group. The program provides a great introduction to and preparation for 4-year-old kindergarten. This session also includes a Jolly Phonics session introducing children to letter sounds through phonics, stories and songs.

Pricing

All pricing based on a 10 week term.

> **Family Grouping 3 hour program**

Monday/Wednesday/Thursday

9am – 12pm \$285

> **5 hour program**

Monday/Wednesday/Thursday

9am – 2pm \$475

> **3 Year Old Activity Group**

Tuesday 5 hour 9.30am – 2.30pm \$475

> **Pre-Kinder**

3 hour Pre-Kinder Wednesday 12pm – 3pm \$285

5 hour Pre-Kinder Friday 9.30am – 2.30pm \$475

> **Occasional one off care \$12.00 per hour**

(subject to availability)

All programs are planned according to children's interests, including group story & song sessions.

CHILDREN'S RECREATION

Music for Tots

Music for Tots is a program conducted by volunteer parents. This fun and interactive program is for children 0-5 years old with their parent, grandparent or carer. Great for improving the brain and physical development.

Monday 9.30am – 10.30am

Term 3 (16 July – 17 Sept, 10 weeks)

Term 4 (8 Oct – 17 Dec, 11 weeks)

Term price \$30 child, \$40 family

Casual price \$4 child, \$5 family

Wednesday 9.30am – 10.30am

Term 3 (18 July – 19 Sept, 10 weeks)

Term 4 (10 Oct – 19 Dec, 11 weeks)

Term price \$30 child, \$40 family

Casual price \$4 child, \$5 family

Tutoring Club

This is an after school program that provides a quiet, structured environment for children who are in grade 3–6 to do their homework. The main goal of the Tutoring Club is to instil good work habits, organisational skills, and a sense of accomplishment in every student.

Students who finish their work before the end of the session have an opportunity to extend their learning. Tutoring Club allows families to have fun family time every night.

Tuesday at 4pm-5pm

Term 3 (17 Jul – 18 Sep, 10 weeks) \$10 per class

Term 4 (9 Oct – 18 Dec, 10 weeks) \$10 per class

Book and pay online at www.chelt.com.au

Preschool Art Club

Spot.of.art Preschool Art Club is a 10-week art course designed for children aged 3–5 to build their skills, express their talents and discover the world around them through art. Over 10 weeks the mini-artists will take a journey of discovery in art using different materials and learn different techniques in painting, colouring, cut and paste, weaving, puppet making and mosaic making.

Wednesday 10.00 – 11.00am

Trial Class, 18 July \$15

Term 3 (18 Jul – 19 Sep, 10 weeks) \$150

Book and pay online at www.chelt.com.au

Kids Dumplings Making Workshop

A fun and hands on dumpling making workshop for children aged 8–11. Learn the art of making and cooking dumplings!

Saturday 14 July, 11am-1pm, \$20

Book and pay online at www.chelt.com.au

Mad Science Experiments

This science program provides fascinating hands-on experiments for children aged between 8–11 to explore and enjoy the world of science. Learn interesting science and technology facts by experimenting with different materials that react in surprising ways.

Wednesday 4.15pm – 5.15pm

Trial class 18 Jul, \$13

Term 3 (18 Jul – 19 Sept, 10 weeks) \$100

Trial class 10 Oct, \$13

Term 4 (10 Oct – 19 Dec, 11 weeks) \$110

Book and pay online at www.chelt.com.au

Holiday Activities

For Primary School Children and 3-5 year olds.

- > January School Holidays (9 day program)
- > April School Holidays
- > July School Holidays
- > Sept / Oct School Holidays

Book and pay online at www.chelt.com.au

NETBALL

FunNet 6-9 year olds (Beginner Netball Skills)

Learn how to play netball in this fun program. Develop footwork, ball skills and teamwork with an encouraging instructor. Great preparation to join a netball team, or learn a team sport.

Wednesday 4.15pm – 5pm

Term 3 (18 Jul – 19 Sept, 10 weeks) \$100

Term 4 (17 Oct – 5 Dec, 8 weeks) \$80

Cheltenham Secondary College - Indoor Court

Book and pay online at www.chelt.com.au

CCC Bolts Netball Club

Join a great community grass roots netball club to make new friends while getting fit and having fun.

Season 2 – July - November

Games are played at Kingston Districts Netball Association – Dales Park – 570 Warrigal Road South Oakleigh.

Training sessions are at various local schools.

Please see www.chelt.com.au for more information



Proudly sponsored by:



ADULT EDUCATION

Pre-Accredited Courses



Grammar, Conversation & Writing (3 Levels available)

Build your English language skills in grammar, conversation and writing. This course will provide hands on, practical activities to improve your English in a wide variety of everyday situations.

Everyday Conversation (Beginner/Intermediate/Advanced)

This EAL Conversation Class offers a fun and friendly way to improve your everyday English listening and speaking skills. Small group discussions with different themes/topics each week including Australian idioms, slang and culture. Learn everyday English in a relaxed atmosphere.

Improve your Reading & Writing

Improve your literacy and numeracy as a pathway to further study.

Literacy for Living

A life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction.

Money Matters

This course is designed to help those with a mild intellectual disability to improve numeracy skills, with a particular focus on money handling. Class content will include budgeting and saving, denominations, making change and comparing prices.

Wise Programs

The Wise Programs are designed for students with mild intellectual disabilities and are comprised of four units – Computer-wise, Money-wise, Food-wise and Retail-wise. Each unit is 20 hours and runs over 8 weeks. Individual units can also be studied as standalone units.

Introduction to Food Service

This pre-accredited, introductory course is ideal for those interested in returning to work or those who have undertaken an English language course and are looking for employment pathways into hospitality.

It will include formal learning, practical demonstrations, and hands on participation. The course covers terminology, occupational health and safety, customer service and engagement skills (including some numeracy and literacy where necessary) and working as part of a team.

iPads, Tablets & More

Learn how to use your iPad, Android tablet or phone. Discover the world of Facebook, Skype and Pinterest. Note: BYO charged iPad/Android tablet and/or phone.

Friday 9.30pm - 12pm

Term 3 (3 Aug – 21 Sep, 8 weeks)
Term 4 (12 Oct – 30 Nov, 8 weeks)
\$48 Concession | \$80 Non Concession

Introduction to Computers

This course is for people with little to no experience with computers. Topics covered include:

- becoming familiar with Windows icons and the Start Menu
- how to create a document using a word processing program
- developing file management skills and saving your files to a USB stick

Thursday 9.30am - 12pm

Term 3 (2 Aug – 20 Sep, 8 weeks)
Term 4 (11 Oct – 29 Nov, 8 weeks)
\$48 Concession | \$80 Non Concession

Computers – The Next Step

Refresh your memory on how to use your computer. Topics covered include a basic introduction to Word, PowerPoint and Excel, computer terminology, software, file management, email, internet access and searching. Designed for beginners who have already completed basic computer literacy. Fluency in English and basic literacy skills an advantage.

Thursday 12.30pm - 3pm

Term 3 (2 Aug – 20 Sep, 8 weeks)
Term 4 (11 Oct – 29 Nov, 8 weeks)
\$48 Concession | \$80 Non Concession

CCC can work with organisations to design and tailor programs to meet the individual needs of their clients. For further information, contact our RTO manager.

Certificate Courses



10361 NAT - Course in Preliminary Spoken & Written English

For students beginning their English language learning journey. Includes alphabet, pronunciation and numbers as well as speaking and reading simple sentences.

10362 NAT - Certificate I in Spoken & Written English (CSWEI)

A course for students starting to learn English or who have had minimal exposure to English.

10363 NAT - Certificate II in Spoken & Written English (CSWEII)

This course will help students with the language required to satisfy their own simple everyday transactional and social needs.

10364 NAT - Certificate III in Spoken & Written English (CSWEIII)

This course will improve English language skills to assist with student's social needs, requirements of everyday situations and preparation for employment in Australia.

For full course and entry details visit our website at www.chelt.com.au/learn-english

ADULT RECREATION

Gentle Yoga

Gentle Yoga is a slower-paced yoga class that facilitates deep relaxation and breathing in order to restore, renew and heal the body. This class will gradually strengthen your core and build your outer and inner balance.

Monday 6.15pm - 7.15pm

Term 3 (16 Jul – 17 Sep, 10 weeks) \$120
Term 4 (8 Oct – 17 Dec, 9 weeks) \$108
Casual class \$15
Book and pay online at www.chelt.com.au

Beginner Yoga

This class is designed for those new to yoga and at all levels who want to learn better alignment. Ideal for improving your strength and flexibility

Wednesday 5.45pm - 6.45pm

Term 3 (18 Jul – 19 Sep, 10 weeks) \$120
Term 4 (10 Oct – 19 Dec, 9 weeks) \$108
Casual class \$15
Book and pay online at www.chelt.com.au

Advanced Yoga

This is a powerful and energising class with challenging poses to elevate the heart rate and create strength in the body. It is a condensed and dynamic version of Hatha Yoga, which has flowing postures that focus on balance, strength, flexibility and inversion.

Monday 7.30pm - 8.45pm

Term 3 (16 Jul – 17 Sep, 10 weeks) \$150
Term 4 (8 Oct – 17 Dec, 9 weeks) \$135
Casual class \$18
Book and pay online at www.chelt.com.au

Chi Yoga

Chi Yoga is influenced by Taoism and Tai Chi. It focuses on breath control and relaxation to integrate the body and mind.

Wednesday 12pm - 1pm

Term 3 (18 Jul – 19 Sep, 10 weeks) \$120
Term 4 (10 Oct – 19 Dec, 9 weeks) \$108
Casual Class \$15
Book and pay online at www.chelt.com.au

Join one of the best yoga teachers in Victoria, Rita Madou Yi and learn yoga from the ground up.

Some health insurance funds cover yoga classes. The rebate amount is dependent on an individual's health insurance fund.

Gentle Exercise

No matter your age or fitness level, gentle exercise can provide many benefits. This class uses carefully designed movements to deliver increased flexibility, mobility and muscle strength in a social and comfortable setting.

Wednesday 11am - 12pm

Term 3 (18 Jul – 19 Sep, 10 weeks) \$8 per class
Term 4 (10 Oct – 19 Dec, 11 weeks) \$8 per class

Pilates

Mat Pilates is an all levels class that offers full body strength and conditioning as an exercise program that promotes a feeling of physical and mental well-being and also develops inner physical awareness. Pilates is helpful in preventing and rehabilitating injuries, improving posture, and increasing flexibility, circulation, and balance.

Tuesday 7pm - 8pm

Term 3 (17 Jul – 18 Sep, 10 weeks) \$150
Term 4 (9 Oct – 18 Dec, 10 weeks) \$150
Casual class, \$17
Book and pay online at www.chelt.com.au

Zumba® Gold

Especially designed for active older adults. Enjoy dancing and moving to the hypnotic Latin rhythms and music with easy-to-follow moves.

Friday 10.45am - 11.45am

Term 3 (20 Jul – 21 Sep, 10 weeks) \$10 per class
Term 4 (12 Oct – 21 Dec, 11 weeks) \$10 per class
10-class- pass \$90

Painting & Drawing

Whether you are a beginner or a Picasso, this is the art class for you! Here is your chance to extend and practice your skills in a friendly and relaxed atmosphere. You will be guided by our expert artist to harness and enhance your inner artistic abilities with individual attention.

Tuesday 10am - 12pm

Trial Class 17 July, \$17
Term 3 (17 Jul – 18 Sep, 10 weeks) \$150
Trial Class 9 Oct, \$17
Term 4 (9 Oct – 18 Dec, 10 weeks) \$150
Book and pay online at www.chelt.com.au

Painting for Fun

An informal art class using acrylic paint.

Monday 10am-12pm

Term 3 (6 Aug – 27 Aug, 4 weeks) \$50
Term 4 (5 Nov – 26 Nov, 4 weeks) \$50

Refund Policy for Children & Adult Recreational Programs

If withdrawal from a course is made 7 days or more prior to commencement, CCC will refund any course fees paid, less an administration fee of \$20. Fees cannot be refunded when the withdrawal is made with less than 7 days notice. In the event that a course has to be cancelled by CCC, a full refund will be paid. If the cost of a course prevents enrolment, please contact centre management to discuss.

Workshops

Sip-n-Sketch Workshop

If you love wine and art, Sip-n-Sketch is the perfect venue for you to express your creativity. Step by step instruction will be based off a central theme; participants are encouraged to explore their own techniques thereby adding a personal touch. All materials and a glass of wine is provided. All you need to bring is a smock or apron.

Term 3

Saturday 11 August, 5.30pm-8pm, \$35
Thursday 6 September, 6.30pm-9.00pm, \$35
Book and pay online at www.chelt.com.au

Crochet for Absolute Beginners

Learn to crochet in a friendly group setting. You will learn how to hold a hook, manage yarn and basic stitches such as chain, double and treble. You will need to bring a size 4mm crochet hook and some 8 ply wool in a light colour.

Term 3

Saturday 18th of August, 1pm-4pm \$50
Book and pay online at www.chelt.com.au

Beginners' Mosaic Workshop

Learn the beautiful art of Mosaics with experienced teacher Helen Harman. During this three-week course, you will complete a small garden paver or wall hanging using ceramic tiles. You will learn about design, cutting, tools, the history of mosaic art, suitability of materials, using glues and how to grout. Please bring a pair of safety glasses or your reading glasses and wear closed toe shoes for safety.

Thursday 2pm - 4pm

Term 3 (16 Aug – 30 Aug, 3 weeks) \$90
Book and pay online at www.chelt.com.au

Intermediate Mosaic Workshop

Continue your foray into this beautiful art form. During this three-week course you will expand your cutting skills, learn to use a variety of materials suitable for mosaics, learn about traditional and contemporary mosaic techniques while working on a project of your own choice.

Expert tuition given every step of the way.

Thursday 2pm - 4pm

Term 4 (11 Oct – 25 Oct, 3 weeks) \$90
Book and pay online at www.chelt.com.au

Cooking with Culture

Learn the art of cooking International cuisine. A hands on and interactive cooking workshop. Find out where to source the ingredients, the techniques used and have lots of fun!

Term 3

7pm - 9pm
Vietnamese: Wednesday 15 Aug \$25
Somali: Thursday 13 Sept \$25

Term 4

7pm - 9pm
Russian: Thursday 25 Oct \$25
Chinese: Friday 23 Nov \$25
Book and pay online at www.chelt.com.au



CCC acknowledges the support of the Victorian Government.



The Adult Migrant English Program (AMEP) is funded by the Australian Government Department of Education and Training.