

# CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



**Neighbourhood Houses**  
The heart of our community

JANUARY TO JUNE 2019

# 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](http://www.chelt.com.au)*



# EVENTS

## Biggest Morning Tea

Join us for a delicious morning tea in support of the Cancer Council. **Wednesday 22nd May 2019.**

## Soul Café 'World Wednesday lunches'

**Every Wednesday** (during the term) **at 12noon**

Soul Café "World Wednesday Lunches" welcome everyone in the community to come and have a culturally themed lunch together. A team of volunteers from various backgrounds offer foods from different cultures such as Chinese, Japanese, Sri-Lankan, French and Egyptian. Lunch is provided for a \$5 donation. 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 our friendly customer service team on 9583 0095 or visit [www.chelt.com.au](http://www.chelt.com.au).

## Refund Policy – Children's & Adults' 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.

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](http://www.chelt.com.au) | (03) 9583 0095

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# CHILDCARE

(26 place Licenced Childcare Centre)  
Childcare subsidy (CCS) may be available in 2019  
Cheltenham Community Centre 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 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.

## Sessions

Childcare sessions run for 48 weeks of the year

- > **Family Grouping 3 hour program**  
Monday/Wednesday/Thursday  
9am – 12pm  
Monday /Thursday  
12pm – 3pm
- > **5 hour program**  
Monday/Wednesday/Thursday  
9am – 3pm (flexible 5 hours within this time)
- > **3 Year Old Activity Group 5 hour program**  
Tuesday 9.30am – 2.30pm
- > **Pre-Kinder**  
3 hour Pre-Kinder Wednesday 12pm – 3pm  
5 hour Pre-Kinder Friday 9.30am – 2.30pm
- > **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 1 (4 Feb – 1 Apr, 8 weeks)  
Term 2 (29 Apr – 24 Jun, 8 weeks)  
Term price \$30 child, \$40 family  
Casual price \$4 child, \$5 family

### Wednesday 9.30am – 10.30am

Term 1 (30 Jan – 3 Apr, 10 weeks)  
Term 2 (24 Apr – 26 Jun, 10 weeks)  
Term price \$30 child, \$40 family  
Casual price \$4 child, \$5 family

## Kids Dumplings Making Workshop

A fun and hands on dumpling making workshop for kids 8–12 years old. Learn the art of making and cooking dumplings!

### Saturday 9 Feb, 11am-1pm, \$20

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## Holiday Activities

For Primary School Children .

- > **January School Holidays**
- > **April School Holidays**
- > **July School Holidays**
- > **Sept / Oct School Holidays**

Book and pay online at [www.chelt.com.au](http://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 & very experienced instructor. Great preparation for joining a netball team or learning a team sport.

### Thursday 4.15pm – 5pm

Term 1 (7 Feb – 4 Apr, 9 weeks) \$90  
Term 2 (2 May – 27 June, 9 weeks) \$90  
Cheltenham Secondary College - Indoor Court  
Book and pay online at [www.chelt.com.au](http://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 1 – February - June

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

Weekly training sessions are conducted at various local school netball courts.

Please see [www.chelt.com.au](http://www.chelt.com.au) for more information.

Sponsored by:





# ADULT EDUCATION

## Certificate Courses



### 22483VIC - Course in English as an Additional Language

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

### 22484VIC - Certificate I in English as an Additional Language (Access)

A course for students starting to learn English or who have had minimal exposure to English. Students will learn reading, writing, speaking and listening skills for personal and social needs.

### 22485VIC - Certificate II in English as an Additional Language (Access)

This course will help students focus on the development of their English language, speaking, listening and reading skills to satisfy their own simple everyday transactional and social needs.

### 22486VIC - Certificate III in English as an Additional Language (Access)

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

## 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 and Advanced)

This English as an Additional Language (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, culture and grammar. Learn everyday English in a relaxed atmosphere.

### Improve your Reading & Writing

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

### Learn for Life

Grow your confidence, improve your self-esteem and change your life. Students will gain practical strategies, techniques and methods, which will develop skills that will enable them to explore further study, their community, work and career development opportunities.

### 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 class hours and runs over 8 weeks. Individual units can also be studied as standalone units.

### 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 2 (9 May – 27 Jun, 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 2 (9 May – 27 Jun, 8 weeks)  
\$48 Concession | \$80 Non Concession

### 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 9.30am - 12pm

Term 1 (15 Feb – 5 Apr, 8 weeks)  
Term 2 (10 May – 28 Jun, 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.

# ADULT RECREATION

## Lifestyle Packages

These are new packages designed for people in the community who are looking to make friends and get social. Each day is structured to include, transport, an activity and lunch before returning home.

**These programs could be supported by your Home Care Package.**

**Wednesday morning- Gentle Exercise,** 10am-1.30pm, \$25

**Wednesday afternoon- Chi Yoga,** 11am- 2.30pm, \$25

**Friday morning, Zumba Gold,** 10am- 1.30pm, \$25

Book and pay online at [www.chelt.com.au/seniors](http://www.chelt.com.au/seniors) or by phone 9583 0095

## 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 1 (4 Feb – 1 Apr, 8 weeks) \$96  
Term 2 (29 Apr – 24 Jun, 8 weeks) \$96  
Casual attendance \$15 per class

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## Hatha 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 1 (30 Jan – 3 Apr, 10 weeks) \$120  
Term 2 (24 Apr- 26 Jun, 10 weeks) \$120  
Casual attendance \$15 per class

Book and pay online at [www.chelt.com.au](http://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 1 (4 Feb – 1 Apr, 8 weeks) \$120  
Term 2 (29 Apr – 24 Jun, 8 weeks) \$120  
Casual attendance \$18 per class

Book and pay online at [www.chelt.com.au](http://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 1 (30 Jan – 3 Apr, 10 weeks) \$120  
Term 2 (24 Apr- 26 Jun, 10 weeks) \$120  
Casual attendance \$15 per class

Book and pay online at [www.chelt.com.au](http://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.

## 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 1 (29 Jan – 2 Apr, 10 weeks) \$150  
Term 2 (23 Apr – 25 Jun, 10 weeks) \$150  
Casual attendance \$17

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## Mums & Bubs Pilates

Modified Pilates mat classes designed for Mums and Mums to be. Focuses on preparation and recovery for Mums with abdominal separation recovery and strength, pelvic strength, endurance and function, lower body, back strength and movement, upper body mobility, education about your changing body and care in recovery. Mums with babies from 6 weeks to moving age welcome. Obstetrician's clearance required, complimentary assessment available

### Wednesday 10.45am – 11.45am

Term 1 (6 Mar – 27 Mar, 4 weeks) \$60  
Term 2 (8 May- 29 May, 4 weeks) \$60

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## 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 1 (30 Jan – 3 Apr, 10 weeks) \$8 per class  
Term 2 (24 Apr- 26 Jun, 10 weeks) \$8 per class

## 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 1 (1 Feb – 5 Apr, 10 weeks) \$10 per class  
Term 2 (26 Apr – 21 Jun, 10 weeks) \$10 per class  
10-class- pass \$90

## Inclusive Art Class

This is a weekly inclusive, all abilities art group facilitated by an experienced professional artist. Adults (over 18 years of age) with disabilities are most welcome and the art program will be tailored to the interests of participants. Family carers looking for a creative outlet are also welcome to attend.

### Wednesday 10am - 12pm

Term 1 (30 Jan – 3 Apr, 10 weeks) \$150  
Term 2 (24 Apr- 26 Jun, 10 weeks) \$150

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## Scrabble Club

Scrabble Club caters for players of all abilities. Welcome to join anytime.

### Thursday 2pm – 4pm

Term 1 (31 Jan – 4 Apr, 10 weeks)  
Term 2 (2 May – 27 Jun, 9 weeks)

Gold coin donation

## Workshops

### Fermentation Workshop

At this workshop you will learn, why gut health is so important for overall health & wellbeing. The simple ways to improve your gut health and how to create pro-biotic rich fermented foods at home. Take home your own sauerkraut or kim-chi & a scoby to make kombucha. All ingredients provided.

**Saturday 16 March, 1pm-3pm, \$55**

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

### Sourdough Bread Workshop

During this hands on workshop you will learn how to create and look after your own Sourdough starter culture, and all the tips and tricks to get the best nutrition and results from your bread. You will also be able to enjoy some sourdough at the end of the Workshop.

**Saturday 4 May, 2.00pm-3.30pm, \$45**

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

### Beginners' Mosaic Workshop

Learn the beautiful art of Mosaics with experienced teacher Helen Harman. During this four week course you will complete a small garden paver or wall hanging using ceramic tiles. You will learn about design, cutting, tools, 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 2.30pm – 4.30pm**

Term 1 (7 Mar- 28 Mar, 4 weeks) \$115

Book and pay online at [www.chelt.com.au](http://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 1, 7pm - 9pm**

Sri Lankan: Thursday 21 Mar \$30

**Term 2, 7pm - 9pm**

Chinese: Thursday 16 May \$30

Russian: Wednesday 19 Jun \$30

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

### Baby Steps (for Bub & Mum)

Laura Morel, Paediatric Physiotherapist will facilitate this workshop and covers a range of topics to support mums of young babies (0-12 months) in their transition to life with a new baby. This workshop will assist with understanding your baby (baby cues, baby settling) and discuss baby day outlines, motor milestones, baby play & activity, strength, physiotherapist tips and seeking support if needed. Throughout this workshop, there will be time to support each other & take 'baby steps' together in this journey of motherhood.

**Saturday 19 Jun, 10.00am-11.30am, \$15**

Book and pay online at [www.chelt.com.au](http://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.