

# CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



**Neighbourhood Houses**  
The heart of our community



JANUARY TO JUNE 2020

## 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.

### Students with specific needs or disabilities

CCC encourages applications for enrolment from students with specific needs. Within the capabilities of the organisation, we will endeavour to meet the additional needs of students provided they meet the entry requirements of the course. Alternate delivery, reasonable adjustment and assessment methods will be used when and where appropriate.

### 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 20th May 2020, 10:30am-11:30am.**

Contact our friendly customer service team 9583 0095 or [admin@chelt.com.au](mailto:admin@chelt.com.au) for more information.

### Neighbourhood House Week

Neighbourhood House Week is a nationwide initiative to celebrate the vital role of Neighbourhood houses in the community. Throughout May, CCC is offering a 'Bring yourself and a friend for free' special for:

<b>Health &amp; Wellbeing Expo</b>	<b>Wednesday 6 May, 10:30am-12:30pm</b>
<b>Line Dancing</b>	<b>Wednesday 13 May, 10am-11:30am</b>
<b>Qigong</b>	<b>Thursday 21 May, 9:30am-10:30am</b>
<b>Zumba Gold</b>	<b>Monday 25 May, 10:45am-11:45am</b>

Book online at [www.chelt.com.au](http://www.chelt.com.au) or call 9583 0095.

### Entertainment Sessions

#### Every third Wednesday of the month

Stay tuned for more information about our live entertainment sessions to get you singing and listening to those old time favourites.

For more information please contact customer service on 9583 0095, [admin@chelt.com.au](mailto:admin@chelt.com.au), or check [www.chelt.com.au](http://www.chelt.com.au)

### Soul Café

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

Soul Café is a welcoming space for everyone in the community to come together and have a freshly made lunch for just \$5. Alternatively offering International cuisine or soup and dessert, our team of volunteers offer a fresh, seasonal menu to tempt your tastebuds. New volunteers are always welcome, no previous experience is required.

Self service coffee and tea available daily.

### Contact us

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) is available. 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 \$14.00 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 children's brain and physical development, and a social opportunity for parents.

#### Monday 9.30am – 10.30am

Term 1 - 3 Feb – 23 Mar, 8 weeks  
Term 2 - 20 Apr – 22 Jun, 10 weeks  
Term price \$30 child, \$40 family  
Casual price \$4 child, \$5 family

#### Wednesday 9.30am – 10.30am

Term 1 - 29 Jan – 25 Mar, 9 weeks  
Term 2 - 15 Apr – 24 Jun, 11 weeks  
Term price \$30 child, \$40 family  
Casual price \$4 child, \$5 family

### Kids Sushi Making Workshop

Master the art of Japanese sushi making at home. During this hands-on workshop you will make your own Nori Roll with fillings of choice. Suitable for children 8-12 years old.

#### Saturday 29th February 11am-1pm, \$25

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

### 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 23 May, 11am-1pm, \$25

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

### Holiday Activities

Check our website each term for fun, active, engaging holiday activities for primary school children. Volunteer leader roles available for youth aged 16 years and older.

- > **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)

NEW

## NETBALL

### 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 2020

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:

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Intelligent Solutions for Health & Wellbeing



### 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 25% of total cost. 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.



# 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.

If you are a recent migrant, you may be eligible for free classes through the Adult Migrant English Program (AMEP).

- Study up to 510 hours part-time
- Access FREE childcare while you are studying
- Learn about Australian culture, local services, your rights & law, workplace practices and employment skills to settle successfully into Australian life
- Access to advice on how to achieve your study and employment goals



The Adult Migrant English Program (AMEP) is funded by the Australian Government.

For full course and eligibility details, payment methods and refunds, visit our website at [www.chelt.com.au/learn-english](http://www.chelt.com.au/learn-english)

## 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

(2 Levels available - 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

This program will focus on developing confidence in oral and written communication and numeracy skills for the student's personal, study, employment and community based needs. Learning takes place through various modes including classroom, excursions and visiting speakers, which is based on the interests of participants.

### Literacy for Living

A life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction. Class content will focus on employability skills, social etiquette, personal development and self-responsibility.

### 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 Program is a year long course designed for students with mild intellectual disabilities and is comprised of five units - Computer-wise, Money-wise, Food-wise, Gardening-wise and Retail-wise. Content is very hands on with practical activities in the garden, kitchen and trading table.

Each unit is designed to create pathways into further education and to provide the confidence and employability skills to meet the requirements of working or volunteering in a supportive environment.



CCC acknowledges the support of the Victorian Government.

# ADULT RECREATION

## QiGong

This new program is especially designed for active seniors. Qigong is a centuries-old system of coordinated body-posture and movement, breathing, and meditation. It supports the body to return to balance and equilibrium, and gently creates strength, flexibility and balance through gentle flowing movements.

### Thursday 9:30am - 10:30am

Term 1 - 30 Jan - 26 Mar, 9 weeks, \$5 per class  
Term 2 - 16 Apr - 25 Jun, 11 weeks, \$5 per class

This new class is subsidised by Active Neighbourhoods for Older Australians funding.



## 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. The practice teaches you how to generate inner calm through breathing, postures and mental focus, allowing happiness to bubble up from the inside.

### Monday 6.15pm - 7.15pm

Term 1 - 3 Feb - 23 Mar, 7 weeks, \$84/term  
Term 2 - 20 Apr - 22 Jun, 9 weeks, 108/term  
Casual attendance \$16 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. The practice focuses on movements from our centre, called the Manipura (in Indian Yoga), or the Dantien (in Chinese martial art), that increase blood flow through the body. It combines the slow and precise movements of tai chi and yoga with breathing, and stretching for balance, strength, coordination and flexibility. Chi Yoga is a low impact, low risk exercise that increases longevity, reduces tension, and enhances cognitive functions of the brain. It is very suitable for older people.

### Wednesday 12pm - 1pm

Term 1 - 29 Jan - 25 Mar, 9 weeks, \$108/term  
Term 2 - 15 Apr - 24 Jun, 11 weeks, \$132/term  
Casual attendance \$16 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, as well as those who regularly practice yoga and are aiming to improve their techniques and alignment. It is a yoga of balance and harmony - "Ha" = Sun, and "Tha" = Moon. This class teaches asanas (physical postures), and many breathing techniques (Pranayama, in Sanskrit).

### Wednesday 5:45pm - 6:45pm

Term 1 - 29 Jan - 25 Mar, 9 weeks, \$108/term  
Term 2 - 15 Apr - 24 Jun, 11 weeks, \$132 /term  
Casual attendance \$16 per class

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

## Advanced Yoga

This class is designed for those who have more than 12 months of regular Yoga practice. It utilises a dynamic and energetic practice with challenging and creative poses to boost strength and flexibility. It is an intensive and condensed version of Hatha Yoga. The class teaches advanced postures (asanas), arm-balances, and inversions (upside-downs).

### Monday 7.30pm - 8.45pm

Term 1 - 3 Feb - 23 Mar, 7 weeks, \$105  
Term 2 - 20 Apr - 22 Jun, 9 weeks, \$135  
Casual attendance \$19 per class

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

## Pilates

Mat Pilates is an all levels adult class that offers full body strength and conditioning as an exercise program that promotes a feeling of physical and mental well-being and 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 - 28 Jan - 24 Mar 9 weeks, \$135  
Term 2 - 14 Apr - 23 June, 11 weeks, \$165  
Casual attendance \$18

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 increase flexibility, mobility and muscle strength in a social and comfortable setting. Most exercises are chair-based, making this a great accessible exercise option for those who are getting started in an exercise routine or have an injury or health condition.

### Wednesday 11am - 12pm

Term 1 - 29 Jan - 25 Mar, 9 weeks, \$8 per class  
Term 2 - 15 Apr - 24 Jun, 11 weeks, \$8 per class

## Zumba® Gold

Perfect for active older adults...but a class for all ages! If you love dancing all kinds of beats and moves, this is a great easy-to-follow choreography that focuses on balance and a range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

### Monday 10am - 11am

Term 1 - 3 Feb - 23 Mar, 7 weeks, \$10 per class  
Term 2 - 20 Apr - 22 Jun, 8 weeks, \$10 per class  
10-class-pass \$90

This new class is subsidised by Active Neighbourhoods for Older Australians funding.



### Friday 10.45am - 11.45am

Term 1 - 31 Jan - 27 Mar, 9 weeks, \$10 per class  
Term 2 - 17 Apr - 26 Jun, 11 weeks, \$10 per class  
10-class-pass \$90

## Line Dancing

Do you want to learn something new? A great new class especially designed for active seniors, and anyone who would like to learn and practice basic line dancing. This class is a fun way to keep active and meet new friends in a relaxed social environment. Suitable for beginners and regular dancers.

### Wednesday 10am - 11.30am

Term 1 - 26 Feb - 25 Mar, 5 weeks, \$5 per class  
Term 2 - 15 Apr - 13 May, 5 weeks, \$5 per class

This new class is subsidised by Active Neighbourhoods for Older Australians funding.



## Introduction to Mindfulness

Why be mindful? Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgment.

Train yourself to be more mindful at this six-week course. This program provides an introduction to key concepts, guided practice, group discussion and tips on becoming more mindful in your day-to-day life.

Each week we flag one key concept as a focus of our weekly mindfulness practice. Along with regular practice, group discussions offer invaluable opportunities for us to reflect on practical ways to extend our awareness and stress-coping strategies into our daily lives.

### Tuesday 10am - 11am

Term 1 - 18 Feb - 24 Mar, 6 weeks, \$80

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

## Growing Mindfulness

This eight-week course builds on the content of term one's "Introduction to Mindfulness" course and also provides a basic grounding in mindfulness for new participants. Over the eight weeks, we introduce and build on the key concepts from the Introduction to Mindfulness course, with further opportunities for guided practice, group discussion and tips on becoming more mindful in your day-to-day life.

### Tuesday 10am - 11am

Term 2 - 14 Apr - 2 Jun, 8 weeks, \$100

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

Currently in private practice, Catriona is a Counselling Psychologist with over 12 years experience in various settings including university/TAFE and non-government organisations. She is passionate about the potential of counselling and therapy to assist people in reducing stress levels, increasing self-awareness, and achieving better functioning and greater enjoyment of life.

NEW

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NEW

## Scrabble Club

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

### Thursday 2:30pm - 3:30pm

Term 1 - 30 Jan - 26 Mar, 9 weeks  
Term 2 - 16 Apr - 25 Jun, 11 weeks  
Gold coin donation.

## Friday Food Club

This is a FREE program designed for people who may be experiencing anxiety, depression, or social isolation to come and help in our kitchen. In our warm, friendly kitchen, participants will assist with the preparation of take-away meals for vulnerable people in our community. The aim of the program is to provide a non-threatening space where people can connect with the community and improve their health and wellbeing. Sponsored by CareWorks, and "Supporting Stronger Communities" grant.

### Fridays 1:30pm-3:30pm

Please call 9583 0095 to enquire or book.

# Workshops

## Mosaics - all levels

During this four 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. Classes are catered to beginning and intermediate students. Expert tuition given at every step of the way.

### Thursday 2pm - 4pm

Term 1 - 5 Mar - 26 Mar, 4 weeks, \$115  
Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

## Sri Lankan Cooking

Enjoy flavoursome spices, creating colourful curries, and learning the appreciation of Sri Lankan cooking.

### Wednesday 18th March 7-9pm \$30

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

## Beeswax-free Wraps

Beeswax-free wraps are a natural reusable alternative to using plastic in your kitchen or lunchbox. This hands on workshop teaches you how to create your own eco-friendly reusable food wrap to replace cling film. These wraps are beeswax free and vegan friendly, washable, and compostable at the end of their long life. All materials provided.

Please bring your own apron or art smock.

### Sunday 22nd March 2pm-3:30pm, \$35

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

## Vietnamese Cooking

Learn the art of cooking authentic Vietnamese cuisine, then enjoy savouring the tastes!

### May - weeknight (check date on CCC website) 7pm-9pm \$30

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

## Fermentation

At this workshop you will learn why gut health is so important for overall health & wellbeing, 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 13th June, 1pm-3pm, \$55

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

NEW