

# CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE

*2021 Life Members*



CHELTENHAM  
Community Centre

JULY TO DECEMBER 2021

# 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, a netball club, and a community cafe.

CCC is supported by funding from a number of organisations. These include Adult Community and Further Education Board (ACFE), the Department of Families, Fairness and Housing (DFFH), the Department of Education and Training (DET), and the City of Kingston. CCC is one of the largest community providers of the Adult Migrant English Program (AMEP).

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 (SCCC) 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 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. Where possible, we will provide alternate delivery, reasonable adjustment and course assessment methods.



## Our Supporters



# EVENTS

## Seniors Festival - October 1st to 31st

The Victorian Seniors Festival honours the accomplishments and value of older people in our community. We are celebrating Seniors Month with a Health & Wellbeing Expo. in collaboration with Terry White Chemmart Cheltenham and local health professionals.

We are also offering **'Bring a friend'** free classes and our current class participants can try out a different class for free during October.

## Get Online Week - October 18th to 24th

We are conducting special classes and individual one on one sessions to help people use technology for learning, socialising, entertainment and more. More details are available on our website.

## Children's Festival - Saturday 23rd October

As part of National Children's Week celebrations, we are conducting a free Children's Festival on Saturday 23rd October from 10am -1pm. The Festival will be jam packed with entertainment for all the family including jumping castle, fire engine ride, chair-o-plane ride, face painting, craft activities, entertainers and much more! Childcare will be open all day for tours and information sessions.

## 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.

## Contact Us

Cheltenham Community Centre  
8 Chesterville Road Cheltenham Vic 3192  
CCC is a Registered Training Organisation  
RTO No. 6507 | ABN 89 194 090 141 | Inc. No. A0024484L  
www.chelt.com.au | (03) 9583 0095  
f @ Follow us on Facebook and Instagram

## CHILDCARE

25 place Licenced Childcare Centre.  
Childcare Subsidy (CCS) is available and  
we are open 48 weeks of the year.  
A variety of childcare sessions are available:

### Family Grouping

Family Grouping Care is available for children aged between 6 months and 5 years old. Children from the same family can attend sessions together.

### Pre-Kinder

Pre-Kinder is for children aged 2 to 4 years. These sessions are similar to a 3-year-old preschool 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.

### Childcare Hours

There are 3-hour, 6-hour, or 7-hour options available, depending on the type of session.

- > **Family Grouping**  
Monday/Wednesday/Thursday (3, 6 or 7 hours)
- > **3 Year Old Activity Group**  
Tuesday (6 or 7 hours only)
- > **Pre-Kinder**  
Pre-Kinder Friday (6 or 7 hours only)
- > **Occasional one-off care \$14 per hour**  
(subject to availability)

All programs are planned in response 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 3 (12 July – 13 Sept, 10 weeks)  
Term 4 (4 Oct – 13 Dec, 11 weeks)  
Term price \$40 child, \$50 family  
Casual price \$4 child, \$5 family

#### Wednesday 9.30am – 10.30am

Term 3 (14 July – 15 Sept, 10 weeks)  
Term 4 (6 Oct – 15 Dec, 11 weeks)  
Term price \$40 child, \$50 family  
Casual price \$4 child, \$5 family

### Baby Playgroup

Baby Playgroup is a program facilitated by parents and volunteers. This fun and interactive program is for babies 0 – 18 months old with their parents, grandparent or carer. Great for improving babies' brain and physical development, and a great social opportunity for parents.

#### Monday 11.30am – 12.30pm

Term 3 (12 July – 13 Sept, 10 weeks)  
Term 4 (4 Oct – 13 Dec, 11 weeks)  
Term price \$40 child, \$50 family  
Casual price \$4 child, \$5 family

#### Wednesday 11.30am – 12.30pm

Term 3 (14 July – 15 Sept, 10 weeks)  
Term 4 (6 Oct – 15 Dec, 11 weeks)  
Term price \$40 child, \$50 family  
Casual price \$4 child, \$5 family

### Kids Workshops

During the year we conduct interactive workshops for kids including:

**Dumplings**  
**Cookies**  
**Sushi making & more**

Check our website for regular updates on the workshops on offer in Term 3 & 4.

### 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)



## NETBALL

### CCC Bolts Netball Club

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



Season 2 – July - November 2021

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:



### 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)

## ADULT EDUCATION

### Learn English for free

The Adult Migrant English Program (AMEP) provides free English language classes to migrants to help them settle and participate in the Australian community. Government changes have improved the AMEP:

- ✓ Migrants can now stay in the program longer and the previous 510 hour cap has been removed
- ✓ People who were previously not eligible (including previous students) may now be eligible
- ✓ Free Childcare is available while you are studying



The Adult Migrant English Program (AMEP) is funded by the Department of Home Affairs

### Certificate Courses



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

A course for students beginning their English language learning journey. It 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 learn reading, writing, speaking and listening skills for personal and social needs.

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

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

For more details on each course, eligibility, 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

This course builds English language skills in grammar, conversation and writing. It provides hands-on, practical activities to improve English in a wide variety of everyday situations.

#### Everyday Conversation

##### 3 Levels available - Beginner, Intermediate and Advanced

This "English as an Additional Language" (EAL) Conversation class offers a fun and friendly way to improve everyday English listening and speaking skills. Small group discussions have 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 focuses 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 the classroom, excursions and visiting speakers, which is based on the interests of participants.

#### Literacy for Living

This program is a life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction. Class content focuses 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 includes budgeting and saving, denominations, giving change and comparing prices.

#### Wise Programs

The Wise Program is a year-long course designed for students with mild intellectual disabilities and comprises 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 on our 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.

### English for Childcare

This pre-accredited program is designed for adult learners who need to develop their literacy and numeracy skills to increase their chances of employment or further study within the early childhood education sector.

The course focuses on the literacy and numeracy aspects of the following topics:

- > The Early Childhood Education and Care Industry
- > Occupational Health and Safety
- > Health and Wellbeing
- > Relationships and Communication
- > Administrative Tasks

This course acts as a stepping stone and a platform to provide learners with the essential vocabulary and knowledge needed to further explore educational and vocational pathways in the early childhood education sector.

**Cheltenham Community Centre has a registered Childcare Centre on site, which students will visit during their course. In addition, a qualified Early Childhood Educator will be a guest speaker and provide students with an opportunity to ask questions about the Childcare industry.**

#### Introduction to Computers

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

- > Becoming familiar with Windows 10 icons and the Start Menu
- > Using the internet, accessing myGov, ebay and My Health Record
- > Developing file management skills and saving your files to a USB stick
- > Introduction to Zoom – joining meetings with and without video and audio.

#### Thursday 9.30am - 12pm

Term 3 (29 Jul - 16 Sep, 8 weeks)  
Term 4 (21 Oct - 9 Dec, 8 weeks)

#### 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. Learn how to use ebay, facebook Marketplace and Zoom to organise your own meetings. Designed for beginners who have already completed basic computer literacy. Fluency in English and basic literacy skills are an advantage.

#### Thursday 12.30pm - 3pm

Term 3 (29 Jul - 16 Sep, 8 weeks)  
Term 4 (21 Oct - 9 Dec, 8 weeks)

#### iPads, Tablets & More

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

#### Friday 9.30am - 12pm

Term 3 (30 Jul - 17 Sep, 8 weeks)  
Term 4 (22 Oct - 10 Dec, 8 weeks)

NEW

FREE

FREE

FREE

## ADULT HEALTH & WELLBEING

### Hatha Yoga Basic

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 3 (12 July - 13 Sept, 10 weeks) \$120  
Term 4 (4 Oct - 20 Dec, 11 weeks) \$132  
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. This class teaches advanced postures (asanas), arm balances, and inversions (upside-down).

#### Monday 7.30pm - 8.45pm

Term 3 (12 July - 13 Sept, 10 weeks) \$150  
Term 4 (4 Oct - 20 Dec, 11 weeks) \$165  
Casual attendance \$19 per class

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

### Chi Yoga

#### Dual Delivery: Face-to-Face & Zoom

Chi Yoga is a blend of Tai Chi and Hatha Yoga. It combines the slow and precise movement and breath of tai chi, with yoga's strength, balance and flexibility. Chi Yoga is a low impact exercise increasing longevity, reducing tension and enhancing cognitive function. It is suitable for any age including older adults. This class is delivered face-to-face and online via Zoom.

#### Tuesday 1.45pm - 2.45pm

Term 3 (13 July - 14 Sept, 10 weeks) \$120  
Term 4 (5 Oct - 14 Dec, 11 weeks) \$132  
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. This class teaches asanas (physical postures), and breathing techniques (Pranayama, in Sanskrit).

#### Wednesday 5.30pm - 6.30pm

Term 3 (14 July - 15 Sept, 10 weeks) \$120  
Term 4 (6 Oct - 15 Dec, 11 weeks) \$132  
Casual attendance \$16 per class

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

### Workshops

Check our website for regular updates on the workshops on offer in Terms 3 & 4, including:

- ✓ Creative Art
- ✓ Cooking for one
- ✓ Gift Wrapping
- ✓ Mosaics
- ✓ Sourdough & more

### QiGong

#### Dual Delivery: Face-to-Face & Zoom

Designed for active seniors, QiGong is a centuries-old system to improve posture, movement, breathing, and meditation. Supporting 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 3 (15 July - 16 Sept, 10 weeks) \$80  
Term 4 (7 Oct - 16 Dec, 11 weeks) \$88  
Casual attendance \$10 per class

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

### Progressive Pilates

Mat Pilates promotes a feeling of physical and mental well-being and develops inner physical awareness and helps prevent and rehabilitate injuries, improving posture, and increasing flexibility, circulation, and balance.

#### Tuesday 7pm - 8pm

Term 3 (13 July - 14 Sept, 10 weeks) \$150  
Term 4 (5 Oct - 14 Dec, 10 weeks) \$150  
Casual attendance \$18

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

### Art for All

Experienced artist and art therapist, Janis Morgan will help you discover your creative skills with a range of art activities using different materials and mediums. This is a new group where you will have fun, meet new friends and either begin or continue, your artistic journey.

No experience necessary.

#### Tuesday 10am - 12noon

Term 3 (13 July - 14 Sept, 10 weeks) \$150  
Term 4 (5 Oct - 14 Dec, 10 weeks) \$150

*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. Joan's carefully designed movements increase flexibility, mobility and muscle strength in a social and comfortable setting. Most exercises are chair-based, making them ideal for getting started in exercise, or injury rehabilitation.

#### Wednesday 11am - 12pm

Term 3 (14 July - 15 Sept, 10 weeks) \$8 per class  
Term 4 (6 Oct - 15 Dec, 11 weeks) \$8 per class

### Zumba® Gold

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

#### Monday 10am - 11am

Term 3 (12 July - 13 Sept, 10 weeks) \$10 per class  
Term 4 (4 Oct - 13 Dec, 11 weeks) \$10 per class  
10-class-pass \$90

#### Friday 10am - 11am - at Cheltenham Hall

Term 3 (16 July - 17 Sept, 10 weeks) \$10 per class  
Term 4 (8 Oct - 17 Dec, 10 weeks) \$10 per class  
10-class-pass \$90

### Line Dancing

A great new class especially designed for all ages including 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 - 11am - at Cheltenham Hall

Term 3 (14 Jul - 15 Sept, 10 weeks) \$100  
Term 4 (6 Oct - 15 Dec, 11 weeks) \$110

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

### Strength & Balance Exercise

#### Online via Zoom

Carefully designed movements increase flexibility, mobility and muscle strength in the comfort of your own home. Most exercises can be chair-based, making them ideal for getting started in exercise, injury rehabilitation or keeping your body moving. Class are conducted online via Zoom with Nikki.

#### Tuesday 10.30am - 11.30am

Term 3 (13 July - 14 Sept, 10 weeks) \$80  
Term 4 (5 Oct - 14 Dec, 10 weeks) \$80

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

### Mindfulness

This 8-week program is for those interested in learning about mindfulness and developing a regular practice. Key concepts will be introduced and built on each week, with guided practice and group discussions aimed at integrating mindfulness into our daily lives.

#### Wednesday 6pm - 7pm

Term 3 (14 July - 1 Sept, 8 weeks) \$80  
Term 4 (6 Oct - 24 Nov, 8 weeks) \$80

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

**Catrina is a Counselling Psychologist with over 13 years' experience in various settings including university. She is passionate about the role of mindfulness in managing stress, increasing self-awareness and accessing greater enjoyment of life.**

## SOUL CAFÉ

### Community Lunch - Wednesday from 12noon

Soul Café is a welcoming space for everyone in the community to come together and have a freshly cooked lunch either dine in, delivered to your door, or take away for just \$5 donation. Each Wednesday we have a hot lunch that is seasonal and often inspired by international tastes. Limited seating is available in our cafe, in accordance with government covid-19 guidelines, so bookings are recommended.

Home delivery service is available to residents living within 1km of the Centre.

### Coffee Time

Soul Café is open for tea, coffee and cake every Monday, Tuesday, Wednesday and Thursday. We're a place to meet new friends, catch up with old friends or just sit and relax before or after your class. Gold coin donation.

Limited seating is available in our cafe in accordance with government covid-19 guidelines so bookings are recommended.

*Please check our website [www.chelt.com.au](http://www.chelt.com.au) or contact our customer service team on 9583 0095 for the latest information.*