

CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



Neighbourhood Houses
The heart of our community



JULY TO DECEMBER 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.



EVENTS

Children's Week

Join us for some fun activities to help celebrate National Children's Week from

Saturday 24th October to Sunday 1st November 2020.

Check our website www.chelt.com.au or contact our Customer Service team 9583 0095 for information regarding scheduled activities.

Seniors Festival throughout the month of October

The Victorian Seniors Festival honours the accomplishments and value of older people in our community. **Throughout the month of October** CCC will be offering a range of free activities.

Check our website www.chelt.com.au or contact our customer service team on 9583 0095 for information regarding scheduled activities.

Soul Café

Every Wednesday (during the term) at 12 noon

Soul Cafe is currently offering a contactless home delivery service for customers who live in the 3192 postcode.

Take away meals are available.

Limited seating will be available in our cafe, in accordance with government guidelines..

Please check our website www.chelt.com.au or contact our Customer Service team on 9583 0095 for more information.

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

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 | (03) 9583 0095

 Follow us on Facebook

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 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 - 13 Jul – 14 Sept, 10 weeks
Term 4 - 5 Oct – 14 Dec 10 weeks
Term price \$30 child, \$40 family
Casual price \$4 child, \$5 family

Wednesday 9.30am – 10.30am

Term 3 - 15 Jul – 16 Sep, 10 weeks
Term 4 - 7 Oct – 16 Dec, 11 weeks
Term price \$30 child, \$40 family
Casual price \$4 child, \$5 family

Kids Workshops

During the year we conduct interactive workshops for kids including:

Dumplings 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



NETBALL

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 to November 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 for more information.

Sponsored by:

buxton



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

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

3 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 will 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 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 the 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 on the 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.

Introduction to Computers

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

- > becoming familiar with Windows 10 icons and the Start Menu
- > creating a document using a word processing program
- > 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 (30 Jul - 17 Sep, 8 weeks)
Term 4 (22 Oct - 10 Dec, 8 weeks)
\$60 Concession | \$100 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. Learn how to use Zoom to organise your own meetings. 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 (30 Jul - 17 Sep, 8 weeks)
Term 4 (22 Oct - 10 Dec, 8 weeks)
\$60 Concession | \$100 Non Concession

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 (31 Jul - 18 Sep, 8 weeks)
Term 4 (23 Oct - 11 Dec, 8 weeks)
\$60 Concession | \$100 Non Concession



CCC acknowledges the support of the Victorian Government.



ADULT RECREATION

COVID-19 plan

If government restrictions are in place, many of our classes will be offered online. Please check our website www.chelt.com.au or call Customer Service on 9583 0095 for current information.

QiGong

This 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 3 -16 Jul - 17 Sep, 10 weeks, \$5 per class
Term 4 - 8 Oct - 17 Dec, 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 3 - 13 Jul - 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

Chi Yoga

Chi Yoga is a blend of Tai Chi and Hatha Yoga. It combines the slow and precise movement of tai chi, with yoga's strength, stretching for balance and flexibility. Breathing is integral to both. Chi Yoga is a low impact, low risk exercise that increases longevity, reduces tension and enhances cognitive function. It is very suitable for older adults.

Wednesday 12pm - 1pm

Term 3 - 15 Jul - 16 Sep, 10 weeks, \$120
Term 4 - 7 Oct - 16 Dec, 11 weeks, \$132
Casual attendance \$16 per class

Book and pay online at 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 3 - 15 Jul - 16 Sep, 10 weeks, \$120
Term 4 - 7 Oct - 16 Dec, 11 weeks, \$132
Casual attendance \$16 per class

Book and pay online at 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), armbalances, and inversions (upside-down).

Monday 7:30pm - 8:45pm

Term 3 - 13 Jul - 14 Sept, 10 weeks, \$150
Term 4 - 5 Oct - 14 Dec 10 weeks, \$165
Casual attendance \$19 per class

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

Progressive Pilates

Mat Pilates is an adult class 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 3 - 14 Jul - 15 Sept 10 weeks, \$150
Term 4 - 6 Oct - 15 Dec, 10 weeks, \$150
Casual attendance \$18

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

Gentle Exercise

No matter your age or fitness level, gentle exercise can provide many benefits. 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 - 15 Jul - 16 Sep, 10 weeks, \$8 per class
Term 4 - 7 Oct - 16 Dec, 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 3 -13 Jul - 16 Sept 10 weeks, \$10 per class
Term 4 - 4 Jul - 14 Dec 10 weeks, \$10 per class
10-class-pass \$90

Friday 10.45am - 11.45am

Term 3 - 17 Jul - 18 Sept, 10 weeks, \$10 per class
Term 4 - 9 Oct -18 Dec, 11 weeks, \$10 per class
10-class-pass \$90



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

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 - 11.00am

Term 3 - 15 Jul - 16 Sep, 10 weeks, \$5 per class
Term 4 - 7 Oct - 16 Dec, 11 weeks, \$5 per class



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

Mindfulness

This 8-week program is for those who are interested in developing their practice of mindfulness. Over the eight weeks, we will introduce and build on key concepts with further opportunities for guided practice, group discussion and tips on becoming more mindful in your day-to-day life.

Wednesday 6pm - 7pm

Term 3 - 29 Jul - 16 Sept, 8 weeks, \$80
Term 4 - 14 Oct - 9 Dec, 8 weeks \$80

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

Catriona is a Counselling Psychologist with over 12 years experience in various settings including university and TAFE. She is passionate about the potential of counselling and therapy to assist people in reducing stress levels, increasing self-awareness and experiencing a greater enjoyment of life.

Reflection and Meditation

This program is conducted by long-standing volunteer of CCC, Carolyn, and encourages participants to reflect openly on their inner selves, and personally develop and grow through small group interaction.

Wednesday 1pm-3pm

Term 3 - 15 Jul - 16 Sep, 10 weeks, \$50
Term 4 - 7 Oct - 9 Dec, 10 weeks, \$50

Scrabble Club

Scrabble Club caters for players of all abilities. You are welcome to join any time.

Thursday 2:30pm - 3:30pm

Term 3 -16 Jul - 17 Sep, 10 weeks
Term 4 - 8 Oct - 17 Dec, 11 weeks

Gold coin donation

Workshops

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

- Cooking with Culture
- Beeswax Free Wraps
- Mosaics
- Fermentation
- Sourdough & more

Food Safety Workshops - Bi Lingual

Join us to brush up on Food Handling skills, or prepare for an online Food Handler's Certificate.

Topics: Personal Hygiene, Food Contamination, Time and Temperature, Cross Contamination, Risk Management, Serving Skills.

Conducted by Food Safety Supervisor Sharon and a Chinese translator.

Cost: \$10 per session.
Soul Café volunteers free.

Wednesday 1pm-2pm

5th Aug, 2nd Sep, 7th Oct, 4th Nov, 2nd Dec