



## DIGITAL & BUSINESS SKILLS

### Digital Essentials

Monday 10AM-12PM

### Office Skills

### Point of Sale for Retail and Hospitality

### Be Connected

We offer small group support for over 50's to increase skills, confidence and online safety on phone, iPad/tablets & PC's. Monday 1PM - 3PM

### Smart Phone 101

Join our small groups sessions to learn the Basics of using your smartphone with confidence. Monday 3PM - 4PM

## CHILDREN'S PROGRAMS

### Facilitated Playgroup

Friday 9.30AM-12PM \$5.50 per family/per session

### Shoestrings Occasional Care

Monday & Tuesday 9AM-12PM \$44 per session

### Shoestrings Plus (3-5 years)

Monday 1PM-4PM \$44 per session

## THE SHED PROGRAM

### Men's Shed

Wednesday 10AM-3PM or Friday 10AM-3PM

### Women's Shed

Tuesday 9AM - 12:30PM or 12:30PM - 3:30PM

Saturday 10AM - 1PM or 1:30PM - 4:30PM

### All Abilities Shed

Monday 9AM - 11AM, 11AM - 1PM or 1:30PM - 3:30PM



## INCLUSIVE COMMUNITIES PROGRAM

Our trusted program has been a valued part of the community for over 30 years. We provide highly experienced staff who use innovative wellness and capacity building approaches designed to increase health, independence and skill development. (HACC/PYP, NDIS and My Aged Care accessible)

### ICP programs currently being offered

- Gardening
- Shed programs
- Computer skills
- Dance
- Fit at Home
- Art
- Cooking
- Music Group
- Community Craft Project
- ICP Social Lunch

## CREATIVE PURSUITS

### Writing for Pleasure & Publication

Tuesday 12.30PM-2.30PM

### Ukulele

**Beginners:** Monday 6PM-7PM

**Intermediate:** Monday 7PM-8PM

### Guitar

**Kids:** Wednesday 5PM - 6PM

**Adults:** Wednesday 6PM - 7PM

### Floristry Workshops

**Mother's Day:** Saturday 10<sup>th</sup> May 10AM - 1PM

**Glass Vase Arrangement:** Saturday 31<sup>st</sup> May 10AM - 1PM

**Big Birthday Bouquet:** Saturday 21<sup>st</sup> June 10AM - 1PM

## HEALTH & WELLBEING

### Yoga

Tuesday 8.15AM-9.15AM

### Fit for You

Monday 8.30AM-9.30AM

Wednesday 8.30AM - 9.30AM

### Mat Pilates

Thursday 8.30AM-9.30AM

### Tai Chi

Thursday 1.30PM-2.30PM



## LANGUAGE & LITERACY

**Kew NLC runs the following English as an Additional Language (EAL) courses. Please contact the centre for further details about scheduling and fees**

**EAL - Beginner/Intermediate/Advanced** - practice your speaking, listening, reading and writing skills in a small group environment

**Effective writing for EAL** - Improve your written skills in preparation for IELTS tests, further study and employment

**Digital Literacy for EAL** - Update your digital skills whilst improving your English skills

**Make the change! Try something new!**