

...exploring KNLC

SHORT COURSES, GROUPS & ACTIVITIES



What's on at KNLC
16 July-14 December 2018

Adult Learners Week
1 September-8 September

R U Ok Day
13 September

Mental Health Week | Seniors Week
7 October-13 October

Art Show
30 October



We hold many events and one off workshops throughout the year. To keep up to date please check our website, LIKE our Facebook page or follow us on Instagram

2-12 Derby Street Kew Vic 3101
Ph: 9853 3126 Email: admin@kewnlc.org.au Web: www.kewnlc.org.au



Kew Neighbourhood Learning Centre

KNLC courses are for everyone. Please do not let cost stop you from enrolling in a program. We reserve several places for people who are financially disadvantaged or recovering from mental ill health.

All programs run during school terms. Minimum numbers of enrolments will be required for most programs to run. All enrolments must be paid in advance, by the end of the term prior, for the full term listed. It is not possible to pay for individual sessions only. Students must pay for the full term regardless of absence due to holidays or illness. Classes do not run on public holidays. If classes are cancelled by the Centre, a full refund will be issued. Students who cancel within two wks of commencing a course will receive a full refund less a 20% administrative fee. Students who cancel or withdraw after this time will forfeit all fees. Refunds are provided via eftpos-no cash or cheques are issued. KNLC annual membership of \$5 applies to all courses.

KNLC term dates

Term 3: 16 July-21 September

Term 4: 8 October-14 December

Sparechair café

As per term dates

Inclusive Communities

As per term dates

Term 3: Shoestrung program

16 July-21 September

Term 4: Shoestrung program

8 October-18 December

Public holidays (Centre closed)

Monday 5 November

Tuesday 6 November (Cup Day)

Venue Hire

If you have a course or activity that meets the vision of the Centre, we have rooms available for hire at competitive rates. Please contact us on 9853 3126 for further information or complete an Expression of Interest Form available on our website.



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Neighbourhood Houses
Boroondara



KNLC is supported by financial assistance from the Victorian and Commonwealth Government.



...new experiences



Creative Pursuits

Writing for Pleasure and Publication

This course welcomes both aspiring and experienced writers. It provides a range of stimulating activities to encourage newcomers and to assist those writers who have existing projects or interests. The class atmosphere is friendly and supportive, with opportunities for everyone to contribute.

Tue 1pm-3pm 17/7 (10 wks) \$220; 9/10 (9 wks) \$200

Beginners Guitar

Learn basic guitar skills from a qualified professional. If you know nothing about the guitar except that you want to play it then this course is for you. Bring your own guitar.

Tue 6pm-7pm 17/7 (10 wks) \$170; 9/10 (9 wks) \$155

Intermediate Guitar

Go beyond basic guitar skills by learning how to strum & pick first-position chord progressions and play basic scales. Play familiar folk, pop, and rock songs upon completion of course. Bring your own guitar

Tue 7pm-8pm 17/7 (10 wks) \$170; 9/10 (9 wks) \$155

Ukulele

Learn basic cords and strums on this fun instrument. Play songs from the get go-classic hits, pop, country and folk.

Mon 6pm -7pm 16/7 (10 wks) \$170; 8/10 (9 wks) \$155

Ukulele 2

Continue to explore pieces of music of a more complex nature with the Ukulele. Take your love of the Ukulele to the next level!

Mon 7pm-8pm 16/7 (7 wks) \$170; 8/10 (9 wks) \$155

Botanical Art

Create observational drawings and color studies of various plant elements found in nature. Prerequisite: Must have basic drawing skills. Materials list required

Wed 1pm-3pm 18/7 (8 wks) \$200; 10/10 (8 wks) \$200

The Art of Drawing

Bring your ongoing project or start a new one under the gentle guidance of our wonderful Art tutor. No prerequisite is required, other than a love of drawing, to join this class to create interesting compositions.

Thu 12.30pm-2.30pm 18/7 (8 wks) \$200; 11/10 (8 wks) \$200

Introduction to Creative Industries ** NEW

This course provides problem solving and communication skills through the medium of art. This course will develop core skills, creative methodology and basic art theory. This course is a pathway to employment or certificate courses. Contact reception for further details.

Exploring Art Styles and Mediums

A fun filled class where you will be encouraged and guided by a professional artist to use various mediums and styles in an enjoyable way. The tutor will guide you to express yourself creatively using drawing, painting and some contemporary approaches including mixed media and collage. Participants can choose to pursue their own projects or do class activities recommended by the tutor.

Wed 9am-12pm 18/7 (10 wks) \$325; 10/10 (10 wks) \$325

Face Art-Face Painting with Wendy Fantasia

Always wanted to try face painting but didn't know how to start? It's a fun and useful skill to have-come and learn the basics from a local artist who holds a world championship ranking, won the Australian Body Art Festival competition in April this year and is the lead body artist for the *So Brave* breast cancer survivor calendar for the third year in a row. Wendy is an experienced workshop leader and will take you through the essentials required to get you started -or so you can do amazing things purely for the joy of it!

Thu 6.30pm-9.30pm 19/7 (10 wks) \$350; 11/10 (10 wks) \$350

Groups

Book Group

Come along to any session. Contact Jan for this month's book. janetcatherinestewart@gmail.com

Last Thursday of each month. 12.30pm-2pm

Gold coin donation per session.

Bridge Social Group

A self-run group. Informal, friendly, non-competitive, mixed ability but not beginners. Held at Harrier's Pavilion.

Monday 1pm-4pm 16/7; 8/10 \$3 per session.

Please contact Reception for details 9853 3126

Western Mahjong

Unsupervised group. Must have some experience of Mahjong.

Friday 10am-12pm 20/7; 12/10 \$2.50 per session

Culture Together Choir

A fun way to practise your Mandarin with people from many backgrounds. Also suitable for those who just love to sing and wish to experience a little of Chinese culture. Singing Chinese folk songs by non-Chinese.

Every Sunday except Public Holidays 10.30am-11.30am. Free.

New members welcome anytime. Contact Helen: 0422 127 265

Chinese Choir

This choir sings songs from around the world in Mandarin, English and other international languages. New members welcome to join anytime.

Every Sunday except Public Holidays. 2pm-4pm Free.

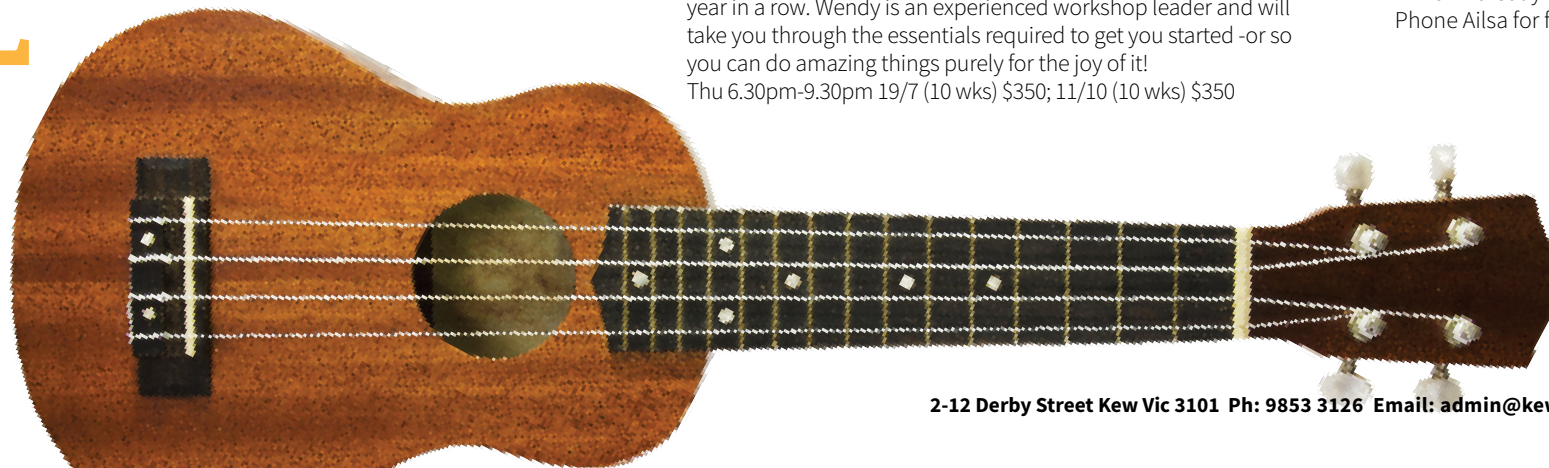
Contact Helen: 0422 127 265

Discussion Group for Women

Join us for an enjoyable, informative and entertaining evening discussing a range of interesting topics. We are a group of local women who enjoy sharing opinions and ideas in a relaxed and friendly environment.

Third Thursday of month. 7.30pm-9.30pm

Phone Ailsa for further details. 0425 879279. Gold coin donation.



Health & Wellbeing Classes

Yoga

Join our tutor for a dynamic class bringing balance and harmony to body, mind and spirit. Suit all levels.

Tue 8.15am-9.15am 17/7 (9 wks) \$145; 9/10 (9 wks) \$145
 Fri 10.30am-11.30am 9/2 (10 wks) \$160; 12/10 (10 wks) \$160

Evening Yoga Class

Join Teresa for an evening of gentle yoga and relaxation for mind, body and spirit in this 90 minute class.

Wed 6.30pm-8pm 18/7 (10 wks) \$180; 10/10 (10 wks) \$180

Tai Chi for Arthritis

The TCA program is based on the Sun style of Tai Chi. Due to it's safety and efficiency it is supported by the Arthritis Foundation of Australia. This class is designed to encourage gentle movement and provide therapy suitable for those with arthritis as well as beginners of Tai Chi.

Mon 2pm-3pm or 3pm-4pm 16/7 (10 wks) \$160;
 8/10 (9 wks) \$145

Tai Chi for Beginners

A traditional Chinese mind- body relaxation exercise performed in slow, gentle movements enabling harmony in mind and body. Improve mobility suppleness and mental alertness. Suitable for all ages.

Mon 1pm-2pm 16/7 (10 wks) \$160; 8/10 (9 wks) \$145

Lisa's class for the young at heart

A lively dynamic class for the young at heart and all fitness levels. Gentle cardio, strengthening, balance and stretching.

Mon 11.30am-12.30pm 16/7 (10 wks) \$155; 8/10 (9 wks) \$140

Balance Back to Exercise.

This class is suitable for older adults. Work in small groups for strength & resistance training with a focus on balance & stretching. Includes working from a chair if required.

Tue 11.15am-12.10pm 17/7 (10 wks) \$155; 9/10 (9 wks) \$140

Fit For You

All body workout focusing on major muscle groups through resistance training to build strength and facilitate functional movement.

Mon 8.30am-9.25am 16/7 (10 wks) \$155; 8/10 (9 wks) \$140

Mat Pilates

Build core strength, stability and develop endurance with longer, leaner muscles to improve posture. Pilates can relieve tension and enhance self-confidence.

Wed 8.30am-9.25am 18/7 (10 wks) \$155; 10/10 (10 wks) \$155

Children's & Teen Activities

Rockin Robyn's Creative Dance (2-5 years)

A fun and active class learning the basics of dance – rhythm, balance, flexibility, creativity and self-expression.

Thu 9.30am-10am 19/7 (10 wks) \$100; 11/10 (10 wks) \$100

Mixed Media Art class ages 8 -11 years

Develop fundamental art skills across a wide range of subjects. Children will learn drawing, painting, printmaking and sculpture through structured activities and projects.

Wed 4pm-5.30pm 18/7 (10 wks) \$180; 10/10 (10 wks) \$180

Little Readers – School Readiness Program ages 3 – 5 years

A literacy and Numeracy Program, based on the National School Curriculum and designed for pre-schoolers. Focuses on phonemic awareness using the highly successful Letterland and Write to Read Programs, and basic mathematical knowledge, through fun and playful activities. Contact Amanda 0404 453 460.

Wed 10.15am-11.15am 18/7 (10 wks) 10/10 (10 wks)
 \$260 3 year old; \$280 4-5 year old

Playgroup - Facilitated (any age welcome)

Parents new to Kew or in transition between neighbourhoods are welcome to join these facilitated groups with Denise. Come along when you feel like it.

Wed 12.30pm-12pm & Friday 10am-12pm
 \$5.50/family/session

Playgroup for Grandparents

Get together with other grandparents and their grandchildren from babies to pre-schoolers.

Wed 11am-1pm \$3.50 per session

Shoestring Occasional Care

Take a break while your children explore and investigate through play in our warm and inviting space. Bookings and payment made on a school term basis.

Mon to Thu 9am-12pm \$36 per session from 16/7; 8/10

Shoestring Plus (3 - 5 year olds)

Activities include cooking, science and the arts. Enrol for 1 or 2 afternoons. Bookings and payment on a school term basis.

Mon, Tue, Thu 1pm- 4pm. \$36 per session from 16/7; 8/10

Community & Volunteering

Chinese Activity Group

Recreational, educational, social & support activities for members of our Chinese speaking community. Come together & chat about life experience, activities and services in the community.

Tue 10am-1pm from 6/2 (runs throughout the year based on school term). Please contact reception for further details

Cultures Together

Do you want to get to know people in Boroondara from a different cultural background to you? Or, are you a second language learner who would like to practice your English? We match mentors with learners for conversation practice.

Please contact reception for further details

Inclusive Communities Program (ICP) (NDIS and MY Aged Care accessible)

A number of activities offered for participants registered with either My Aged Care or NDIS. Please contact us for a confidential discussion about eligibility and program descriptions. All activities are offered on a term by term basis. Fee applies to all activities

Men's Shed

The "Q" workshop provides a place to work on an individual project, fix something, help with maintenance jobs around KNLC or contribute to special group projects.

Mon 1-3pm, Wednesday 10 -3pm

Thu 10am-1pm from 18/7 \$25 per term

Please contact our Men's Shed Coordinator for information 9853 3126

Volunteer Group Facilitators

Share your skills with others by running a group/program at KNLC. A number of our low cost activities are run by volunteers. Name your passion and we will help promote the activity.



Kew
 Neighbourhood
 Learning Centre

Work skills & Business

IT for Beginners ** NEW

Develop your computer skills and become confident using the internet, windows 10 and word.
Thu 12.30-3pm 19/7 (10 wks) \$140; 11/10 (10 wks) \$140

IT for the Office **

Improve your IT skills and get up to date with Windows 10, Office Suite 2016, social media and technologies commonly used in the workplace. This course is a pathway to paid employment or further study. Intermediate computer skills are a necessity.
Thu 9am-11.30am 19/7 (10 wks) \$140; 11/10 (10 wks) \$140

Excel Fast and Home budgeting ** NEW

In four easy lessons learn to navigate Excel shortcut keys and develop greater confidence setting up and using spreadsheets.
Mon 12.30pm-3pm 16/7 (4 wks) \$100; 8/10 (4 wks) \$100

PowerPoint Fast NEW

Learn to put together a presentation with photos and effects in a friendly atmosphere.
Mon 9am-12pm (single session) \$30. Contact reception for dates.

eBay on iPad NEW

Learn how to open an eBay account and start selling and buying online. Participants will need an Apple ID and a working email address.
Mon 12.30pm-3.30pm (single session) \$30
Contact reception for dates.

IPad Refresher NEW

Get more out of your iPad. Learn new and exciting ways to keep up with your family and friends. Participants must have a working email account.
Mon 9am-11.30am 16/7 (5 wks) \$150; 8/10 (5 wks) \$150

Beginners Computer Literacy NEW

Government funded places through ACFE for learners with a Health Care Card. Learn basic computer skills at your own pace in a small friendly group whilst working on a project of interest. Please contact reception for further details.

Barista Training**

This course will give participants a solid foundation in coffee making skills and will assist you to find work in the café industry where the demand for skilled baristas is increasing. Our course provides you with background to the coffee industry and a basic know-how to making espresso coffee. In addition, the Centre offers on-the-job hospitality experience working in our Sparechair Café. Please contact reception for further details.

Taster Course in Horticulture **

This introductory pre-accredited short course is a pathway to future study and employment opportunities. It provides information and training on plant and tree cultivation, pruning, disease and pest control and garden management. Taught by a qualified Horticulturalist currently working in the industry. Please contact reception for further details.

Taster Course in Carpentry **

This course has been designed to give participants knowledge to carry out basic carpentry skills and develop skills with and perform maintenance tasks on hand and electric tools. The course has been designed as a possible pathway into the building industry and/or further training at Swinburne University or TAFE. Please contact reception for further details.

Taster in Customer Service **

This course is ideal for those considering a career in Customer Service including retail and hospitality. Please contact reception for further details.

Taster in Floristry** NEW

Our course is designed to introduce you to the world of floristry in a friendly and welcoming environment. Students will have the opportunity learn theory and practical aspects. This course is designed as a pathway to Certificate II in Floristry, volunteering or employment. All material costs included.
Thu 7pm-9pm 19/7 (10 wks) \$340;

Creative Art Small business Start-up ** NEW

Wanting to starting up a Creative Art business and don't know where to start? This course will nurture your creative side and help with the planning, building and implementing of your new venture.
Thu 9.30am-12pm 26/7 (8 wks) \$200; 11/10 (8 wks) \$200

Digital Futures**

A hands on course in digital skills to discover pathways to training and employment. The course includes both creativity and technical abilities involved in games and apps, film and recording, marketing and managing social media. Please contact reception for further details.

Transition to Employment** NEW

This course is designed for people with disabilities wanting opportunities into employment and needing pathways through resume writing, work experience, interview techniques, job seeking and application writing.

Introduction into Community Service Industry** NEW

This course is an introduction to the aged care, disability and family violence sectors. It is a pathway to volunteering, employment or Certificate III Individual Support. Please contact reception for further details.

Languages

English as an Additional Language **

Practise speaking, listening, reading and writing in English for everyday purposes in a relaxed and friendly environment. Levels: Beginners, intermediate and advanced. Please contact reception for further details.

Work Ready - EAL **

A program designed to cater for people with English as their second language wanting to explore opportunities in gaining employment. Learn about resume writing, interview techniques, job seeking and submitting applications. Please contact reception for further details.

Effective writing for EAL **

Improve writing skills for citizenship, language test, further studies and employment purpose.
Thu 1pm-3pm 19/7 (8 wks); 11/10 (11 wks)
Non-residents \$150 Permanent residents \$50

Digital Literacy for EAL ** NEW

Update your digital literacy in a supportive environment whilst improving your language skills. Please contact reception for further details.

Mandarin for Beginners

For absolute beginners. Come and learn from our experienced tutor in a fun and supportive environment. Contact Helen 0422 127 265 for details.

Mandarin

For those who have basic Mandarin and are ready to take it to the next level.
Sat 2.30pm- 4.30pm from 21/7 (10 wks)
\$220; 13/10 (10 wks) \$220. Contact Helen 0422 127 265 for details.

French at KNLC

A friendly and welcoming class where you will learn the basics of the French language. Absolute beginners through to 12 month experience.
Tue 7.30pm-9.30pm 17/7 (10 wks) \$220; 17/4 (9 wks) \$200

PANDA Mandarin for Kids NEW

Panda Mandarin provides a play-based Chinese learning program for children aged 2-6 years. The program aims to introduce the Chinese language to children in a fun and interactive way, developing their listening, speaking, reading and writing skills.
Sat 10am-12pm 21/7 (10 wks) \$450
13/10 (10 wks) \$450

