



## DIGITAL & BUSINESS SKILLS

**Digital Skills for Workplace** - Google Suite  
Thursday 9AM-11.30AM 18/07 (10wks)

**Digital Skills for Workplace** - Microsoft 365  
Thursday 12.30PM-3PM 18/07 (10wks)

**Digital Essentials**  
Monday 10AM-12PM 15/07 (10wks)

**Digital solutions for the Gig economy workers** - Contact  
Centre for details

### Be Connected

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

## CHILDREN & TEEN PROGRAMS

**Facilitated Playgroup**  
Wednesday 12.30PM-2PM, Friday 9.30AM-12PM  
\$5.50 per family/per session

**Shoestrings Occasional Care**  
Monday, Tuesday, Wednesday & Thursday 9AM-12PM \$40 per session

**Shoestrings Plus (3-5 years)**  
Monday 1PM-4PM \$40 per session\*

## THE SHED PROGRAM

**Men's Shed (fees apply)**  
Wednesday 10AM-3PM or Friday 10AM-3PM

**Women's Shed (fees apply)**  
Tuesday 10AM - 1PM or Saturday 10AM-1PM

**All Abilities Shed (fees apply)**  
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 and My Aged Care accessible)

- ICP programs currently being offered
- Gardening
- Shed programs
- Computer skills
- Dance
- Fit at Home
- Art
- Music Group
- Community Craft Project
- Games Group
- ICP Social Lunch

## CREATIVE PURSUITS

**Writing for Pleasure & Publication**  
Tuesday 12.30PM-2.30PM 16/07 (10wks)

**Ukulele**  
**Beginners:** Monday 6PM-7PM  
**Intermediate:** Monday 7PM-8PM  
15/07 (10wks)

**Floristry**  
Thursday 6.30PM - 9PM 25/07 (8wks)  
Saturday 10AM-12.30PM 27/07 (8wks)

**The Art of painting & drawing**  
Tuesday 2PM-3.30PM 16/07 (10 weeks)

## HEALTH & WELLBEING

**Yoga**  
Tuesday 8.15AM-9.15AM 16/07 (10wks)

**Fit for You**  
Monday 8.30AM-9.30AM 15/07 (10wks)  
Wednesday 8.30AM - 9.30AM 17/07 (10wks)

**Mat Pilates**  
Thursday 8.30AM-9.30AM 18/07 (10wks)

**Tai Chi**  
**Intermediate** Thursday 1.30PM-2.30PM or  
**Beginners** Thursday 2.45PM-3.45PM 18/07 (10wks)



## 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!**