

CREATIVE PURSUITS

Writing for Pleasure & Publication

Tuesday 12.30PM-2.30PM 28/01 (9 wks)

Ukulele

Beginners: Monday 6PM-7PM

Intermediate: Monday 7PM-8PM

03/02 (9wks)

Guitar

Wednesday 5PM Children/ 6PM Adult Classes

Floristry

Thursday 6.30PM - 9PM 06/02 (8wks)

Creative Writing

Led by Gemma White - An inspiring creative writing course to help write poetry and short stories

Saturday 10AM - 12PM

HEALTH & WELLBEING

Yoga

Tuesday 8.15AM-9.15AM 04/02 (9wks)

Fit for You

Monday 8.30AM-9.30AM 03/02 (8wks)

Wednesday 8.30AM - 9.30AM 05/02 (9wks)

Mat Pilates

Thursday 8.30AM-9.30AM 06/02 (9wks)

Tai Chi Beginners

Thursday 1.30PM-2.30PM 06/02 (9wks)

CHILDREN'S PROGRAMS

Facilitated Playgroup

Friday 9.30AM-12PM \$80 term family pass OR \$10.00 per session

Shoestrings Occasional Care

Monday & Tuesday 9AM-12PM \$44 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

Kid's Carpentry (Ages 10+)

Learn basic woodworking skills - complete one project a term

Wednesday 4PM - 6PM

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
- Games Group
- ICP Social Lunch
- Volunteer ops.

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

DIGITAL & BUSINESS SKILLS

Digital Essentials

Monday 10AM-12PM 07/10 (9wks)

Office Skills

Point of Sale for Retail and Hospitality

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

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