



# Term 4 Course Guide

OCTOBER TO DECEMBER 2023





## Centre Information

### ENROLMENTS

Enrolments can be made by visiting the Centre or by mail. Complete the enrolment form (available on the website) and together with payment forward to the Centre.

There is an annual enrolment fee of \$10 or \$5 concession. Eftpos facilities are available.

### SHORT COURSE FEES

Full course fees for programs or activities are due when enrolling.

### INTERNET PAYMENTS

Endeavour Hills Neighbourhood Centre  
BSB: 013 288

Account: 3064 31233

Reference: Student name

### CANCELLATIONS

The Centre may at times cancel a short course if the minimum class numbers are not achieved. If this occurs, you will be contacted in advance and all fees paid will be refunded.

### REFUNDS

A full refund will be given if notification is received 5 working days prior to the commencement of the course. There is no discount or refund for missed classes.

*Please note: All details in this term program were correct at the time of printing. The Centre reserves the right to change times, dates and fees when necessary.*

*The Neighbourhood Centre is supported by the City of Casey and the following:*



## Term 4: 2 October—15 December 2023

Centre closed for public holiday Tuesday 7 November

All classes (including computer classes) can be joined at any time during the term.

# community, connection, life-long learning

## New

### CHRISTMAS IN ENDEAVOUR HILLS TOWN SQUARE

WEDNESDAY 6 December 2023, 2.00pm-5.00pm

Venue: Endeavour Hills Town Square—outside the Library

A free event for the community, come along and enjoy the attractions: face painting, kids activities/crafts, entertainment, free sausage sizzle, showbags and prizes. This is a joint initiative and celebration organized by the Endeavour Hills Neighbourhood Centre, Library, Endeavour Hills Leisure Centre and Shopping Centre.



### COOKING DEMONSTRATION—CHRISTMAS PUDDING

Tuesday 21 November 2023, 10.30am—11.30am

Join us for a festive cooking demonstration on how to make a Christmas pudding—mixing fruits, spices and cooking tips. Savour the warmth and joy of a classic holiday treat. Phone 9700 3789 to RSVP.

### Mindful Art: Coming in 2024

Mindful art is using the act of creating art as a way to be present in the moment. You are not striving for a specific outcome or to make something that looks “good”. You are simply allowing yourself to make whatever marks you feel like in the moment without concern for the end.



# New Classes and Activities

## SENIOR CIRCUIT—FITNESS GROUP

Designed for older adults who want to enhance their overall fitness, strength, and mobility. This class offers a safe and supportive environment where participants can engage in a variety of exercises that target different muscle groups, promote cardiovascular health, and improve balance and flexibility. Classes in partnership with Endeavour Hills Leisure Centre.

**WEDNESDAY**      11.00am-12.00pm      4 Oct—13 Dec (11 weeks)  
Cost: \$50.00 per term or \$5.00 per class

## LIVING AT HOME FOR LONGER—AGED CARE FREE INFORMATION SESSION

This session provides advice, tips and insights on how to continue living in your own home well into your senior years. It is tailored for those aged over 65 years to access government-funded subsidies to help them live happily at home for longer. Includes advice on navigating the 'My Aged Care' system. Presented by Latrobe Community Health Service. For bookings phone 9700 3789.

**WEDNESDAY**      10.00am-11.30am      15 November

## PHOTOGRAPHY FOR BEGINNERS

Get to know your camera, understand the main controls on a camera (DSLR) and their functions; how to change settings and shoot in different modes. Bring your fully charged camera and manual if you have one.

**TUESDAY**      9.30am-11.30am      17 Oct—31 Oct (3 weeks)  
Cost: \$15.00

## PHOTOGRAPHY INTEREST GROUP

This group brings together individuals who share a passion for the art of photography. Guided by Henk, you will explore different techniques, improve the quality of your photo-taking skills, offer constructive feedback, learn about camera settings and different aspects of photography. Sessions will be tailored to the interests of the group and to the operations of your own camera specifications.

**TUESDAY**      10.30am-12.30pm      3 Oct—12 Dec (10 weeks)  
Cost: \$3.00 per week      *No group 7 Nov*

# New Classes and Activities

## GLASS MOSAICS

Over 3 weeks create a fabulous mosaic tile that you can use for decoration in the home or garden. You will learn the tips and techniques of mosaics, such as design, cutting glass, tiling and grouting. Bookings essential and you must be able to attend all 3 weeks—phone 9700 3789. Cost: Free  
Proudly supported by City of Casey Ageing Positively Festival.

**WEDNESDAY**      9.30am-12.00pm      11 Oct—25 Oct (3 weeks)

## DANCING FOR FUN AND FITNESS

Dance can be a fun and social way to exercise and make new friends while learning some new moves. The group will be led by Gladys, an experienced dancer who will teach you the basic steps to some catchy and fun music. Come along and try it out. Suitable for adults of all ages and abilities. Have a blast dancing and making new friends.

**FRIDAY**      1.00pm-2.00pm      6 Oct —15 Dec (11 weeks)  
Cost: \$3.00 per class or special introductory term price \$25.00

## WASTE EDUCATION & CONTAINER DEPOSIT SCHEME

Join us for this free information session presented by the City of Casey. Find out what to recycle, what should go in what bin and the upcoming Container Deposit Scheme where you get money back for recycling bottles/containers at nominated collection points. Bookings phone 9700 3789.

**TUESDAY**      10.30am-11.30am      24 October

## DEAF COMMUNITY HUB

The Deaf Hub brings the deaf and hard of hearing back together through offering various sport, recreation, community and social development programs and will provide a 'return to community' initiative. Programs may include community information workshops, advocacy awareness training, social and community meetings, personal development workshops, computer literacy training, and 'drop-in' programs.

**Casey Deaf Club:** Function night every 3rd Saturday of the month,  
Time 6.30pm-10.30pm

**Deaf Drop-In Centre:** Coffee and chat every  
1st Thursday of the month, 1.00pm-4.00pm

For further information please contact [vic@deafsports.org.au](mailto:vic@deafsports.org.au)

## New classes and activities

### BEGINNERS CHRISTMAS CARDMAKING with MARIA

Discover the world of papercraft and enjoy making handmade greeting cards. You will be shown the basics and learn techniques to make cards with fellow crafters.

**FRIDAY** 10.00am-12.00pm 3 Nov—24 Nov (4 weeks)  
Cost: \$20.00 (includes all materials)

### ALL ABILITIES CRAFT

In the all abilities craft sessions there will be a range of general crafts to do, learn new techniques and get creative. Materials supplied.

**WEDNESDAY** 10.30am-12.30pm 4 Oct—29 Nov (8 weeks)  
Cost: \$20.00 or \$3.00 per class *No class 8 Nov*

### KNITTING SOCIAL GROUP

Bring your needles, crochet hooks and wool and come along to this session, where you can enjoy knitting and crochet in a social environment. Beginners are welcome, if you want to learn to knit or crochet help is available to get you started.

**TUESDAY** 12.30pm-2.30pm 3 Oct—12 Dec (10 weeks)  
Cost: \$3.00 per week *No group 7 Nov*

### ENDEAVOUR HILLS PROBUS CLUB

Want to expand your circle of friends in 2023? Join the Endeavour Hills Probus Club, it is open to all retirees over 55. We run activities each month. We are not religious, not political and not fund raising, our aim is fun and friendship for retirees. For details, just google "Endeavour Hills Probus" or find us on Facebook, or contact Nola on 0412 559 706.

**Meetings held 10.00am-12.00pm every 3rd Monday of the month**

### CUBAN SALSA

Lat'N'Dance Fitness is bringing exciting Cuban style salsa classes (also known as Casino and Cha Cha). Led by internationally renowned dance master Eric Turro Martinez, Professional Cuban Dancer.

**MONDAY** 7.30pm-8.30pm 2 Oct—11 Dec (10 weeks)  
*No class 6 Nov*

All bookings and enquiries contact Claudia on 0481 170 788.

# Community Garden

## COMMUNITY GARDEN

All events for the garden are held at the Community Garden located at 11 Hellyer Way Endeavour Hills. The venue is equipped with heating/cooling, tea and coffee making facilities and toilets. Everyone welcome. Enrolment is required before attending for the first time—for more details contact the Centre on 9700 3789 or [community\\_garden@ehillsnc.org.au](mailto:community_garden@ehillsnc.org.au)

### Garden Group: Tuesday and Friday 9.30-11.30am

Like to know more about gardening or wish to share your experience with others? Bring your garden gloves to enjoy a morning of gardening, sharing of ideas and harvests. Follow up with a well deserved cuppa. Rest assured, if the weather is bad, we can still gather in the comfort of our adjoining portable room.

### Seed Library

As part of Food From Home's Seed Library Project, our garden has a great bank of seeds for local community gardeners to use for years to come. Come swap for the seeds you need and leave those you don't for others. (All seeds at the library are non GM).

### Garden Workshops

Discover ways to increase your harvest, garden organically, ensure your soil is bountiful, share information and have fun. Bookings required—phone 9700 3789 or email [community\\_garden@ehillsnc.org.au](mailto:community_garden@ehillsnc.org.au)

## Planting the Summer Garden

### Tuesday 31 October, 10.00am-11.30am

With summer approaching, learn how to prepare your garden for Summer and keep the garden beds cool. Plant your favourite Summer vegetables and herbs. Look for Summer pests and how to deter them.

## Paint a Terracotta Pot - Christmas gift idea

### Friday 8 December, 10.00am-11.30am

Be creative and have fun painting your design onto a terracotta pot. Give a gift that you have made to someone special. Choose from a selection of herbs or flowers to plant in the pot.



# English Language and Literacy

## ENGLISH as an Additional Language

Improve your reading, writing and speaking skills in this small and friendly class. Practise your conversation skills to assist you with shopping, banking and other everyday tasks. Gain the confidence to go on to further study or get a job. Suitable for beginners to intermediate.

Students must be permanent residents or Australian citizens to be eligible for this government funded class. This is a Learn Local endorsed course.



**TUESDAY** 9.00am-1.00pm 3 Oct—12 Dec (10 weeks)  
Cost: \*\$43.00; Concession: \$15.00 *No class 7 Nov*

**WEDNESDAY** 9.00am-1.00pm 4 Oct—13 Dec (11 weeks)  
Cost: \*\$48.00; Concession: \$15.00

**THURSDAY (ZOOM)** 9.00am-1.00pm 5 Oct—14 Dec (11 weeks)  
Cost: \*\$48.00; Concession: \$15.00 *\*Government funded rate*

## ENGLISH

This class focuses on general English and learning skills to help you with everyday living. A mixed level class suitable for all levels. This is a Learn Local endorsed course.



**MONDAY** 9.00am-1.00pm 2 Oct—11 Dec (11 weeks)  
Cost: \*\$48.00; Concession: \$15.00

**THURSDAY** 9.00am-1.00pm 5 Oct—14 Dec (11 weeks)  
Cost: \*\$48.00; Concession: \$15.00 *\*Government funded rate*

### Sandwich Club

Endeavour Hills Shopping Centre  
Phone: Pheobe 0449 200 912

### Donut King

Endeavour Hills Shopping Centre  
Phone: 9700 1164

### Bakian Fruit Village

Endeavour Hills Shopping Centre  
Phone: 9700 2855

### Better Home

Endeavour Hills Shopping Centre  
Phone: 9700 3616



# Computer Skills

## INTERNET COMPUTER CLUB

Get together with other people who share your interest in computers and the Internet. This is an informal group for people who have basic computer knowledge, and would like to socialise while exploring new computer programs and functions and to extend their computer knowhow.

**THURSDAY** 9.45am-11.45am 5 Oct—14 Dec (11 weeks)  
Cost: \$3.00 per week

## PROGRAMS COMING IN 2024

We have some new programs scheduled for 2024:

- Beginners Computers
- Intermediate Computers
- Keeping safe online
- Tech help sessions—mobile phones and tablets

Further information will be available in the Term 1 course guide available mid December 2023. Phone 9700 3789 to put in an expression of interest.

Free public internet access available at the Centre 9am to 3pm  
Mondays to Fridays during school terms. No time limit.

# Children's Education and Activities

## LYNN'S LEARNING

English and Maths tuition for Prep to Year 10 students. Individualised extension and remedial programs, mathematical skills, creative writing techniques, ICAS, NAPLAN & scholarship preparation. Call to book your free assessment. Find out more at <http://www.lynnlearning.com>

**MONDAY** 3.45pm-6.45pm 2 Oct—4 Dec (10 weeks)  
**Bookings:** Phone 9796 8779

## Endeavour Kebabs

16/2 Raymond McMahon Blvd  
Endeavour Hills  
Phone: 9700 7400

## Activity Groups / Special Interest

### MEDITATION—FREE classes

Learn meditation on the inner light. A simple but effective method to bring out your innermost qualities, enhance your powers of concentration and benefit you at the physical, emotional, intellectual and spiritual levels. For bookings and enquiries call Sharon 0419 308 475.

**TUESDAY**      1.45pm-2.45pm      3 Oct—12 Dec (10 weeks)  
Cost: Free      *No group 7 Nov*

### CRAFT, CARDS and CHAT—Zoom Group

Craft and chat the night away with like-minded people. Join in if you would like some company, just Zoom in on your phone or device. Sessions are free, zoom link will be sent upon enrolment.

**FRIDAY**      7.00pm-10.00pm      6 Oct—15 Dec (11 weeks)  
Cost: Free      (Annual enrolment fee payable \$10.00 or \$5.00 conc.)

### POSITIVE THINKING AND MEDITATION

Learn how to make your mind your best friend through open-eyed meditation. This is an easy form of meditation designed to be practiced anywhere. Understand aspects of the self, the power and effect of thoughts, and how meditation can help overcome stress, worry and challenges in daily life, while maintaining a positive and loving mindset. Bring along a notebook for reflection exercises. Membership to Casey U3A required.

**WEDNESDAY**      1.00pm-2.00pm      4 Oct—22 Nov (8 weeks)  
Classes run by Casey U3A - for enquiries phone 0493 280 458

### BLUEY'S IMAGINATIONS

#### Adult and Kids Art / Craft Classes

Term 4: We will be continuing learning about Acrylic Painting techniques, watercolour, oil and basic drawing skills along with some mixed media. Saturday 9am - 10.30am, 10 weeks

Private run art classes and workshops are also available for all ages. You will take home your very own unique painting with all materials supplied. This can be at the studio or at another venue of your choice. Keep a look out for special events on Bluey's Imaginations Facebook Page. For bookings or further information please call Astrid on 0448 198 993 or email [blueysimagination@gmail.com](mailto:blueysimagination@gmail.com)

# Art and Craft

## EMBROIDERY or PATCHWORK

Choose and work on your own projects (whether it is patchwork or embroidery) with help and advice from the tutor. For the beginner the tutor can help select designs, teach techniques and give suggestions on colours.

**WEDNESDAY** 12.45pm-2.45pm 11 Oct—29 Nov (8 weeks)  
or **THURSDAY** 9.30am-12.00noon 12 Oct—30 Nov (8 weeks)  
Cost: \$80.00 plus materials

## PATCHWORK FRIENDSHIP GROUP

For anyone who loves patchwork and quilting and enjoys sharing ideas. New members must have basic skills in patchwork and quilting as there is no tutor. BYO projects and equipment.

**TUESDAY** 9.30am-12.00noon 3 Oct—12 Dec (10 weeks)  
Cost: \$3.00 per week *No group 7 Nov*

## KNITTING 'n' CROCHET

A friendly group for all levels, from beginners to advanced (our friendly volunteer can show beginners how to get started). Enjoy some company and a chat while you knit or crochet. You can either knit a project for yourself or you may like to knit for charity. BYO needles and wool.

**WEDNESDAY** 1.00pm-3.00pm 4 Oct—13 Dec (11 weeks)  
Cost: \$3.00 per week

## CARD MAKING/ SCRAPBOOKING FRIENDSHIP GROUP

This group is for card making or scrapbooking enthusiasts. Set aside time to get together with other crafty people to share ideas or to complete those unfinished paper projects. BYO own materials.

**MONDAY** 12.00pm-2.30pm 2 Oct—11 Dec (11 weeks)  
Cost: \$3.00 per week

## COFFEE AND CARDS

A friendship group for people interested in card making or papercraft. BYO materials/projects and craft with company and a cuppa.

**TUESDAY** 12.00pm-2.30pm 3 Oct—12 Dec (10 weeks)  
Cost: \$3.00 per week *No group 7 Nov*

## Art and Craft

### CREATIVE ART CLASSES

Experiment with different art techniques and mediums including acrylic paint, watercolour paint, print making, charcoal and pastel, mixed media art and fabric art. Produce an interesting new piece of art each week and learn some new art skills. Suitable for all levels. All materials provided.

**THURSDAY** 12.15pm-2.15pm 5 Oct—14 Dec (11 weeks)  
Cost: \$100.00 for 11 weeks or casual \$10.00 per class

### CARD MAKING WORKSHOPS

Don't miss these fabulous card-making workshops. Try out different techniques using inks, stamps, dies, and more. Includes materials. BYO basic tool kit, eg scissors, glue, tape.

#### Stampin' Up! With Michelle

<b>FRIDAY</b>	10.00am-12.00pm	13 Oct	Cost: \$25.00
<b>WEDNESDAY</b>	10.00am-12.00pm	8 Nov	Cost: \$25.00
<b>WEDNESDAY</b>	10.00am-12.00pm	6 Dec	Cost: \$25.00

### MADE WITH LOVE QUILTERS

Made with Love Quilters are a dedicated group of ladies who make quilts for charity. They would love anyone who is interested to come along and help out, all materials are supplied to make the quilts. Come for a few hours or stay all day - BYO lunch.

<b>Last FRIDAY</b> of the month	27 Oct, 24 Nov, 15 Dec
<b>Second MONDAY</b> of the month	9 Oct, 13 Nov
Time: 9.30am-2.30pm	Cost: \$3.00 per session

## Health and Fitness

### TAI CHI

Promotes harmony of mind and body. Tai Chi is meditation in motion, movements are slow and gentle. Promotes strength, flexibility, coordination, relaxation and cognitive function. Suitable for all ages. All classes are inclusive and suitable for beginners and intermediate.

For bookings and enquiries phone Sandra 0402 739 702.

**MONDAY** 2.00pm-3.00pm 2 Oct—11 Dec (11 weeks)  
Cost: \$12.00 per class or \$10.00 concession



# Health and Fitness

## ZUMBA

Zumba combines hypnotic Latin rhythms and easy to follow moves to create a unique fitness program that is so much fun you won't even count it as hard work. Phone Claudia on 0481 170 788 for bookings and enquiries.

**WEDNESDAY** 7.00pm-8.00pm

Cost: \$15.00 per class or prepaid 10 class pass \$120.00

## YOGA

Introducing Yoga classes for everyone. Learn Yoga, relaxation and meditation. Dress comfortably and bring your own yoga mat along. For bookings and enquiries call Sharon 0419 308 475.

**TUESDAY** 3.00pm-4.00pm

3 Oct—12 Dec (10 weeks)

Cost: \$45.00 for the term or \$5.00 per class

*No class 7 Nov*

## GENTLE CORE STRENGTH WORKOUT

Strengthen, lengthen, trim and tone with this low impact workout for all ages and most abilities. Standing exercise for balance and posture, seated exercises for deep core and hip strength and floor exercises to tone the whole body. All Pilates based exercises that will improve your everyday movements and leave you feeling great every time! BYO mat for floor exercises. Contact Simone on 0409 688 279 for enquiries.

**TUESDAY** 1.00pm-1.45pm

3 Oct—12 Dec (10 weeks)

**COST:** \$45.00 per term or \$5.00 per class

*No class 7 Nov*

## GENTLE EXERCISE—FUNCTIONAL FITNESS

Seated and standing Pilates exercises that will get you moving easier, standing straighter and feeling stronger. Improve movement and strengthen bone density to enhance every day. BYO Resistance Band (Friday) or Resistance Bar (Tuesday). Contact Simone on 0409 688 279 for enquiries.

**TUESDAY** 2.00pm-2.45pm

3 Oct—12 Dec (10 weeks)

*No class 7 Nov*

**WEDNESDAY** 11.00am-12.00pm (now Senior Circuit—see page 4)

**FRIDAY** 11.00am-12.00pm

6 Oct—15 Dec (11 weeks)

**COST:** \$50.00 per term or \$5.00 per class

\*\*Partnering with the Endeavour Hills Leisure Centre for Wednesday and Friday classes.

# Dance

## DANCE ON FIRE

Dance on Fire is a dance school with a vision to teach students the skills to help them create art with their bodies through dance, inspired by the Holy Spirit. Dance on Fire uses clean and child-friendly music that inspires faith and goodness. Dance on Fire classes harness techniques from both ballet and jazz to form a solid basis for other styles of dance that will also be used in class (e.g., contemporary, hip-hop/funk). Classes suitable for toddler right up to adults. Please visit [danceonfire.com.au](http://danceonfire.com.au) for sessions and to sign up!

# Room Hire

## Function Rooms

Two multipurpose function rooms for regular or casual hire. Seats 60-70 people, suitable for presentations, concerts, classes, meetings, and special occasions. Features: moveable tables, 70 chairs, whiteboard, kitchen access.

## Meeting Rooms 1 and 2

1/ Seats 10-15                      2/ Seats 8-10

Two meeting rooms for regular or casual hire. Suitable for meetings, classes, consultations, and networking.

Features: moveable tables and chairs, whiteboards, TV tea and coffee making facilities available in the kitchen.

## Portable - 11 Hellyer Way

Seats 10-12

A meeting space with small kitchenette. Suitable for casual meetings, art, or community space.

Special rates applicable for community or not-for-profit groups. (Conditions apply). For bookings and further information please phone **9700 3789**.

## OTHER GROUPS WHO ATTEND THE CENTRE

- ❖ At Work Australia
- ❖ WISE Employment - Mondays, Tuesdays and Thursdays
  - ❖ Ahmadiyya Muslim Association
- ❖ Probus - 3rd Monday of the month 10.00am-12.00pm - all retirees welcome
  - ❖ Brazilian Assembly of God (Portuguese/English) - Sundays 10.30am
  - ❖ Afghan Australian Philanthropic Association - Mondays
    - ❖ Casey Deaf Club - 3rd Saturday of the month



## Our Team

Trudy Buchanan  
Manager

Cathy Froiland  
Program Co-ordinator

## Get in Touch

Email: [info@ehillsnc.org.au](mailto:info@ehillsnc.org.au)

Phone: (03) 9700 3789

Office Hours:

Monday to Friday 9.00am-3.00pm

Closed school and public holidays

Address:

Lower Level

10 Raymond McMahon Blvd

Endeavour Hills 3802


Postal Address:

PO Box 216

Endeavour Hills 3802

We are committed to the safety, participation and empowerment of all children regardless of abilities, age, gender, sexuality, the cultural safety of Aboriginal children and our CALD community and have zero tolerance for child abuse.

We proudly acknowledge the traditional owners, Aboriginal communities and their rich culture and pay respect to their Elders past, present and future. We acknowledge Aboriginal people as Australia's first people and as the traditional owners and custodians of the land on which we live and work.



Our mission is to provide a friendly, inclusive environment that encourages participation from our diverse community, through a broad range of activities fostering social interaction and life-long learning.

**Endeavour Hills Neighbourhood Centre Inc.**  
**10 Raymond McMahon Blvd Endeavour Hills 3802**  
**Ph: 9700 3789 | [www.ehillsnc.org.au](http://www.ehillsnc.org.au) | [info@ehillsnc.org.au](mailto:info@ehillsnc.org.au)**  
**Office hours: Monday to Friday 9.00am - 3.00pm (during school terms)**  
**Bus Routes: 845, 849 & 861 Dandenong to Endeavour Hills/Mossgiel Park**