



Term 1 Course Guide

JANUARY TO MARCH 2024





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 1: 29 January—28 March 2024

Centre closed for public holiday Monday 11 March

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

community, *connection,* & life-long learning

New

PANCAKE DAY

Tuesday 13 February 2024, 10.30am-11.30am

Join us to celebrate Pancake Day on Shrove Tuesday. We will be flipping pancakes for you to enjoy with yummy toppings. All money raised goes to Uniting Vic.Tas who help Australians living in crisis. All welcome—phone 9700 3789 to let us know you are coming. Donations for pancakes gladly accepted.

HARMONY DAY

Thursday 21 March 2024, 11.00am-12.00pm

Harmony Day celebrates the values of multiculturalism, diversity, welcoming and belonging. Join us for cultural entertainment and refreshments to celebrate Harmony Day. Bookings essential—phone 9700 3789.

COOKING DEMONSTRATION—ANZAC BISCUITS

Tuesday 26 March 2024, 10.30am—11.30am

Join us for a free cooking demonstration on how to make ANZAC biscuits, Learn the art of cooking these iconic treats, blending history with delicious flavours. Phone 9700 3789 to RSVP.

New Classes and Activities



Happy International Women's Day



Throughout Term 1

In honour of International Women's Day, we are inviting our community to contribute to a special community art-work that celebrates inclusion. We want to hear from you:

"What makes you feel included?"

Visit our centre during Term 1 and add your thoughts, feelings, and experiences to our community artwork.

Morning Tea: Friday 8 March 2024, 10.30am-12.30pm

Join us for a morning tea to celebrate International Women's Day and to help bring our community art work project together. All welcome—phone 97003789 to let us know you are coming.

KEEPING SAFE ONLINE

Connected Libraries is partnering with Endeavour Hills Neighbourhood Centre for a free short course all about internet safety. Join us for four weeks while we cover the basics of internet safety including:

- Creating strong and easy to remember passwords
- Accessing and strengthening security settings on your device
- Scam awareness and protection
- Digital data access and protection

For bookings and enquiries phone 9700 3789.

WEDNESDAY 1.30pm-3.00pm 21 Feb—13 Mar (4 weeks)
Cost: Free

COMPUTERS—THE NEXT STEP

This course will cover a range of intermediate topics that build upon your existing computer skills. From learning about software to improving internet browsing efficiency, you will gain practical insights and hands on experience to become a more proficient computer user.

WEDNESDAY 9.30am-12.00pm 21 Feb—20 Mar (5 weeks)
Cost: \$25.00; Concession: \$20.00

New Classes and Activities

MINDFUL ART: A four week creative journey

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. Explore different art techniques as a creative process to reduce stress, lower anxiety and depressive symptoms. This journey will provide tools and techniques that you can use in everyday life to improve overall wellbeing. Limited spaces, bookings essential—phone 9700 3789.

WEDNESDAY 10.00am-12.00pm 6 Mar—27 Mar (4 weeks)

Cost: Free. Proudly supported by City of Casey community grant.

COLOURED PENCIL WORKSHOPS: Mindful Art

A course that helps you become more aware of how and why you colour! Over two sessions you will learn how to get the best out of your pencils, and get loads of tips and techniques that will enable you to be more relaxed and calmer with each project that you colour. Please bring along your one favourite coloured pencil set. Other materials supplied. Limited spaces, bookings essential—phone 9700 3789.

MONDAY 12.30pm-2.30pm 26 Feb and 25 Mar (2 sessions)

Cost: Free. Proudly supported by City of Casey community grant.

SINGING FOR FUN

Unleash your inner melody at our 'Singing for Fun' sessions, an informal gathering of vocal enthusiasts who just want to sing for enjoyment. No experience necessary. Afterwards enjoy some nibbles and a chat.

FRIDAY 12.30pm-1.30pm 16 Feb, 1 Mar, 15 Mar

Cost \$3.00pw

BOLLYFIT

Spice up your fitness routine with the hottest beats with Bollyfit by NataliG, the ultimate Bollywood inspired workout. Bollyfit combines the elements of high intensity workout with cultural enrichment of Bollywood dance, featuring dance styles such as Bhangra, Bollywood and Hip Hop.

Contact Dhakshi on 0420 867 790 for bookings and enquiries.

TUESDAY 6.30pm-7.20pm Starting 15 January

Cost: \$12 per session or 4 classes for \$40. Initial free trial for 1 class.

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 30 Jan—26 Mar (9 weeks)
Cost: *\$38.00; Concession: \$15.00

WEDNESDAY 9.00am-1.00pm 31 Jan—27 Mar (9 weeks)
Cost: *\$38.00; Concession: \$15.00

THURSDAY (ZOOM) 9.00am-1.00pm 1 Feb—28 Mar (9 weeks)
Cost: *\$38.00; 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 29 Jan—25 Mar (8 weeks)
Cost: *\$34.00; Concession: \$15.00
No class 11 Mar

THURSDAY 9.00am-1.00pm 1 Feb—28 Mar (9 weeks)
Cost: *\$38.00; 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

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

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.

Cost: \$15.00 per term

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

Summer Gardening Tips

Friday 16 February 2024, 10.00am-11.30am

Learn tips and tricks to prepare your garden for summer. Learn how to conserve water and use mulch in the garden. Make your own soil wetting agent and water storage vessel to put into the soil or your pot plants.

Cooking summer produce the Italian way with Maria

Tuesday 19 March 2024, 10.00am-11.30am

Prepare and learn how to make delicious pesto and tomato sauces. This is a hands on cooking lesson to make homemade gnocchi pasta.



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

1 Feb—28 Mar (9 weeks)

Cost: \$3.00 per week

PROGRAMS COMING IN TERM 2, 2024

We have some new programs coming up:

- Beginners Computers
- Tech help sessions—mobile phones and tablets

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

5 Feb—25 Mar (7 weeks)

Bookings: Phone 9796 8779

No session 11 Mar

Endeavour Kebabs

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

COMMUNITY PROGRAMS

We are always looking for new ideas and classes that would support the interests and needs of the local community. Phone 9700 3789 to discuss potential opportunities and ideas.

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 12.30pm-2.30pm 7 Feb—27 Mar (8 weeks)

or **THURSDAY** 9.30am-12.00noon 8 Feb—28 Mar (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 30 Jan—26 Mar (9 weeks)

Cost: \$3.00 per week

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. BYO needles and wool.

TUESDAY 12.30pm-2.30pm 30 Jan—26 Mar (9 weeks)

or **WEDNESDAY** 1.00pm-3.00pm 31 Jan—27 Mar (9 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 29 Jan—25 Mar (8 weeks)

Cost: \$3.00 per week

No group 11 Mar

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 30 Jan—26 Mar (9 weeks)

Cost: \$3.00 per week

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 1 Feb—28 Mar (9 weeks)
Cost: \$80.00 for 9 weeks or casual \$10.00 per class

BEGINNERS 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 1 Mar—22 Mar (4 weeks)
Cost: \$20.00 (includes all materials)

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

WEDNESDAY	10.00am-12.00pm	21 Feb	Cost: \$25.00
WEDNESDAY	10.00am-12.00pm	20 Mar	Cost: \$25.00

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 31 Jan—27 Mar (7 weeks)
Cost: \$20.00 or \$3.00 per class *No class 21 Feb or 20 Mar*

MADE WITH LOVE QUILTERS

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

Last FRIDAY of the month	23 Feb, 22 Mar
Second MONDAY of the month	12 Feb, 4 Mar
Time: 9.30am-2.30pm	Cost: \$3.00 per session

Activity Groups / Special Interest

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 10.00am-12.00pm 20 Feb—5 Mar (3 weeks)
Cost: \$15.00

PHOTOGRAPHY INTEREST GROUP

This group brings together people who share a passion for photography, exploring different aspects and techniques. Sessions will be tailored to the interests of the group and to your own camera specifications.

TUESDAY 10.00am-12.00pm 12 Mar—26 Mar (3 weeks)
Cost: \$3.00 per week

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](tel:0419308475). Free classes.

TUESDAY 1.45pm-2.45pm 30 Jan—26 Mar (9 weeks)

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 2 Feb—22 Mar (8 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. Understand aspects of the self, the power and effect of thoughts, and how meditation can help overcome stress, worry and challenges in daily life. Membership to Casey U3A required.

FRIDAY 1.30pm-2.30pm 2 Feb—22 Mar (8 weeks)
Classes run by Casey U3A - for enquiries phone 0493 280 458

Activity Groups / Special Interest

ENDEAVOUR HILLS PROBUS CLUB

Endeavour Hills Probus Club is open to all retirees over 55 and holds monthly activities. Our aim is fun and friendship for retirees. For details, just google "Endeavour Hills Probus" or contact Nola on 0412 559 706.

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

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. Enjoy a variety of social community activities and 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

BLUEY'S IMAGINATIONS: Adult and Kids Art / Craft Classes

Blueys Imaginations offers both adult and kids classes, including acrylic painting, watercolour, oil, basic drawing skills and mixed media.

Private classes available as well. For bookings or further information call Astrid on 0448 198 993 or email blueysimagination@gmail.com

Term 1 (8 weeks): Saturday's 9am - 10.30am (ages 5 –12)
Saturday's 11.30am -1.30pm (private adult classes)
Monday's 4pm - 5.30pm (ages 5 –12)
Monday's 6.30pm - 8.30pm (private adult classes)

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 29 Jan—25 Mar (8 weeks)
Cost: \$12.00 per class or \$10.00 concession No class 11 Mar

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

30 Jan—26 Mar (9 weeks)

Cost: \$40.00 for the term or \$5.00 per class

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 and seated exercises for deep core and hip strength (no floor or mat work). BYO resistance bands. Contact the Centre on 9700 3789 for enquiries.

TUESDAY 1.00pm-1.45pm

30 Jan—26 Mar (9 weeks)

COST: \$40.00 per term or \$5.00 per class

SENIOR CIRCUIT—FITNESS GROUP

Designed for older adults who want to enhance their overall fitness, strength, and mobility. This class offers exercises that target different muscle groups, promote cardiovascular health, improve balance and flexibility.

WEDNESDAY* 11.00am-12.00pm

31 Jan—27 Mar (9 weeks)

Cost: \$40.00 per term or \$5.00 per class

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 the Centre on 9700 3789 for enquiries.

TUESDAY 2.00pm-2.45pm

30 Jan—26 Mar (9 weeks)

FRIDAY* 11.00am-12.00pm

2 Feb—22 Mar (8 weeks)

COST: \$40.00 per term or \$5.00 per class

*Partnering with the Endeavour Hills Leisure Centre for Wednesday / 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 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
- ❖ 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
- ❖ Arabic Language and Tajweed Institute - Sundays during school terms



Our Team

Trudy Buchanan
Manager

Cathy Froiland
Program Co-ordinator

Get in Touch

Email: 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 | 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