



# Term 3 Classes & Activities

JULY TO SEPTEMBER 2024

Endeavour Hills Neighbourhood Centre Inc.  
10 Raymond McMahon Blvd Endeavour Hills 3802  
(03) 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 9am - 3pm (during school terms)





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 lifelong learning.



## 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 Centre is supported by the City of Casey and the following:



Neighbourhood Houses  
The Heart of Our Community™



## Term 3: 15 July—20 September 2024

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

# community, connection, & life-long learning

**New**

## Celebrating Adult Learners Week

### RAIL SAFETY AND AWARENESS

#### Free Information sessions

These community education sessions are presented by Metro Trains Melbourne. Metro encourage positive and safe behaviour around trains and tracks and support all members of our community in learning how to navigate the rail network with confidence.

Come along with any questions you may have on how to access fares and ticketing information, how to choose the best travel route to your destination, how to travel trouble-free and any queries you may have on accessibility at stations and on trains.

Two tailored sessions available:

- ♦ People with Disabilities - **MONDAY 2 September**  
10.00am-12.00pm
- ♦ Culturally and Linguistically Diverse - **WEDNESDAY 4 September**  
10.00am-12.00pm

Phone 9700 3789 for bookings and enquiries.

### 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



# New Classes and Activities

## COOKING DEMONSTRATION

Join us for these cooking demonstrations where you will get to taste the results. Phone 9700 3789 to let us know you are coming.

## MINESTRONE SOUP

**Tuesday 20 August 2024, 10.30am—11.30am**

Learn how to make a delicious minestrone soup, and enjoy a warming bowl of this hearty soup. Add this recipe to your dinner plans for a budget friendly hearty dish to feed the family.

## ONLINE BANKING AND DIGITAL TRANSACTIONS INFORMATION SESSIONS

Connected Libraries is partnering with Endeavour Hills Neighbourhood Centre for a series of sessions. As more and more transactions move online it is important to understand some of the principles of online banking and digital transactions.

Over four weeks we will explore topics including:

- Website and mobile banking
- Digital wallets
- Online shopping

These will include safe simulated activities to let you explore concepts without having to sign into any personal information. Sessions held at Endeavour Hills Neighbourhood Centre.

**WEDNESDAY**                      1.30pm-3.00pm                      24 Jul—14 Aug (4 weeks)  
Cost: Free                      Bookings and enquiries: phone 9700 3789

## COMPUTERS—INTERMEDIATE LEVEL

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. Classes are held in the computer lab in a small group setting with an experienced friendly tutor.

**WEDNESDAY**                      9.30am-12.00pm                      7 Aug—28 Aug (4 weeks)  
Cost: \$25.00; Concession: \$20.00

# New Classes and Activities

## R U OK DAY

Wednesday 11 September 2024

10.00am-11.00am

Join us for an R U OK (Are you okay?) session with a guest presenter to learn tools and techniques to use in everyday life to improve wellbeing for you and those in your community. Get tips and participate in mindful art activities. Let's make a difference together.

All welcome to participate—come along and enjoy activities, a cuppa and morning tea. Phone 97003789 to let us know you are coming.

**Supporting  
R U OK? Day**

## KNIT A SPIRAL SCARF

Learn to make a stylish knitted spiral scarf with our expert friendly teacher. Perfect for all skill levels, these sessions will guide you through each step, ensuring you create a beautiful accessory. A limited selection of wool supplied or bring along your own if you have a favourite colour, a variegated wool really sets off the spiral design. BYO 5.5mm set of needles—the Centre has some needles for use in the class if you don't have any.

**WEDNESDAY**      10.00am-12.00pm      7 Aug—14 Aug (2 weeks)  
Cost: \$20.00

## FIRST AID—CPR UPDATE

**HLTAID009 Provide Cardiopulmonary Resuscitation (CPR)**

This course will teach you CPR, the most common life-saving measure used in first-response treatments. Training provided by Healthguard First Aid Training Services. For bookings phone 9700 3789.

**FRIDAY**      12.30pm-2.30pm      2 August (1 week)      Cost: \$65.00

## 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      26 Jul; 9 & 23 Aug; 6 & 20 Sep  
Cost \$3.00pw

# 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 16 Jul—17 Sep (10 weeks)  
Cost: \*\$43.00; Concession: \$15.00

**WEDNESDAY** 9.00am-1.00pm 17 Jul—18 Sep (10 weeks)  
Cost: \*\$43.00; Concession: \$15.00

**THURSDAY (ZOOM)** 9.00am-1.00pm 18 Jul—19 Sep (10 weeks)  
Cost: \*\$43.00; 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** 9.30am-1.30pm 15 Jul—16 Sep (10 weeks)  
Cost: \*\$43.00; Concession: \$15.00

**THURSDAY** 9.30am-1.30pm 18 Jul—19 Sep (10 weeks)  
Cost: \*\$43.00; 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](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. If the weather is bad, we can still gather in the comfort of our adjoining portable room. Cost: \$15.00 per term

### 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)

### Salvia plants—Salvia guest speaker

**Tuesday 13 August 2024, 10.00am-11.00am**

Learn all about salvias from our Salvia guest speaker. Salvias are hardy and one of the easiest plants to grow in the garden. They have a diverse range of colours and forms and can display flowers for many months. A selection of salvias available for purchase on the day.

### Spring and Summer Flowers in Containers

**Friday 13 September 2024, 10.00am-11.00am**

Learn about potted colour in spring bulbs and summer flowering seedlings. Take home some potted colour flowers to plant out in your hanging baskets, containers and garden. These flowers make an impressive display to enjoy throughout spring and summer.

### Seed Library

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.

### Endeavour Kebabs

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

# 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

18 Jul—19 Sep (10 weeks)

Cost: \$3.00 per week

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  
**Bookings:** Phone 9796 8779

15 Jul—16 Sep (10 weeks)

## NRICH LEARNING

Affordable and effective tuition services. Contact Seema on 0434 678 639 to discuss the academic needs of your child.

**SATURDAY** 10.00am-12.00pm during school terms



# Art and Craft

## 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  
**Second MONDAY** of the month  
Time: 9.30am-2.30pm

26 Jul, 30 Aug, 20 Sep  
12 Aug, 9 Sep  
Cost: \$3.00 per session



# 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 24 Jul—11 Sep (8 weeks)  
or **THURSDAY** 9.30am-12.00noon 25 Jul—12 Sep (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 16 Jul—17 Sep (10 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 16 Jul—17 Sep (10 weeks)  
or **WEDNESDAY** 1.00pm-3.00pm 17 Jul—18 Sep (10 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 15 Jul—16 Sep (10 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 16 Jul—17 Sep (10 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 18 Jul—19 Sep (10 weeks)  
Cost: \$90.00 for 10 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. Suitable for card makers of any level.

**FRIDAY** 10.00am-12.00pm 9 Aug—30 Aug (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**

<b>WEDNESDAY</b>	10.00am-12.00pm	21 Aug	Cost: \$25.00
<b>WEDNESDAY</b>	10.00am-12.00pm	18 Sep	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 17 Jul—11 Sep (8 weeks)  
Cost: \$20.00 or \$3.00 per class *No class 21 Aug*

## 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 19 Jul—20 Sep (10 weeks)  
Cost: Free (Annual enrolment fee payable \$10.00 or \$5.00 conc.)

## 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 30 Jul—13 Aug (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 27 Aug—17 Sep (4 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. Free classes.

**TUESDAY** 1.45pm-2.45pm 16 Jul—17 Sep (10 weeks)

### 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 19 Jul—20 Sep (10 weeks)  
Classes run by Casey U3A - for enquiries phone 0493 280 458

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

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

## 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 Chris on 0422 837 212.

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

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

Blueys Imaginations offers more than just your typical art class—it's a creative wonderland designed for both adults and young artists! Whether delving into acrylics, exploring water colours, or venturing further, we've got you covered. Join us for age specific classes or opt for private sessions. We supply all necessary materials, and don't miss our exciting special events on Facebook. For bookings or further information call Astrid on 0448 198 993 or email [blueysimagination@gmail.com](mailto:blueysimagination@gmail.com)

Saturday's 9am - 10.30am (ages 5 –12)

Saturday's 11.30am -1.30pm (private adult classes)

Weekday's 4pm - 5.30pm (ages 5 –12)

## 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 15 Jul—16 Sep (10 weeks)

Cost: \$12.00 per class or \$10.00 concession

### 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.

**TUESDAYS** 6.30pm-7.20pm

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



# Health and Fitness

## ZUMBA / LATIN DANCE FITNESS

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 **MONDAY** from 2 Sep  
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 16 Jul—17 Sep (10 weeks)  
Cost: \$45.00 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 16 Jul—17 Sep (10 weeks)  
**COST:** \$45.00 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 17 Jul—18 Sep (10 weeks)  
Cost: \$45.00 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 16 Jul—17 Sep (10 weeks)  
**FRIDAY\*** 11.00am-12.00pm 19 Jul—20 Sep (10 weeks)  
**COST:** \$45.00 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](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
- ❖ 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
- ❖ 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](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.

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**Office hours: Monday to Friday 9.00am - 3.00pm (during school terms)**  
**Bus Routes: 845, 849 & 861 Dandenong to Endeavour Hills/Mossgiel Park**