

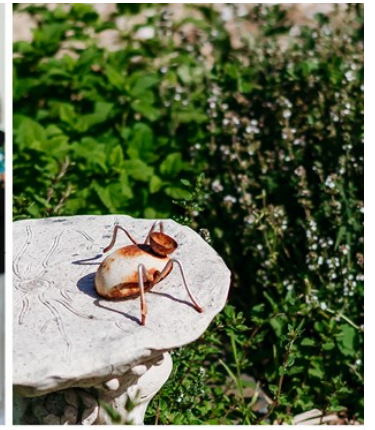
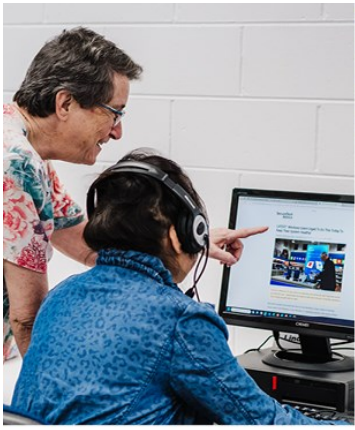


# Term 4 Classes & Activities

OCTOBER TO DECEMBER 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:



## Term 4: 7 October—18 December 2024

Centre closed for public holiday Tuesday 5 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 4 December 2024, 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, free sausage sizzle and entertainment. 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 CAKE**

**Tuesday 12 November 2024, 10.30am—11.30am**

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

### **Creative Mindfulness: Coming in 2025**

Creative Mindfulness is using the act of creating art as a way to be present in the moment. We will be presenting workshops that incorporate mindfulness, mediation and creativity as a way to combine mediums in a manner to reduce stress, anxiety and to enhance quality of life. Improve your wellbeing and use art as a means of expression.

# New Classes and Activities

## SOCIAL INCLUSION WEEK

25 November to 29 November 2024



Experience the power of community connection and social inclusion at Endeavour Hills Neighbourhood Centre. Discover an inclusive space where conversations flow, friendships flourish, and everyone is welcome.

Drop in, attend a class or friendship group for free or just simply enjoy a cuppa and biscuit any time between 9.30am and 2.30pm Monday to Friday.

\*Free classes apply to new participants only.

## 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 16 Oct—30 Oct (3 weeks)

## COMPUTERS—BEGINNERS

An introduction to basic computer skills and the internet. Gain confidence using technology and learn how to use a computer, manage documents, send an email and access the internet. You will learn how to create, edit and format documents using Microsoft word. Classes are held in the computer lab in a small group setting with an experienced and friendly tutor.

**WEDNESDAY** 9.30am-12.00pm 30 Oct—20 Nov (4 weeks)  
Cost: \$25.00; Concession: \$20.00

# New Classes and Activities

## CREATIVE CHRISTMAS FOOD PLATTERS

**Tuesday 26 November 2024, 10.30am—11.30am**

Impress your guests with eye-catching food platters. In this free demonstration discover how to turn ordinary ingredients into stunning holiday themed displays—celebrate with family and friends by sharing an amazing presentation of edible delights. Phone 9700 3789 to RSVP.

## SMART PHONES, PHOTOS and STREAMING

Partnering with Connected Libraries, explore some of the more enjoyable activities we can engage in with our devices, such as utilizing social media and connecting with friends and family. We will delve into photo editing, both using your device's built-in editor and various photo editing apps and learn tips and tricks to enhance your photos. We will examine how to use streaming services to watch your favourite movies or TV shows on your TV directly from your phone. We'll also touch on useful apps and features that can make your digital experience even more enjoyable and efficient.

- Week 1 - social media
- Week 2 - photo editing - the basics
- Week 3 - photo editing - more advanced using photo editing apps
- Week 4 - streaming services and streaming from your smart device to your TV

**THURSDAY**                      10.00am-11.30am                      24 Oct—14 Nov (4 weeks)  
Cost: Free                      Bookings and enquiries: phone 9700 3789

## METRO TRAIN'S DIGITAL LITERACY WORKSHOP

**Wednesday 13 November 2024, 10.00am—11.30am**

METRO trains will present a hands-on session covering Metro Trains Wand, the PTV websites and the Metro Notify and PTV app to assist you in using Metro Train's Rail Network. You will be shown how to download the apps, and will practice using the PTV app for registration, top-ups, navigation and checking your myki card balance. Session suitable for CALD participants. For bookings call 9700 3789.

## 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                      18 Oct; 1, 15 & 29 Nov; 13 Dec  
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  
Cost: \*\$38.00; Concession: \$15.00

8 Oct—10 Dec (9 weeks)  
No class 5 Nov

**WEDNESDAY** 9.00am-1.00pm  
Cost: \*\$43.00; Concession: \$15.00  
*\*Government funded rate*

9 Oct—11 Dec (10 weeks)

## 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  
Cost: \*\$43.00; Concession: \$15.00

7 Oct—9 Dec (10 weeks)

**THURSDAY** 9.30am-1.30pm  
Cost: \*\$43.00; Concession: \$15.00  
*\*Government funded rate*

10 Oct—12 Dec (10 weeks)

### Sandwich Club

Endeavour Hills Shopping Centre  
Phone: Fei 0416 535 220

### 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)

## Planting the Summer Garden

**Tuesday 22 October 2024, 10.00am-11.00am**

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

## Plant a Mixed Herb planter for a Christmas gift

**Friday 6 December 2024, 10.00am-11.00am**

See how plants have grown from seed to seedlings to pot up into a container. Give a gift that you have created to someone special. Choose from a selection of herbs or flowers to plant in a container.



### 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 10 Oct—12 Dec (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 7 Oct—9 Dec (10 weeks)  
**Bookings:** Phone 9796 8779

### 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

## 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 25 Oct, 29 Nov, 13 Dec  
**Second MONDAY** of the month 14 Oct, 11 Nov  
Time: 9.30am-2.30pm 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 16 Oct—4 Dec (8 weeks)

or **THURSDAY** 9.30am-12.00noon 17 Oct—5 Dec (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 8 Oct—10 Dec (10 weeks)

Cost: \$3.00 per week

*No group 5 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. BYO needles and wool.

**TUESDAY** 12.30pm-2.30pm 8 Oct—10 Dec (9 weeks)

or **WEDNESDAY** 1.00pm-3.00pm 9 Oct—11 Dec (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 7 Oct—9 Dec (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 8 Oct—10 Dec (10 weeks)

Cost: \$3.00 per week

*No group 5 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 10 Oct—12 Dec (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 1 Nov—22 Nov (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 6 Nov Cost: \$25.00  
**WEDNESDAY** 10.00am-12.00pm 4 Dec 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 9 Oct—11 Dec (8 weeks)  
Cost: \$20.00 or \$3.00 per class *No class 6 Nov or 4 Dec*

## 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 11 Oct—13 Dec (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 22 Oct—12 Nov (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 19 Nov—3 Dec (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. Free classes.

**TUESDAY** 1.45pm-2.45pm 8 Oct—10 Dec (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 11 Dec—29 Nov (8 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

Bluey's 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](tel:0402739702).

**MONDAY** 2.00pm-3.00pm 7 Oct—16 Dec (11 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](tel:0420867790) for bookings and enquiries.

**TUESDAYS** 6.30pm-7.20pm Classes resuming November

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.

**MONDAY and 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 8 Oct—10 Dec (9 weeks)  
Cost: \$45.00 for the term or \$5.00 per class *No class 5 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 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 8 Oct—10 Dec (9 weeks)  
**COST:** \$40.00 per term or \$5.00 per class *No class 5 Nov*

## 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-11.45am 9 Oct—11 Dec (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 8 Oct—10 Dec (9 weeks)  
**FRIDAY\*** 11.30am-12.15pm 11 Oct—13 Dec (10 weeks)  
**COST:** \$40.00 (Tues) or \$45.00 (Fri) 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

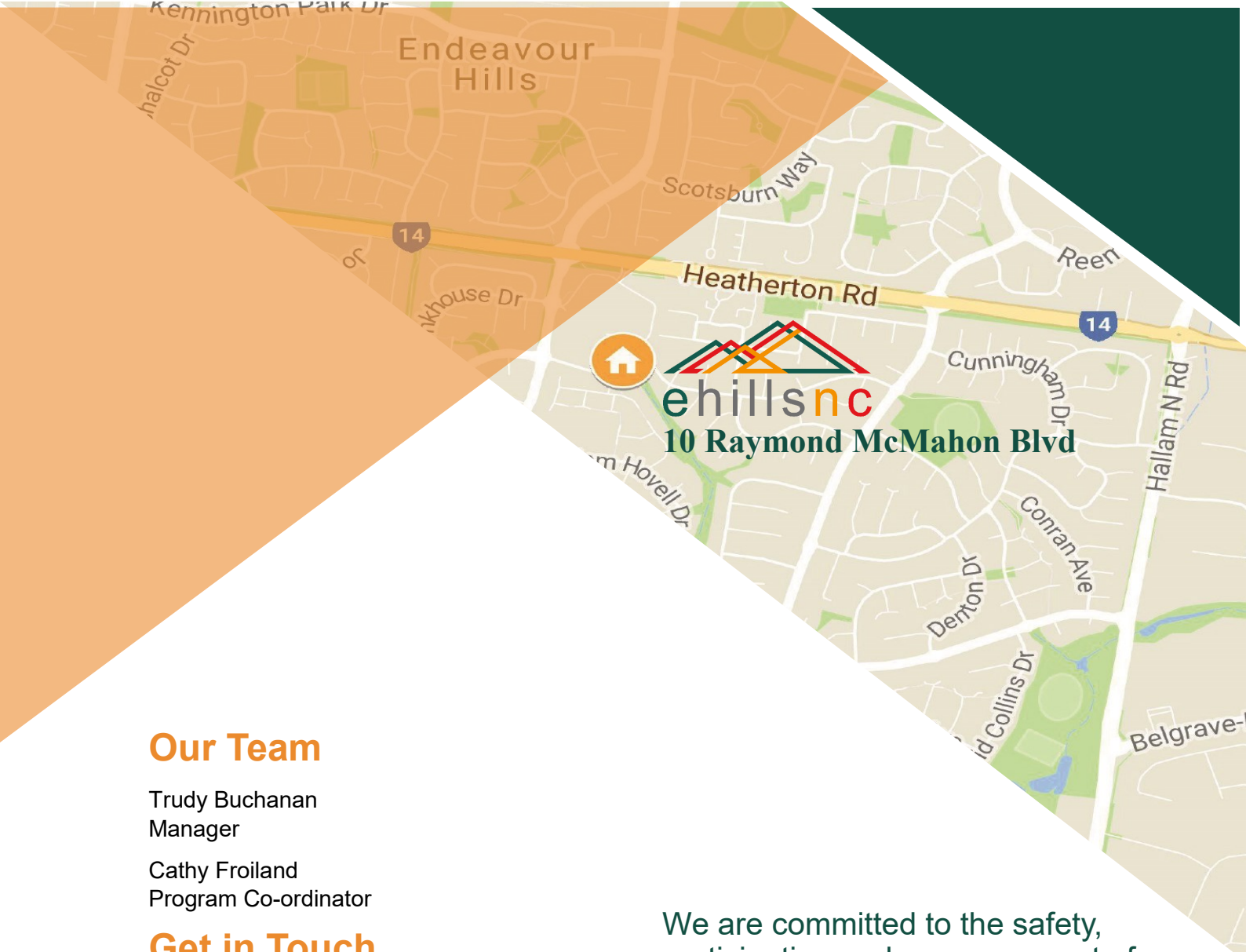
Seats 10-12

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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**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**