



# Term 1 Classes & Activities

JANUARY TO APRIL 2025

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 1: 28 January—4 April 2025

Centre closed for public holiday Monday 10 March

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

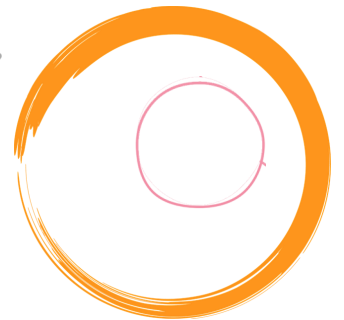
# community, connection, & life-long learning

New

## HARMONY DAY

Embracing Diversity through Food and Connection

Thursday 20 March 2025, 10.30am—11.30am



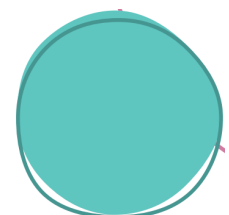
Harmony Week (18-24 March 2025) is designed to celebrate the richness of cultures and communities within the City of Casey. This campaign aims to bring people together, fostering inclusivity, understanding, and appreciation through the universal language of food.

**Morning Tea:** We invite you attend a community morning tea, bring along a cherished recipe that speaks of your culture, family history and identity and bring a plate of food to share.

**Community Cookbook:** Recipes will not only be shared and enjoyed at the morning tea, but will also be compiled into a community cookbook, together with recipes shared at other City of Casey neighbourhood houses as a joint project.



All welcome—Phone 9700 3789 to let us know you are coming.



# New Classes and Activities

## CREATIVE MINDFULNESS—FELT COASTERS

Wednesday 5 March 2025, 10.00am-12.00pm

Unwind and spark creativity in this felt coaster workshop. Learn simple techniques to design vibrant, functional art pieces while fostering mindfulness through crafting and the soothing textures of felt. This hands-on activity blends art and mindfulness to inspire calm and creativity.

Limited spaces, bookings essential—phone 9700 3789.

Proudly supported by City of Casey community grant.



## CREATIVE MINDFULNESS—STRING BOWL ART

Wednesday 19 and 26 March 2025, 10.00am-12.00pm

Explore creative mindfulness through string bowl art in this engaging workshop. Create delicate, decorative bowls using colourful string and glue while embracing relaxation, focus, and self-expression. Perfect for unwinding, boosting creativity, and creating a unique handmade masterpiece.

Limited spaces, bookings essential—phone 9700 3789.

Proudly supported by City of Casey community grant.

## SMART PHONES - The basics and individual help

Phones can do a lot, but figuring out what you want them to do can be tricky. Join us at the Neighbourhood Centre as Connected Library staff take you through common features of your phone including customizations for convenience and security. Bring along your phone to get the most out of these sessions, including one on one support.

**MONDAY** 12.00pm-1.30pm 17 Mar—31 Mar (3 weeks)

Cost: Free

## LINE DANCING

Join this fun, beginner-friendly line dancing class. Learn simple steps, improve coordination, and enjoy great music in a welcoming atmosphere. Perfect for all ages and skill levels. No partner needed—just bring your enthusiasm and let's dance!

For bookings and enquiries contact Maria 0400 866 887 (message only).

**FRIDAY** 10.00am-11.30am 7 Feb—4 Apr (8 weeks)

Cost: \$8.00 per class

# New Classes and Activities

## PANCAKE DAY

**Tuesday 4 March 2025, 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.

## COOKING DEMONSTRATION—BUNNY CUPCAKES

**Tuesday 25 March 2025, 10.30am—11.30am**

Hop into our Easter Bunny chocolate cupcakes cooking demonstration. Learn to create adorable, festive treats with step-by-step guidance. Come for the fun, stay for the tasting. Phone 9700 3789 to RSVP.

## 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 5 Mar—26 Mar (4 weeks)  
Cost: \$25.00; Concession: \$20.00

## 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.

**WEDNESDAY** 1.00pm-2.00pm 5 & 19 Feb; 5 & 19 Mar; 2 Apr  
Cost \$3.00pw

## PILATES—BEGINNER MAT CLASS

This class focuses on core stability, flexibility, postural control, breathing, alignment and rehabilitation. Suitable for all ages and fitness levels. Please bring a mat, towel and drink bottle. For bookings and enquiries phone Leigh on 0422 438 774.

**MONDAY** 10.00am-11.00am 3 Feb—31 Mar (8 weeks)

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

28 Jan—1 Apr (10 weeks)

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

29 Jan—2 Apr (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: \*\$34.00; Concession: \$15.00

3 Feb—31 Mar (8 weeks)  
*No class 10 Mar*

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

30 Jan—3 Apr (10 weeks)

### Sandwich Club

Endeavour Hills Shopping Centre  
Phone: Fei 0416535220

### 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)

### **What Insect is this and is it good for my garden**

**Tuesday 4 March 2025, 10.00am-11.00am**

Come and learn what insects and other small creatures live and interact and eat in your garden. Find out what role they play and if they are a problem, how we manage them. Learn how to plant to attract pollinators and predators. Learn how to take a photo of these small creatures and to show others what you have found.

### **Learn about Dahlias from the Dahlia Society of Victoria**

**Friday 21 March 2025, 10.00am-11.00am**

Dahlias come in a huge range of shapes, colours and sizes. The Society will explain how to grow and look after them. The blooms have a long flowering season in the garden and they make an excellent cut flower.

### 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 30 Jan—3 Apr (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 3 Feb—31 Mar (8 weeks)  
**Bookings:** Phone 9796 8779 *No session 10 Mar*

### 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 31 Jan, 28 Feb, 28 Mar  
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 5 Feb—26 Mar (8 weeks)

or **THURSDAY** 9.30am-12.00noon 6 Feb—27 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 28 Jan—1 Apr (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 28 Jan—1 Apr (10 weeks)

or **WEDNESDAY** 1.00pm-3.00pm 29 Jan—2 Apr (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 3 Feb—31 Mar (8 weeks)

Cost: \$3.00 per week

*No group 10 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 28 Jan—1 Apr (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 30 Jan—3 Apr (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 7 Mar—21 Mar (3 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 19 Feb Cost: \$25.00  
**WEDNESDAY** 10.00am-12.00pm 2 Apr 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 29 Jan—26 Mar (8 weeks)  
Cost: \$20.00 or \$3.00 per class *No class 19 Feb*

## 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.

**WEDNESDAY** 7.00pm-10.00pm 29 Jan—2 Apr (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 11 Feb—25 Feb (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 4 Mar—18 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. Free classes.

**TUESDAY** 1.45pm-2.45pm 28 Jan—1 Apr (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** 9.30am-10.30am 31 Jan—4 Apr (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

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

### 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](tel:0419308475).

**TUESDAY** 3.00pm-4.00pm 28 Jan—1 Apr (10 weeks)  
Cost: \$45.00 for the term or \$5.00 per class

### 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  
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

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

## 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 3 Feb—31 Mar (8 weeks)

Cost: \$12.00 per class or \$10.00 concession *No class 10 Mar*

## 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 28 Jan—1 Apr (10 weeks)

**Or** 2.00pm-2.45pm

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

## GENTLE EXERCISE—FUNCTIONAL FITNESS

Build strength and stability with gentle exercises (standing and seated) for all fitness levels. Improve posture, balance and flexibility through mindful movements that prioritise comfort, safety and gradual progression. All classes can be adapted to suit abilities and requirements. BYO resistance bands. Contact the Centre on 9700 3789 for enquiries.

**FRIDAY\*** 11.30am-12.15pm 31 Jan—4 Apr (10 weeks)

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

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

# Health and Fitness

## YOGA classes : Awareness Fitness and Yoga

## HATHA YOGA : ASHTANGA YOGA : BREATHWORK

Explore the transformative potential of breath and movement through the practice of yoga.

Phone Srimali on 0466 839 673 for bookings and enquiries.

**SUNDAY** 5.00pm-6.00pm - Please arrive 10 minutes early.



# 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

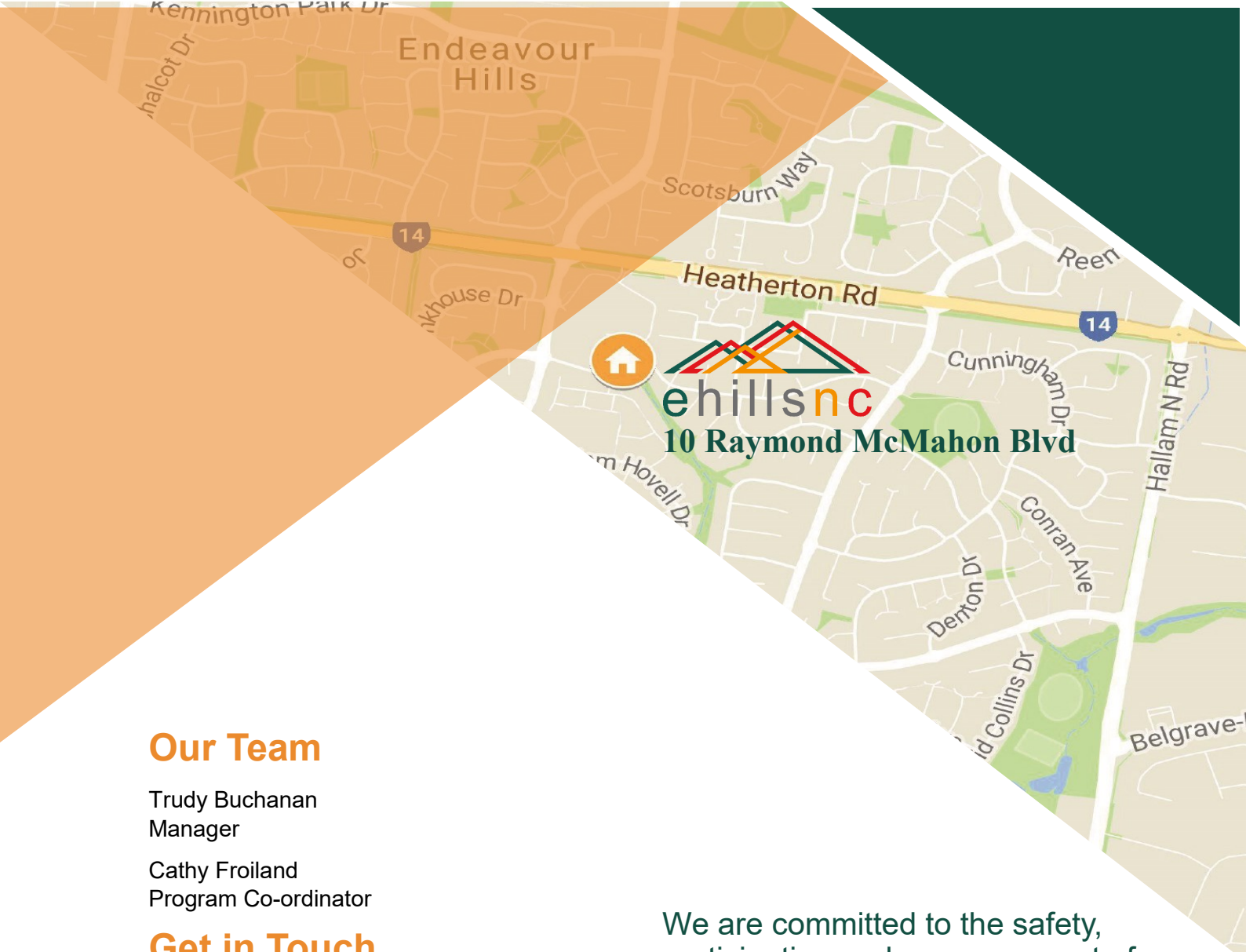
Seats 10-12

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**