



Term 2 Classes & Activities

APRIL TO JULY 2025

Endeavour Hills Neighbourhood Centre Inc.
10 Raymond McMahon Blvd Endeavour Hills 3802
(03) 9700 3789 | www.ehillsnc.org.au | 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 2: 22 April—4 July 2025

Centre closed for public holiday Monday 9 June

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

community, connection, & life-long learning

New

NEIGHBOURHOOD HOUSE WEEK

FREE HEARING TESTS—Boutique Hearing Clinic

Tuesday 13 May from 10.00am—1.00pm

A hearing check is a quick screening to identify individuals with underlying hearing and related issues (wax, hearing loss, memory, balance, and speech-in-noise related). Boutique Hearing Clinic (Endeavour Hills) will conduct screenings at the Centre, and this process will take 10 minutes. Book your free hearing check today and take the first steps toward reconnecting with the sounds you love. Bookings phone 9700 3789.

BIGGEST MORNING TEA

Thursday 22 May 2025, 10.30am-11.30am

Join us to celebrate the Cancer Council's Biggest Morning Tea. All money raised goes to the Cancer Council fundraising appeal. All welcome—phone 9700 3789 to let us know you are coming.

COOKING DEMONSTRATION—ZUCCHINI SLICE

Tuesday 27 May 2025, 10.30am—11.30am

Join us for a fun cooking demonstration featuring delicious zucchini slice. Learn how to make this easy, savoury dish; perfect for snacks, lunchboxes, or light meals. Simple, tasty and nutritious. Phone 9700 3789 to RSVP.

New Classes and Activities

LAPTOPS - The basics and individual help

A basic introduction to using laptops with Connected Libraries. Learn how to navigate the laptop interface, use essential applications, browse the internet, send and receive emails, and protect devices with basic security practices. Topics also covered are file management, including how to organize documents and photos. Each session includes interactive exercises and time for individual help and questions.

WEDNESDAY 1.00pm-2.30pm 11 Jun—18 Jun (2 weeks)
Cost: Free

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 30 Apr; 14 & 28 May; 11 & 25 Jun
Cost \$3.00pw

PILATES with Sina

Come and join our mat Pilates class, suited for all fitness levels. This full-body workout strengthens your core, arms, and legs with controlled movements to improve flexibility, posture, and overall wellbeing. Feel stronger and move better in a supportive and friendly environment. Please bring your own workout mat and drink bottle. For bookings and enquiries phone Sina on 0402 481 064.

TUESDAYS 7.30pm-8.15pm and **THURSDAYS** 7.00pm-7.45pm
Cost: \$10 per session

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 1.00pm-2.30pm 25 Apr—4 Jul (11 weeks)
Cost: \$8.00 per class

Community Programs: If you have an activity or program you would like to explore phone 9700 3789 to discuss potential options.

Creative Mindfulness Workshops

All workshops on this page are part of our creative mindfulness program and are free. All welcome, no experience necessary. Workshop bookings essential—phone 9700 3789. Proudly supported by City of Casey community grant.

SELF-BOX: An exploration in 3 dimensional collage

Wednesday 7 and 14 May 2025, 10.00am-11.30am

Making a self-box can be fun and insightful! Enjoy expressing your inner and outer world in 3D using collage. You can develop wonderful artworks about you with texture and colour as you cut, tear, assemble, layer and glue, magazines, papers and other materials on a recycled box.

CLAY AND FIBRE ART

Wednesday 21 and 28 May 2025, 10.00am-11.30am

Sculpt and form whimsical vessels, nests and dwellings, using air-dry clay and other natural fibres. In this workshop you can relax and feel grounded as you use your hands to explore the wonderful possibilities of clay to create and recreate objects, from your imagination.

CREATIVE WELLNESS FOR EVERYONE

Wednesday 4 June—25 June 2025 (4 weeks), 10.00am-11.30am

Come along and experience how art is good for our wellbeing and connection. Experience a safe and creative space to step outside of daily cares and responsibilities, and focus on self-care, mindfulness and wellbeing. Spend time with colour, texture, natural materials and mixed media to relax, create and connect.

FLOWER POSY for Mother's Day

Friday 9 May 2025, 12.30pm-2.30pm

Celebrate Mother's Day by creating a serene, mindfulness-inspired floral posy using locally sourced blooms. Soft pastels, calming or bright and happy colour palettes and fresh greenery create a peaceful ambience, symbolizing gratitude, love and presence in every delicate bloom.

CHARACTER POTS

Wednesday 11 June 2025, 10.00am-12.00pm

Let your creativity and imagination run free as you build your very own character pot—constructed from terracotta pot plants these little pot-people will look great adorning your garden or patio. Enjoy this time to yourself to de-stress and to express your individuality in the characterization of the project.

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: *\$47.00; Concession: \$15.00

22 Apr—1 Jul (11 weeks)

WEDNESDAY 9.00am-1.00pm
Cost: *\$47.00; Concession: \$15.00
**Government funded rate*

23 Apr—2 Jul (11 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: *\$38.00; Concession: \$15.00

28 Apr—30 Jun (9 weeks)
No class 9 Jun

THURSDAY 9.30am-1.30pm
Cost: *\$47.00; Concession: \$15.00
**Government funded rate*

24 Apr—3 Jul (11 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

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

Getting ready for Autumn / Winter season

Friday 16 May 2025, 10.00am-11.00am

Prepare and plant for the autumn / winter season as the weather cools down. Have your soil and garden beds ready to plant autumn and winter vegetables. Tips and tricks to help your vegetable harvest.

Learn about Orchids: Dandenong District Orchid Society

Tuesday 20 May 2025, 10.00am-11.00am

Learn all about the fascinating and colourful world of beautiful orchids. Learn how to care for and maintain orchids throughout the year and how to cultivate them. A question and answer session from the guest speakers, The Dandenong District Orchid Society.

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.



Computer Skills

COMPUTERS—THE NEXT STEP

Build on your basic skills with hands-on practice in a small-group setting. Basic mouse and keyboard skills are essential. Learn advanced functions like using function keys, keyboard shortcuts, copy/paste, saving, editing files, and effective internet browsing. Improve your digital confidence with support from an experienced tutor.

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

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 24 Apr—3 Jul (11 weeks)
Cost: \$3.00 per week

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 28 Apr—30 Jun (9 weeks)
Bookings: Phone 9796 8779 *No session 9 Jun*

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 30 May, 27 Jun
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 30 Apr—25 Jun (9 weeks)

or **THURSDAY** 9.30am-12.00noon 1 May—26 Jun (9 weeks)

Cost: \$90.00 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 22 Apr—1 Jul (11 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 22 Apr—1 Jul (11 weeks)

or **WEDNESDAY** 1.00pm-3.00pm 23 Apr—2 Jul (11 weeks)

Cost: \$3.00 per week

CARD MAKING/ SCRAPBOOKING FRIENDSHIP GROUP

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

MONDAY 12.00pm-2.30pm 28 Apr—30 Jun (9 weeks)

Cost: \$3.00 per week

No group 9 Jun

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 22 Apr—1 Jul (11 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 24 Apr—3 Jul (11 weeks)
Cost: \$100.00 for 11 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 6 Jun—20 Jun (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	7 May	Cost: \$25.00
WEDNESDAY	10.00am-12.00pm	4 Jun	Cost: \$25.00
WEDNESDAY	10.00am-12.00pm	2 Jul	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 23 Apr—25 Jun (8 weeks)
Cost: \$20.00 or \$3.00 per class *No class 7 May and 4 Jun*

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 23 Apr—2 Jul (11 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 6 May—20 May (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 3 Jun—17 Jun (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 22 Apr—1 Jul (11 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 2 May—4 Jul (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

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

Saturday's 9am - 10.30am (ages 5 –12)

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

Monday's, Tuesday's and Wednesday'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 28 Apr—30 Jun (9 weeks)

Cost: \$12.00 per class or \$10.00 concession *No class 9 Jun*

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

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 22 Apr—1 Jul (11 weeks)
 Or 2.00pm-2.45pm

COST: \$50.00 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 progression. Classes can be adapted to suit abilities and requirements. Bookings phone 9700 3789.

FRIDAY* 11.30am-12.15pm 2 May—4 Jul (10 weeks)

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

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

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

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 22 Apr—1 Jul (11 weeks)

Cost: \$50.00 for the term or \$5.00 per class

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 28 Apr—30 June (9 weeks)

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

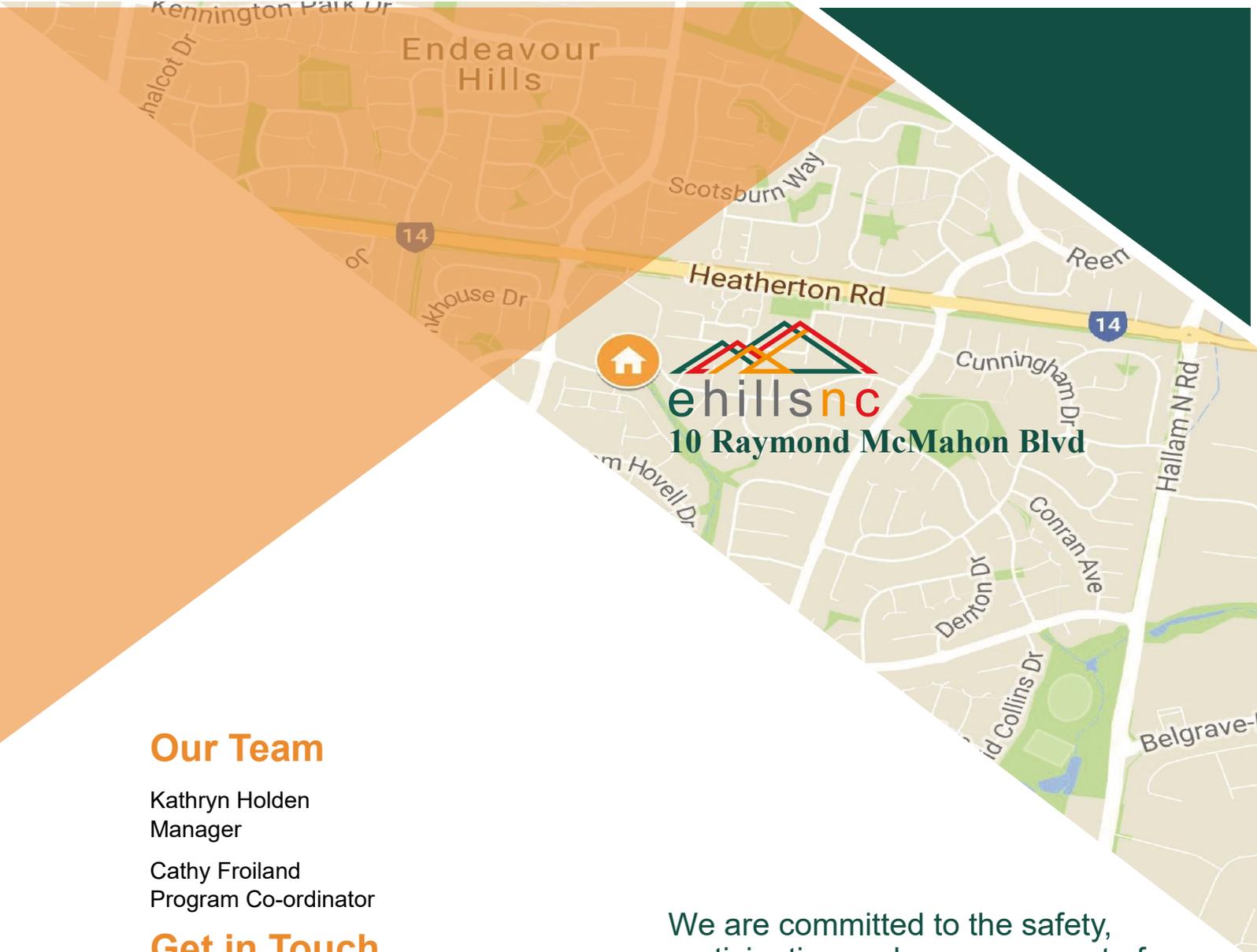
❖ WISE Employment - Mondays, Tuesdays and Thursdays

❖ 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

Kathryn Holden
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.

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Bus Routes: 845, 849 & 861 Dandenong to Endeavour Hills/Mossgiel Park