



# Term 3 Classes & Activities

JULY TO SEPTEMBER 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)





## Centre Information

### ENROLMENTS

Enrolments can be made by visiting the Centre or by mail. Complete the enrolment form (available on our 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 Class, 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: 22 July—19 September 2025

All classes can be joined at any time during the term.

# community, *connection,* & life-long learning

**New**

### MEET THE MAYOR

**Friday 25 July 2025, 12.30pm-2.00pm**

Join us for a “Meet and Greet” session with the City of Casey Mayor, Councillor Stefan Koomen and Deputy Mayor Councillor Melinda Ambros. An opportunity to ask questions, share ideas, and connect directly with your local community leaders. Venue: Endeavour Hills Neighbourhood Centre—phone 9700 3789 to RSVP.

### TEA with YOUR LOCAL MP

**Friday 5 September 2025, 1.00pm-3.00pm**

Join us for afternoon tea with Belinda Wilson, your local MP. This is a great opportunity to have a chat, share your thoughts, raise local concerns, or just say hello over a warm cuppa. Everyone is welcome, come and have your say! Venue: Endeavour Hills Neighbourhood Centre—phone 9700 3789 to let us know you are coming.

### SCAM AWARENESS INFORMATION SESSION

**Wednesday 6 August 2025, 10.00am-11.30am**

This scams and fraud session presented by a representative from the Commonwealth Bank of Australia, will cover topics such as:

- how to stay safe
- how to spot a scam
- passwords
- how to protect yourself from being scammed.
- different types of scams
- fake websites
- online banking

Bookings essential: Phone 9700 3789

Cost: Free



# New Classes and Activities

## CRAFT, CHAT and RELAX

Do you need some dedicated craft time? Have a project you just want to get stuck into? Now is the time to spoil yourself, this group would be perfect for you.

For all types of crafters, embroidery, patchwork, knitting, crochet, card making just to name a few, all crafters are welcome. Come along - we give you permission to do nothing but craft, chat or just check out what others are doing. Arrive or leave at a time that suits you within the group time.

**4th SATURDAY of the month**      26 Jul, 23 Aug, 27 Sep  
Time: 9.30am-1.30pm      Cost: \$3 per session

## 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**      10.30am-12.30pm      18 July (1 week)      Cost: \$65.00

## DAHLIA WORKSHOP—Part 2

A follow up session from the Dahlia Society of Victoria on digging and dividing dahlias. This workshop will involve discussion about dahlia care, including nutrient requirements, dividing plants, and storage techniques. Participants will learn how to identify viable tubers, divide them for propagation, and store them for healthy growth in the following season. You are welcome to bring your own dahlia plant along.

**TUESDAY**      10.00am-11.30am      16 September  
Cost: Free

## COOKING DEMONSTRATION—PUMPKIN SOUP

**Tuesday 19 August 2025, 10.30am—11.30am**

Warm up with our delicious pumpkin soup cooking demonstration! Learn simple steps, flavour-boosting tips, and enjoy a tasting of this comforting classic—perfect for cool days and cosy nights. Phone 9700 3789 to RSVP.

# New Classes and Activities

## CLAY AND FIBRE ART

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. All materials supplied.

**WEDNESDAY**      10.00am-11.30am      3 Sep—10 Sep (2 weeks)  
Cost: \$30.00

## PAINTING ART LAB

Enjoy the process of painting while connecting with like-minded creators. In these sessions we explore different methods to ease into creative flow as we build confidence in our own artistic expression. Join us in a safe space of inclusion, encouragement and discovery.

**WEDNESDAY**      10.00am-12.00pm      6 Aug—27 Aug (4 weeks)  
Cost: \$40.00

## EMAIL BASICS

Cover the email basics with Connected Libraries. We will take a look at how to send emails, attach documents, organize them into folders and more.

**MONDAY**      10.00am-11.00am      28 Jul (1 week)      Cost: Free

## GOOGLE MAPS

Whether you're driving, walking, catching public transport, or just exploring your neighbourhood. Google Maps will get you from A to B. Presented by Connected Libraries, learn the basics of Google Maps, how to customize your journey, and some lesser known tips and tricks.

**MONDAY**      10.00am-11.00am      4 Aug (1 week)      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.

**FRIDAY**      10.00am-11.30am      1, 15 & 29 Aug; 12 Sep  
Cost \$3.00 per session

# New Classes and Activities

## ADULT LEARNERS WEEK

### CHEESEMAKING WITH BARRY

**Monday 1 September 10.00am—11.30am**

Join us for this short affordable cheese making workshop and learn how easy and quick it is to make cheese. Learn how to make:

**Haloumi** - a wonderful cheese for frying

**Mozzarella** - great for pizza and pasta dishes

**Paneer** (lemon cheese) - used in Indian curries as a substitute for meat

**Ricotta** - used for a toast topper or for cooking.

The demonstration will cover how you can quickly make these four cheeses from simple ingredients, most of which you will already have in your pantry or fridge. All recipes will be available.

You will get to sample the cheeses that are made during the workshop. A tasting platter of other cheeses will also be provided for you to sample.

Cost \$50.00. Bookings essential—phone 9700 3789.

### SCRAPBOOKING—MEMORIES IN BLOOM

Are you keen to learn great scrapbooking techniques or get started on memory keeping? Create a beautiful double page spread using the Memories in Bloom scrapbooking kit—including patterned papers, stickers and pre-cut pieces featuring flowers and greenery.

The kit includes all the supplies you need to create three pre-designed 12" x 12" double spreads with space for photos and journalling, including step-by-step instructions. Photos are not required in class. The kit includes photo placement holders to complete the layouts—that way you can add your photos at home at your leisure.

Suitable for all crafting levels. BYO basic tools (scissors, adhesive and trimmer if you have it).

**FRIDAY** 10.00am-12.00pm 5 Sept (1 week)

Cost: Class \$15.00

Kit cost: \$60—pre-order directly from Michelle Grech by 20th August: phone 0419 340 918 or email [michelle@stampmeshell.com](mailto:michelle@stampmeshell.com)

# 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 22 Jul—16 Sep (9 weeks)  
Cost: \*\$38.00; Concession: \$15.00

**WEDNESDAY** 9.00am-1.00pm 23 Jul—17 Sep (9 weeks)  
Cost: \*\$38.00; Concession: \$15.00

*\*Government funded rate*

## ENGLISH

This class focuses on general English and learning skills to help you with everyday living. A mixed level class suitable for all levels. This is a Learn Local endorsed course.



**MONDAY** 9.30am-1.30pm 21 Jul—15 Sep (9 weeks)  
Cost: \*\$38.00; Concession: \$15.00

**THURSDAY** 9.30am-1.30pm 24 Jul—18 Sep (9 weeks)  
Cost: \*\$38.00; Concession: \$15.00

*\*Government funded rate*

# Computer Skills

## EVERYDAY COMPUTERS

This everyday computer skills course will teach you the basics of using a computer for common tasks. You will learn how to navigate the system, use the internet, send emails and use common software like word processors. The goal is to build confidence and competence in using computers for everyday activities, such as communication, information gathering, and basic document creation.

**WEDNESDAY** 9.30am-12.00pm 20 Aug—3 Sep (3 weeks)  
Cost: \$20.00; Concession: \$15.00

## General Interest

### 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 Jul—18 Sep (9 weeks)  
Cost: \$3.00 per week

### 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 5 Aug—19 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 26 Aug—9 Sep (3 weeks)  
Cost: \$3.00 per week

Donations to the Centre are most welcome such as wool for charity knitting, material for charity quilts or books & magazines for our little library.

## Art and Craft

### 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 21 Jul—15 Sep (9 weeks)  
Cost: \$3.00 per week



# 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 Jul—17 Sep (8 weeks)  
or **THURSDAY** 9.15am-11.45am 31 Jul—18 Sep (8 weeks)

Cost: \$80.00 plus materials. Casual rate \$15.00 per class.

## 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 Jul—16 Sep (9 weeks)

Cost: \$3.00 per week

## KNITTING 'n' CROCHET

A friendly group for all levels, from beginners to advanced (our friendly volunteer can show beginners how to get started). Enjoy some company and a chat while you knit or crochet. BYO needles and wool.

**TUESDAY** 12.30pm-2.30pm 22 Jul—16 Sep (9 weeks)  
or **WEDNESDAY** 1.00pm-3.00pm 23 Jul—17 Sep (9 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 22 Jul—16 Sep (9 weeks)

Cost: \$3.00 per week

## 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 Jul—10 Sep (7 weeks)

Cost: \$20.00 or \$3.00 per class

*No class 13 Aug*

# 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** 12.00pm-2.00pm 24 Jul—18 Sep (9 weeks)  
Cost: \$80.00 for 9 weeks or casual \$10.00 per class

## BEGINNERS CARDMAKING with MARIA

Discover the world of papercraft and enjoy making handmade greeting cards. You will be shown the basics and learn techniques to make cards with fellow crafters. Suitable for card makers of any level.

**FRIDAY** 10.00am-12.00pm 8 Aug—22 Aug (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.

### Stampin' Up! With Michelle

**WEDNESDAY** 10.00am-12.00pm 13 Aug Cost: \$25.00

**WEDNESDAY** 10.00am-12.00pm 17 Sep Cost: \$25.00

Note: Kit fee of \$10 charged for late cancellations.

## 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 Jul, 29 Aug, 19 Sep  
Time: 9.30am-2.30pm Cost: \$3.00 per session

## 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 Jul—17 Sep (9 weeks)  
Cost: Free (Annual enrolment fee payable \$10.00 or \$5.00 conc.)

## 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 Jul—16 Sep (9 weeks)  
   Or    2.00pm-2.45pm  
**COST:**     \$40.00 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                      25 Jul—19 Sep (9 weeks)  
**COST:**     \$40.00 per term or \$5.00 per class

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

## Activity Groups / Special Interest

**For all activities in this section please direct all enquiries to the contacts provided.**

### 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**

### 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                      2 Sep—16 Sep (3 weeks)

## Activity Groups / Special Interest

### 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 21 Jul—15 Sep (9 weeks)  
**Bookings:** Phone 9796 8779

### 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

### 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

### 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.



## Activity Groups / Special Interest

### 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. Please bring your own workout mat and drink bottle. For bookings and enquiries phone Sina on 0402 481 064.

**MONDAYS, TUESDAYS and THURSDAYS**

7.30pm-8.15pm

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 Jul—19 Sep (9 weeks)

Cost: \$8.00 per class

### YOGA—resuming September

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

2 Sep—16 Sep (3 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.

**MONDAYS** 10.00am-11.00am

# 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 (for reheating and serving food/refreshments only—no cooking on premises).

## 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.

Special rates applicable for community not-for-profit groups (conditions apply). For bookings and further information please phone **9700 3789**.

## COMMUNITY PROGRAMS

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

## 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

### Sandwich Club

Endeavour Hills Shopping Centre  
Phone: Fei 0416 535 220

### Boutique Hearing Clinic

Endeavour Hills Shopping Centre  
Phone: 9008 4550

### 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

## Our Team

Kathryn Holden  
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 respectfully acknowledge the Traditional Custodians of the lands where we gather—Australia's First Peoples. We pay our respects to their Elders, past and present, and honour their enduring connection to Country.




**Belinda Wilson MP**  
State Member for Narre Warren North

✉ [belinda.wilson@parliament.vic.gov.au](mailto:belinda.wilson@parliament.vic.gov.au) ☎ 03 9706 0566  
🌐 [belindawilson.com.au](http://belindawilson.com.au) 📱 [belindawilsonvic](https://www.facebook.com/belindawilsonvic)  
📍 Shop 101, Endeavour Hills Shopping Centre, Matthew Flinders Ave, Endeavour Hills.

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Our mission is to provide a friendly, inclusive environment that encourages participation from our diverse community, through a broad range of activities fostering social interaction and life-long learning.

**Endeavour Hills Neighbourhood Centre Inc.**  
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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**