

Term 1 COURSE & OPPORTUNITY GUIDE 2011

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Office Hours
Monday to Friday
9am – 5pm

SpringDale Neighbourhood Centre Inc.

ABN 214 042 202 67 No. A0024916V



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



CITY OF GREATER
GEELONG



Department of Planning
and Community Development



Department of Education
and Early Childhood Development



Australian Government
Department of Education, Employment
and Workplace Relations

All courses & groups are conducted in the SpringDale Centre unless otherwise specified.

For more information or to register your expression of interest about these and the following activities please contact the friendly team at SpringDale Neighbourhood Centre (03) 5253 1960.

New Courses

Cheese making

Following our successful cheese and yoghurt courses in 2010, Charlene will introduce Mozzarella and Brie making to her repertoire. Be part of one of these workshops. Pretend you're on the continent and make cheese here with Charlene.

Dates/times: 10am – 4pm

Sat 5 Feb Camembert
Sun 6 Feb Brie - **new class**
Sat 12 Feb Introduction to cheese making
Sun 13 Feb Blue Vein
Sat 19 Mar Mozzarella - **new class**
Sun 20 Mar Brie - **new class**

Fee: \$65 per session

Equipment list available from SpringDale reception.

Certificate III in Aged Care

With the demands for personal Carers within the Aged Care industry or people requiring carers in their homes this accredited Aged Care Cert III course will enable you to gain employment in this field.

Dates/times: info session Thur 3 Feb 10am – 11am
Thur/Fri weekly commencing 10 Feb 19 weeks
9am – 3pm (20 sessions)

Fee: \$760 OR Conc \$575.00 (funded price including first aid). Additional charges for 1 text book at \$95 to be purchased from centre, \$25 for food safety practices including manual. Payment plans available for this course. **Tutor:** Kerry Wilson

Parenting Positively

Parenting Workshop

In this session you will learn how to strengthen your family relationships and increase your communication skills and results. Find out the 5 essential steps for parenting success. The facilitator Lisa Taylor is the founder of the Parenting Positively Program.

Date/times: Thurs 10 and Thurs 17 Feb
9.30am – 12.30pm

Fee: \$25 **Facilitator:** Lisa Taylor

Raw Food

Introduction to using RAW FOODS in your eating plan. Learn how to create fresh, delicious and healthy juices and raw treats. These methods preserve natural enzymes and the vitality in the food you eat. Health, energy, wellness & weight benefits can be achieved. Help MAKE and TASTE the raw food creations.

Date/times: Sat 5 Mar 11.30am

Fee: \$20 Conc \$10 **Tutor:** Diana Alexander

Introduction to Aromatherapy

Introduction to the safe use of essential oils, the first aid for natural healing, fighting infection and for relaxation. Also includes use of oils during the class. This has practical applications to learn in class.

Dates/times: Tue 15 Feb – 5 April 1.15pm – 3.15pm

Tutor: Hillary Prideaux **Fee:** \$90 Conc \$60

Sound, Slides & Video

Learn how to combine music and other sound recordings with your photos; to make slideshows and videos for presentation, distribution on CD (or DVD), or viewing on the internet.

Prerequisites: Images, Audio CD (or Cassette), Headphones

Skill Level: Intermediate

Dates/times: Fri 11 Feb – 1 April 2pm – 4.30pm
(8 sessions)

Tutor: Pierce Jaques **Fee:** \$160 Conc \$80

Holiday Photography

Say *Ciao* (bon voyage, good bye) to horrible holiday photos. Holiday photos should bring back the excitement and adventure of your trip. Yet many people find theirs disappointing. This short course is designed to teach you how to take fantastic holiday photographs in a few easy steps. Say *arrivederci* to problems including poor composition, bad lighting over and under-exposure, and plain old boring pictures. Next trip, people might actually be asking to see your happy snaps.

Dates/times: Tue 29 Mar and Tue 5 April
6.30pm – 9.30pm

Fee: \$60 **Tutor:** George Stawicki

Picture Framing

We have a new workshop for people who would like to frame their prints just like a professional.

Dates/times: Sat 5 Feb & Sat 12 Feb 10am – 12noon

Fee: \$70 **Tutor:** Bellarine Woodworkers

Hair and beauty techniques for the home stylist

Learn how to apply eyeshadow, straighten, curl or colour your hair, or give yourself a manicure. Areas covered in the course will include skin biology, cleansing toning exfoliating, mask application, facial massage and moisturising.

Dates/times: Wed 16 Feb – Wed 30 Mar
6.30pm – 9.30pm

Fee: \$150 Conc: \$90 **Tutor:** Diversitat

New Opportunities

Day trip to CERES.

CERES - Centre for Education and Research in Environmental Strategies is an award winning, not-for-profit, environment and education centre and urban farm located by the Merri Creek in East Brunswick, Melbourne. It was built on a decommissioned municipal tip that was once a landfill and wasteland. It will be on Sunday 27 February (to be confirmed). We will be leaving from SpringDale at 8.30am, and returning at approx 5pm. **Fee:** \$20.

Keeping Backyard chooks

This workshop will provide you with all the information you need to keep chooks in your backyard. Which variety to buy, their needs

and requirements and how and where to build your chook house.

Dates/times: Sat 5 Feb, Sat 5 Mar, Sat 19 March
10.30am – 12noon

Fee: \$15 pay on the day, but ring to book

Tutor: Liana Gray

Hearing screenings

Australian Hearing is offering free hearing screenings for Pensioners and Veterans at SpringDale on Friday 4 February from 9.30am. Please ring to make an appointment.

New Groups

Coffee Club

This is an open invitation to all locals to call in for a cup of coffee and a chat on the fourth Monday of the month between 10.30am – 11.30am. Come along and meet some new and friendly faces at SpringDale.

Bellarine Camera Club

For all enthusiastic photographers. Meets every 2nd Tuesday at 7.30pm at SpringDale.

SpringDale Artists Group

If you are a person who likes to continue learning and developing your skills, sharing with other likeminded artists and participating in workshops, excursions and preparing artworks for an annual SpringDale Artists' Exhibition, this might be the group for you. Coordinator and Art Tutor – Annette Playsted.

Dates/times: Wed 9 Feb - Wed 30 Mar
1pm – 3.30pm

Expressions of Interest

Save money, energy and water workshop

Would you like to reduce your power and utilities bills. We successfully ran a session in 2010. Please register your interest for day or evening session.

Self Healing and Wellness

Introducing a new mutual support group, offering motivation and information for self healing and wellness - using a variety of guidelines related to raw foods, movement/gentle exercise, emotions, sound energy, videos, meditations and more.

Dates/times: Monday 10.30am to 12noon

Craft

Childs Patchwork Skirt Class

Stitch up this fun, feminine child's skirt using a creative mix of floral fabrics, or your favourite brights. Made from simple rectangles, this is virtually pattern free! The perfect project for using up small

quantities from your stash. Learn how to cut fabric quickly using a rotary cutter and mat. Basic sewing machine skills required.

Dates/times: Fri 4 Mar - Fri 18 Mar
10am – 12noon (3 weeks) **Tutor:** Sonia Walder

Basic Sewing Class

Learn how to sew a Fast and Easy A-Line skirt. Choose some funky fabric and whip up a fashionable skirt to impress your friends. Skills learned include how to follow a commercial pattern, pattern layout and how to cut fabric, how to make pleats, finish seams and insert a zip.

Materials Required: Suggested Pattern-Butterick B4461 in size required. Purchase Notions as listed on back of pattern i.e. Skirt zipper, hooks and eyes. Ribbon is optional. Need to provide own sewing machine, in good working order, and other general sewing supplies, e.g. thread, pins, scissors. Avoid striped fabric.

Dates/times: Fri 11 Feb + Fri 18 Feb 9am – 12noon
Fee: \$60 **Tutor:** Sonia Walder

Spinning wool classes

Do you have or know someone who has a spinning wheel in the house? Why not drag it out and enjoy this relaxing pastime. Suitable for beginners or someone who wishes to brush up on an old skill. Tuition available.

Dates/times: Tuesday weekly from 1.30pm – 3pm
Tutor: Joan Golding

Hospitality

Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early.

Dates/times: Sat 5 Feb, Sat 5 Mar or Sat 2 April
10am – 12noon **Fee:** \$30
Tutor: Jordn Smith

Food Handling and Safety

(Apply basic food handling)

Code *DFCORFSY1A*

Great for school leavers, volunteers and those already employed in food related areas. This accredited module will give knowledge and skills in correct and safe food handling, storage and hygiene. Update your skills and improve your job prospects today.

Dates/times: Sat 12 Feb 9am – 3pm
Fee: \$100 **Tutor:** Diversitat

Food Safety Supervisor

Code *THHGHSO1B, THHBCC11B, THHS2CC3B*

Food businesses must have a Food Safety Supervisor. The Food Safety Supervisor and/or the owner of the business is legally held responsible for all food safety practices carried out by every staff member. Pre-requisite: Participants must have successfully completed Basic Food Handling and Safety (course listed above).

Dates/times: Sat 19 Feb 9am – 3pm
Fee: \$100 **Tutor:** Diversitat

Responsible Service of Alcohol

Covers all areas relating to the service of alcohol in and around licensed premises. Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

Dates/times: Sat 26 Feb 9.30am – 1.30pm
Fee: \$85 **Tutor:** Diversitat

First Aid Courses

First Aid – CPR (Perform CPR)

Code *HLTCPR 201A*

(Cardiopulmonary Resuscitation)

Do not wait until it's too late. Learn CPR today. CPR training offers learners the opportunity to achieve confidence in the performance of cardiopulmonary resuscitation in a safe environment. It is recommended that CPR updates are undertaken annually. First Aid/CPR is the first 3 hours of First Aid - Level 2. See that course for details.

Dates/times: Sat 12 Feb 9am – 12noon (1 session)
Tutor: National First Aid **Fee:** \$60

First Aid – CPR (Perform CPR) and Anaphylaxis

Code *HLTCPR 201A/ 21659VIC*
Code *HLTCPR 201A/ 21659VIC*

It is recommended that CPR updates are undertaken annually. Within this combined course, learn to administer adrenalin for Anaphylactic reaction. This program is designed to provide knowledge and skills to the first-aider to be able to perform emergency administration of prescribed adrenalin using the injecting device (EPIPEN). This is when a person (particularly children) have suffered a potentially life threatening anaphylactic reaction.

Accredited Certificate valid for 12 months
Dates/times: Sat 12 Feb 9am – 1.30pm (1 session)
Fee: \$90 **Tutor:** National First Aid

First Aid – Level 2 (Apply First Aid)

Code *ALTA301B/21569VIC*

Level 2 is an Accredited Certificate, valid for 3 years (with CPR and Anaphylactic updates) and is a requirement for many courses, organisations and work places.

Dates/times: Sat 19 Feb & Sat 26 Feb
9am – 5pm (2 sessions)
Fee: \$160 **Tutor:** National First Aid

Test & Tag Course

The aim of the course is to provide the knowledge and skills to completely meet the AS/NZS 3760:2003 in Service Safety Inspection of Electrical Equipment.

Dates/times: Sat 26 Feb 9am – 4pm
Fee: \$225 **Tutor:** Diversitat

Construction Induction (formally Red Card)

As set out in Part 5 of the Occupational Health & Safety Regulations, a person must not do construction work at a workplace unless they are registered, or taken to be registered, to perform that work.

Dates/times: Sat 19 Feb 9am – 5pm
Fee: \$155 **Tutor:** Diversitat

Art & Craft

A Foundation Art Course in Drawing for Adults

Drawing is an enjoyable pastime and a fundamental skill that we can learn or improve. Rediscover past ability or learn from absolute scratch. A range of subjects, ideas and drawing media will be explored in a supportive learning environment.

Dates/times: Tue 1 Feb – Tue 22 Mar
9am – 11am (8 sessions)
Fee: \$130 **Tutor:** Annette Playsted

An Intermediate Art Course in Painting and Drawing for Adults

This course is for art students who have studied a foundation art course at SpringDale or an equivalent basic art course and wish to further develop skills and knowledge in a supportive learning environment with likeminded people. Advanced drawing and painting skills will be taught and ideas explored with an emphasis on individual needs and preferences

Dates/times: Tue 1 Feb – Tue 22 Mar
11am – 1pm or Wed 2 Feb – Wed 23 Mar
10.30am – 12.30pm

Health & Wellbeing

Tai Chi

Tai Chi combines movement, meditation and breath regulation to enhance the flow of vital energy in the body, improve blood circulation and enhance immune functions. Our tutors have extensive Tai Chi experience.

Dates/times: **Advanced** Fri 11 Feb – Fri 8 Apr
9am – 10am (9 sessions)
Beginners Fri 11 Feb – Fri 8 Apr
10.15am-11.15am (9 sessions)
Tutor: Fred Vahland **Fee:** \$80
OR Tues 8 Feb – Tues 5 April 6pm – 7pm
(8 sessions)
Tutor: Paul Floyd **Fee:** \$90

Yoga

For fitness, stress relief and clarity of mind. New students are warmly welcomed.

Dates/times: Mon 7 Feb – Mon 4 April
9.15am – 10.45am (9 sessions)
OR Thurs 10 Feb – Thurs 7 April 6pm – 7.30pm
OR Thurs 10 Feb – Thurs 7 April 7.45pm – 9.15pm
(9 sessions) **Fee:** \$100 **Tutor:** Glenda Breedveld
Materials: Mat supplied but feel free to bring a rug.

Computers

Limited subsidised places are funded through ACFE Funding (Adult Community & Further Education) and are available for those who have a Health Care Card, Gold Card or for those who are on a Pension.

Introduction to Computers A/B

Introduction to keyboarding and mouse skills. Learning to open and close programs and also to turn on and shut down the computer. Introduction to Basic Word, processing skills with learning to create and save a document as well as your own name folder. Basic explanation of what the Internet can do.

Skill Level: Beginner
Dates/times: Tues 8 Feb – Tues 29 Mar
9.30am – 12noon (8 sessions)
Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)
Tutor: Lyn Brook, Lynette's User Friendly Computers

Introduction to Computers C/E

(Intermediate Word – follows on from A/B class)
Learn how to create tables, use tabs, columns, clipart and place a border, send and receive emails. Understand the Internet and browse different search engines. Learn about virus protections.

Skill Level: Beginner +
Dates/times: Tues 8 Feb – Tues 29 Mar
1pm – 3.30pm (8 sessions)
Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)
Tutor: Lyn Brook, Lynette's User Friendly Computers

Introduction to Computers D (Creative Projects)

Create Greeting Cards using Microsoft Publisher. This class will make you more creative and assist with personalising your greeting cards, Christmas cards/birthday gift tags. Let your imagination run wild!

Skill Level: Intermediate
Dates/times: Thur 10 Feb – Thurs 31 Mar
1pm-3.30pm (8 sessions)
Fee: \$160 or \$80 Concession
(\$50 subsidised tuition fee + \$30 services fee)
Tutor: Lyn Brook, Lynette's User-Friendly Computers

Intro to Computers F

Learn how to install & uninstall programmes, clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly, download software from the internet free, antivirus programmes and others from the internet. Set up your computer the way you want it.

Skill Level: Beginner++
Dates/Times: Thurs 10 Feb – Thurs 31 Mar
9.30am – 12noon (8 sessions)
Fee: \$160 or \$80 Conc
(\$50 Tuition fee + \$30 services fee)
Tutor: Lyn Brook, Lynette's User Friendly Computers

Word & Excel for Small Business

Small Business owners and staff never have enough hours in the day. This course will fix that by improving your efficiency, productivity and profitability. Learn how to format a personalised mailout to your customer, an eNewsletter, use style sheets in Word, add an automatic Table of Contents, include hyperlinks to other websites.

Skill Level: Intermediate
Dates/Times: Wed 9 Feb – Wed 30 Mar
1pm – 3.30pm (8 sessions)
Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)
Tutor: Jonathan Harris JNH Software P/L

MYOB for Beginners

These sessions are designed for those just starting out and will give you a basic foundation of how to use MYOB in your business.

Skill Level: Intermediate

Dates/times: Mon 7 Feb – Mon 28 Mar
9.30am – 12noon (8 sessions)

Fee: \$160 or \$80 Conc plus Manual \$45
(\$50 subsidised tuition fee + \$30 services fee)

Tutor: Brian Knights, Round Table Business Consultants



eBay – Sellers

Learn how to sell on eBay. Do you have some interesting articles that you've considered selling on eBay and weren't sure how to start? Come along and learn from an eBay trained professional.

Skill Level: Intermediate +

Dates/times: Tue 15 Mar + Tue 22 Mar
6.30pm – 9.30pm (2 sessions)

Fee: \$110 or \$100 Conc **Tutor:** Angelo D'Angelo



Email & Internet

This class is designed for both those new to internet and those who know basics and would like to extend their experiences. Begin with simple searches using Internet Explorer and basic mail handling using Outlook Express. Discover how to read your mail away from home. Try alternative methods of internet communication including voice, video and interactive chat and learn how to check for and avoid viruses, Trojans and worms.

Skill Level: Beginners

Dates/times: Mon 7 Feb – Mon 28 Mar
4pm – 6.30pm (8 sessions)

Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)

Tutor: Jonathan Harris, JNH Software P/L



Computer Performance & Maintenance

Do you wonder why your computer slows down or runs out of disc space. We will discuss the causes of and how to fix these issues. This entails clearing your computer of unnecessary files and how to keep your computer running at its best performance. We also show you how to fix your computer when it does not boot into Windows and how to respond to error codes on your computer.

Dates/times: Mon 7 Feb – Mon 28 Mar
1pm – 3.30pm (8 sessions)

Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)

Tutor: Jonathan Harris, JNH Software P/L



Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn how to use a Memory Stick and how to resize pictures and share them with your family.

Materials: Photos optional

Dates/times: Wed 9 Feb – Wed 30 Mar
9.30am – 12noon (8 sessions)

Fee: \$160 or \$80 Conc
(\$50 subsidised tuition fee + \$30 services fee)

Tutor: Jonathan Harris, JNH Software P/L

Digital Photography Doctor

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

Dates/times: Tues 8 Feb – Tues 1 Mar
7pm – 9pm (4 sessions)

Fee: \$100 or \$92 Conc **Tutor:** George Stawicki



Introduction to Audio

Learn how to rip and record audio, from CD and cassettes, for use with other computer projects and continued enjoyment into the future.

Prerequisites: Audio CD (or Cassette), Headphones
Dates/times: Fri 11 Feb – Fri 4 Mar 10am – 12.30pm
(4 sessions)

Skill Level: Intermediate

Tutor: Pierce Jaques

Fee: \$80 Conc \$60



General Courses

French for Beginners.

Want to keep your mind young, meet new people and have lots of fun all in the space of an hour? Come and develop new skills, exercise your mind and challenge yourself by learning a new language. We

will be studying French through a variety of mediums. Do come along and join me no matter what your level or ability. All Welcome. This course is for beginners, no prior knowledge required.

Dates/Times: Tues 8 Feb – Tues 29 Mar
9.30am – 10.30am (8 sessions)

Fee: \$90 **Tutor:** Laetitia Cairncross

Intermediate French

For those with some prior knowledge of the language or VCE Level.

Dates/times: Tues 8 Feb – Tues 29 Mar
10.30am – 11.30am (8 sessions).

Fee: \$90 **Tutor:** Laetitia Cairncross

Non SpringDale Classes & Groups

Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being.

Dates/times: Term 1 classes commence on
Tues 8 Feb – Tues 12 April (10 weeks)

9.30am – 10.30am (intermediate) and 11am – 12noon (beginners to intermediate)

Thurs 10 Feb – Thurs 14 April (10 weeks)

6.45pm – 7.45pm (intermediate to advanced)

8pm – 9pm (beginners to intermediate)

Tutor: Monique MacLeod

Fee: \$135 (10 weeks)

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale.

Bellarine Woodworkers Inc.

Meet first and third Monday of the month at 1.30pm at SpringDale Neighbourhood Centre. New members welcome. Just turn up.

Special Interest Groups

To participate in any of the following groups SpringDale Membership \$5 per year, and \$2 per session unless otherwise specified.

Coffee Club

This is an open invitation to all locals to call in for a cup of coffee and a chat on the fourth Monday of the month between 10.30am – 11.30am. Come along and meet new and friendly faces at SpringDale.

Bellarine Camera Club

For all enthusiastic photographers. Meets every 2nd Tuesday at 7.30pm at SpringDale.

German Language Group

This group is designed for German speaking people and meets on the 1st Monday of the month at 10.30am.

Life Drawing

For those who enjoy the experience of Life Drawing. Mon 1.30pm – 4pm. Waiting list may apply.

SpringDale Writers

A group to inspire and encourage each other in writing, in a friendly and supportive environment. We aim to do various writing activities that will stretch and expand our viewpoint. Meets on the 1st Monday of the month.

Book Club

All avid book readers come and share your opinions and interpretations of selected titles.

Date/time: 1st Monday of each month.

7.30pm – 9pm **Tutor:** Lucy Pope

Homework Group

For Years 7 & above. Help with numeracy and literacy skills.

Dates/times: Wednesdays from 4pm – 5pm

Facilitator: Bob Marmion

Activities and Games

SpringDale Badminton

Any new interested players please contact SpringDale. Wednesdays 1pm – 3.30pm weekly at The Scout Hall Drysdale. **Fee:** \$4 per session.

SpringDale Jigsaw Club

Borrow a jigsaw from a big library at the bargain price of 40c. Come along to the SpringDale Centre Hall on the first Thursday of the month from 10am – 12noon.

SpringDale Mahjong Club

Mahjong involves skill, strategy and a certain degree of chance. This group meets Wednesday from 10am – 12noon.

SpringDale Scrabble Club

Weekly Scrabble group is held on Tuesday afternoon, 1pm – 3pm and caters for players of all abilities and new players are always welcome.

Card Games

Members enjoy playing a variety of card games including Canasta, Euchre and 500. This group meets Monday afternoons from 1pm– 3pm.

Line Dancing

If you can count to four and can tell your left foot from your right, you can line dance! Join our group. Every Wednesday except school holidays. 10.15am – 12.15pm. \$8 per session.

Parents & Children

Drysdale Toy Library

Wednesday mornings 9am – 10am. We have some fantastic toys to borrow (ages 0 – 6 years) so come along and see what we have to offer. Membership \$10 per term.

Portarlinton Toy Library

Wednesday and Thursday mornings 11am – 12noon and 1st & 3rd Monday evening 6pm – 7pm. Operates out of the Portarlinton Pre-school. Look for the balloons and sign. New members welcome.

Craft

Textile Arts & Crafts Group

Are you looking for inspiration with selected craft pieces you've attempted to create or design. Then come along and enjoy this new group of like minded people who are passionate about quilting, felting/embellishing and mixed media projects, cloth dolls and textile arts.

Dates/times: Every Tuesday 1.30pm – 3pm

Springers Quilting Group

Dates/times: Meets on the 4th Thursday of the month at SpringDale from 10am – 12noon

Spinning Wool Group

Do you have or know someone who has a spinning wheel in the house? Why not drag it out and enjoy this relaxing pastime. Suitable for beginners or someone who wishes to brush up on an old skill. Tuition available.

Card making

A new card making group has started on 3rd Thursday of each month at 7pm for \$12.

Card stitching

Learn the art of card stitching on Friday mornings

Time: 10am -12noon

Fee: \$6 for 3 cards

Computers

PC User Help Group

We can encourage people to follow their interest in computers and share this interest with others.

Date/times: Meets 2nd Tuesday in the month

4pm – 5pm.

Health & Wellbeing

Men's Kitchen

– Tuesday Mornings

We will be running a Men's Kitchen every

Tuesday morning 10am – 1pm

Facilitator: Maria Menheere

Location: St Leonards Recreation reserve

Fee: price depends on menu

Men's Kitchen

– Wednesday Morning

Come along and enjoy making delicious tasty meals from start to finish. This is a fun group where humour exists, friendships are formed and appetites are fulfilled.

Fee: Price depends on menu

Dates/times: Wednesdays 10am – 2pm

OR Thursdays 10am – 2pm

Men's Kitchen

– Wednesday Evening

We will be running a Men's Kitchen every

Wednesday evening from 5pm – 8pm.

Facilitator: Gaylia Lowe

Fee: price depends on menu

Men's Kitchen

– Thursday Morning

Due to the overwhelming success of our Men's Kitchen we have created a new group. Come along and make delicious, tasty meals from start to finish and enjoy the friendships.

Dates/times: Weekly Thursdays 10am – 2pm

Fee: price depends on menu

Ladies Kitchen – Friday Morning

Ladies come along and enjoy the company of others that are looking to create delicious meals that are quick, easy and affordable.

Dates/times: Weekly Fridays 10am – 2pm

Facilitator: Geoff & friends

Fee: price depends on menu

Pole Walking Group

Pole Walking is enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk.

Dates/times: Weekly Mondays

(Please contact SpringDale for meeting points)

Facilitator: Harold Waldron

Harvest Basket

Meets 1st Saturday of every month and operates on an honesty system outside SpringDale (inside if wet) to swap home grown vegies.

Dates/times: 9am – 10am Swap

10am – 11am Vegies available for purchase.

Fun Volleyball

No experience or bikinis necessary! We play with a soft beach ball, and the aim is exercise with a lot of laughs. Other session times possible – please register your interest.

Dates/times: Mondays from 9am – 10am

Cost: \$3.00 per session

Location: Drysdale Scout Hall

Enquiries: Pauline Cline Ph: (03) 5253 2717

Music

Bellarine Community Choir

Do you enjoy singing and giving enjoyment to others through music? Peninsula residents are welcome to join this new choir, established to perform at functions on the Bellarine. Men and women are required to sing 4 part harmony.

Dates/Times: Thursdays at 1.30pm at SpringDale

SpringDale Singers

A long established and informal non-performing choir which sings both simple and challenging music in full harmony, wholly for the enjoyment of singing. Former choir or music group members can sing again and non-singers are also welcome.

Dates/times: Tuesdays 1.30pm – 3.30pm

SpringDale OCCASIONAL CARE

This will give your child an opportunity to socialise and play with other children in a supervised program with qualified staff and may give you time to yourself.

Sessions: Monday, Wednesday and Thursday 9am – 2pm.

Tuesday, Friday 9am – 12noon.

For further information please phone Occasional Care on (03) 5251 1627. Sessions run during school terms only.

SpringDale VACATION CARE

Enrol your kids early for Spring Holidays in the SpringDale

Vacation Care. Children between 5-12 years.

Conducted in a safe environment.

Register now.

For further information please phone

SpringDale on (03) 5253 1960.

St Leonards Community Space

Shop 3, 1377 Murradoc Road, St Leonards Phone: (03) 5257 2032

Opening Hours: 10am until 3pm, Tuesdays, Wednesdays & Thursdays

Contact **St Leonards Community Space** for Term 1 classes and information on special interest groups

Enrolment & Payment Conditions

ENROLMENT

To book into a class, **phone (03) 5253 1960**, or call in person, at **SpringDale Neighbourhood Centre, 17–21 High Street, Drysdale, OR**
Email: office@springdale.org.au

- If you hold a current Pension Concession or Health Care card you will receive a 10% discount on full course fees if applicable.
- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.
- If there are not enough enrolments to successfully run a course it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

Privacy: The **SpringDale Neighbourhood Centre**

respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.