

LINC

LOCAL INCLUSIVE NEIGHBOURHOOD CENTRES

Courses @ **Canterbury Neighbourhood Centre**
& **Surrey Hills Neighbourhood Centre**

What's on...

- Turkish cooking & winter soups
- Languages – all levels!
French, Italian, Spanish, Mandarin
- Doodling art for children
- Kombucha workshop
- ipad/iphone
- Beeswax wraps
- Mindfulness
- Rummy O

2018
JULY TO
SEPTEMBER

Events...

- **SNHC Volunteer Celebration:**
Monday 16 July 5pm – 6.30pm
- **Surrey Hills AGM:**
Thursday 6 September 2pm – 3.30pm

Canterbury & Surrey Hills Neighbourhood Centres are two separate community houses but both with very common links. Just a fifteen minute walk from each other they can open to you a world of new experiences, new friendships, interests, community activities and courses for all age groups. Together they will LINC you to other people and a whole new way of enjoying life.



Canterbury Neighbourhood Centre

Canterbury Neighbourhood Centre 1st Floor, 2 Rochester Rd Canterbury
P: 9830 4214 www.canterburynh.org.au
Surrey Hills Neighbourhood Centre 157 Union Rd Surrey Hills
P: 9890 2467 www.surreyhillsnc.org.au



learning • inspiring • nurturing • connecting...

CHILDREN'S & TEEN ACTIVITIES

Code it yourself club SHNC

CIY Club is all about children coming along and learning with others to create projects at their own pace. Learn the skills to take you on the pathways of coding, websites, 3D printing, game development and more.

Mondays 4pm – 5pm or 5pm – 6pm
Call Michael Hwang on 0438 838 875 for further information.

Doodling art for children SHNC **NEW**

Doodle your way to increased creativity, focus, relaxation & fun. Join up for this 4 week workshop and unleash your inner artist. Suitable for 10+yrs. Mondays 4pm – 5.15pm

Starts 6 August (4wks) \$80/\$70 SHNC members

Playgroups – Parent Led (0 – 5 years) SHNC

Fun playgroup activities for children with their parents or carers.

Thursday or Friday 9.30am – 11.30am
Thursday starts 19 July (10wks) \$50
Friday starts 20 July (10wks) \$50

Structured Playgroup CNC

Facilitated by our early childhood educator, toddlers and preschoolers learn new skills through play, games, stories and music. Parents and Grandparents are welcome.

Monday and Tuesday 9.3am – 11.30am
Mondays starts 23 July (9wks) \$122
Tuesdays starts 24 July (9wks) \$122

2018
JULY TO
SEPTEMBER

Come & try sessions @ CNC & SHNC

Not sure if a course is right for you? Come and try sessions are available where there are vacancies in a class at the cost of a single lesson. Call CNC or SHNC to arrange a session. Don't worry if you've missed the start date – you can start most classes during term!

COMMUNITY

Blokes cooking SHNC

A monthly group for men who need cooking and menu planning skills. Participants enjoy lunch together at the end of the session.

Please register interest for this cooking group.
3rd Friday 8am – 12pm

Charity knitting group SHNC

Knit to help others in need.

Monday 7pm – 9pm
Starts 19 July
Free with SHNC membership

Community Mini Library CNC

Canterbury Neighbourhood Centre has a mini library. Share books and DVDs on an honour system. Donations of books and DVDs for our library are very welcome.

Drop in to the Centre for more details.

Drop in morning tea SHNC

Join us for morning tea and conversation.
Monday 9.30am – 11.30am
Starts 16 July, \$3 per session

Free information session – How to save money on your energy bills SHNC **NEW**

Join us for this Free information session from Victorian Energy Compare to show consumers how to read their energy bills, compare energy offers and save money. Register online or at reception.
Thursday 16 August 1pm – 2.30pm

Men's discussion group SHNC

Come and join this engaging group to share your views about current events or other topics over morning tea.

Friday 9.30am – 11.30am fortnightly
Starts 20 July, \$4.50 per session

SINGOUT Surrey Hills – Community Singing group SHNC

This community singing group is for people of all music and singing abilities who are seeking fun and social interaction. There will be unison singing and rounds with pop, musical, folk and traditional songs. We'll finish the session with a cuppa and morning tea.

Friday 11am – 12.45pm
Starts 27 July (10wks) \$100

Yooralla gardening group SHNC

Participants from Yooralla look after the garden at Surrey Hills Neighbourhood Centre on Thursday mornings.

Tutor is very sensitive to each person's needs.
(Buff Bones)

Structure and care of each class, interesting challenges of each exercise.
(Writing Life)

VISUAL ART | TEXTILES & FURNITURE

Visual Art

Acrylic painting

Teaching beginner to advanced levels. Each week, Velda, a local artist, introduces a new technique, subject or challenge to extend your painting.
Monday 1pm – 3pm
Starts 16 July (10wks) \$180

Drawing

Drawing skills can be a great introduction to other art mediums. This class is suitable for beginners and those wanting to expand their repertoire.
Tuesday 2.30pm – 4.30pm
Starts 17 July (10wks) \$180

Nature in Art



Small friendly classes allowing for individual attention, inspiration and encouragement by renowned botanical artist Terry Napier who will guide you in using specific watercolor techniques to illustrate the natural and botanical world.
Monday 9.30am – 12pm or
Monday 12.30pm – 3pm
Starts 16 July (9wks) \$243

Watercolour

Beginners to advanced students are welcome to explore a range of mediums and techniques in this small welcoming class with our experienced and talented artist Deb Mawdsley.
Tuesday 9.30 – 11.30am or
Tuesday 12.45 – 2.45pm
Starts 17 July (8wks) \$200

Watercolour painting

This class is taught by a local painter who is an experienced teacher of various art media. Students explore a variety of techniques applied.
Wednesday 10am – 12pm or
Wednesday 1pm – 3pm
Starts 18 July (10wks) \$180

 I have a sense of personal achievement and fulfilment and many new skills.
(Watercolour) 

Textiles & Furniture

Stitch & chat

Bring your sewing and enjoy making new friends. Afternoon tea provided by members on a rotating basis.
Monday fortnightly 1.30pm – 3.30pm
Starts 23 July, \$4.50 per session

Beeswax wraps workshop

Be part of the solution with this practical sustainability workshop. Participants will learn how to make their own beeswax wraps for keeping food fresh and hygienic without the use of single-use plastics such as cling wrap. Participants will leave with two ready to use wraps.
Friday 27 July 7pm – 9.30pm
\$85/\$75 SHNC members

Upholstery & Soft Furnishing

Suitable for beginners to advanced. Create your own bolsters, bean bags, cushions or recreate or reinvigorate that tired piece of furniture. Storage is available between classes. Places are limited.
Tuesday 9.45am – 12.45pm or
Tuesday 12.45pm – 3.45pm
Starts 17 July (9wks) \$270

Music & Movies

Foreign films & discussion

Enjoy a foreign film followed by a discussion and nibbles.
3rd Wednesday 7.30pm – 10.30pm
Starts 18 July, \$10 per session

Ukulele beginners

This beginners group will start with the basics: correct hold, learning to strum, numbers fingers, fingerpicking and how to play along with others.
Wednesday 12.15pm – 1.15pm
Starts 18 July (10wks) \$160

Ukulele ongoing

This class continues on from the beginner's class and is open to others with some experience.
Tuesday 7pm – 8pm
Starts 17 July (10wks) \$160
Wednesday 1.30pm – 2.30pm
Starts 18 July (10wks) \$160

HEALTH & WELLBEING

Active living 60 plus

A friendly and inclusive class focusing on balance, stretch, strength and light cardio.
Monday 8.45am – 9.45am
Starts 16 July (10wks) \$160

Bike riding groups

Monday, Tuesday, Wednesday and Thursday mornings, free with SHNC membership. Please contact SHNC to confirm availability.

Buff Bones for Osteoporosis

Small classes with individual attention. Pilates based full body workout for bone strengthening and balance, integrating Pilates with strength training, functional and rehabilitative exercises. This is ideal and safe for those with osteoporosis.
Please bring a yoga mat and a small towel.
Monday 9.30am – 10.30am and
10.45am – 11.45am
Thursday 9.30am – 10:30am and
10.45am – 11.45am
Starts 16 July/19 July (10wks) \$160

Fun fitness for the brain and body –

Ageless grace

A fun, seated exercise program to uplifting music, which is designed to focus on healthy longevity of the body and mind. It is fun, playful and for people of all ages and abilities.
Monday 10am – 10.45am
Starts 16 July (10wks) \$160

Fun Fitness for Body and Brain

A fun, playful and seated exercise program to uplifting music designed to focus on healthy longevity of the body and mind. Suitable for people of all ages and abilities.
Friday 10am – 10.45am
Starts 20 July (10wks) \$130

Laughter Club

Laughter is a celebration of the human spirit. Laugh your way to improved physical, mental, emotional and spiritual wellbeing.
Wednesday 8.30am – 8.50am
Starts 18 July, free with SHNC membership

A month of mindfulness **NEW**

Mindfulness is for everyone who wants to enrich their life, reduce stress and respond more effectively to challenging life situations. For absolute beginners to seasoned practitioners. Learn to improve your quality of life and general wellbeing.
Thursdays 7pm – 8.30pm
Starts 23 August (4wks)
\$100/\$90 SHNC members

Pilates **SHNC**

Pilates focuses on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and an increased sense of wellbeing.

Monday 10am – 11am
Starts 16 July (10wks) \$160
Tuesday 11am – 12pm
Starts 17 July (10wks) \$160
Thursday 6pm – 7pm
Starts 19 July (10wks) \$160

Qigong **SHNC**

Therapeutic form of Tai Chi involving low impact meditative exercise.

Wednesday 10am – 11.15am
Starts 18 July, \$8 per session

Relax, Breathe, Meditate **CNC**

Want to let go of stresses and bring relaxation and clarity into your daily life? Our unique RBM (Relax, Breathe, Meditate) class will help release tension and bring more calm to optimize health and wellbeing.

Tuesday 10.45am – 11.45am
Starts 17 July (10wks) \$130

Strength training **SHNC**

Facilitated by YMCA instructors: exercise core muscles using weights. Participants must complete a Medical Clearance form with their Doctor prior to commencement and contact SHNC for class availability.

Monday, Wednesday and Friday
8.15am – 9.15am
Tuesday 9.30am – 10.30am
Tuesday and Thursday 7.15pm – 8.15pm
Tuesday and Friday 12.30pm – 1.30pm
\$5.50 per class (over 65 years)
\$7.50 per class (under 65 years) paid by term

Tai Chi **CNC** **NEW**

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing. Suitable for beginners.

Friday 9.30am – 10.30am
Starts 20 July (10wks) \$130

Tai Chi – Self-directed sessions **SHNC**

This is a self-taught group which would welcome new members who either have some tai chi experience or are comfortable to view tai chi videos to support their participation.

Tuesday, Thursday and Friday
8.15am – 9am (ongoing)
Starts 17 July
\$25/single weekly session or
\$45/multiple weekly sessions

Table tennis **SHNC**

Enjoy friendly social table tennis.
Thursday 1.30pm – 3pm
Starts 19 July, \$4.50 per session

Walking groups **SHNC**

Enjoy a medium paced walk around the Neighbourhood. Stop for a coffee along the way!
Monday 9am – 10.30am Starts 16 July
Friday 8.30am – 10am Starts 20 July
Free with SHNC membership

Walk and talk **CNC**

Get fit and make friends. Enjoy an hour's brisk walk through the streets and gardens of Canterbury followed by a well-deserved cuppa and chat.
Thursday 9.30am
Starts 19 July Free for CNC members

Yoga **SHNC**

Enjoy the benefits of hatha yoga. Ranging from beginner to experienced. Contact Surrey Hills NC for further details.

Monday 7.30pm – 8.30pm
Starts 16 July (10wks) \$160
Wednesday 5.45pm – 6.45pm
Starts 18 July (10wks) \$160
Thursday 9.30am – 10.30am
Starts 19 July (10wks) \$160

Yoga **CNC**

Small classes with individual attention focused on a gentle approach to Hatha Yoga incorporating stretching and strengthening techniques to release tension, increase flexibility and establish a sense of calm to optimize health and wellbeing. Bring a yoga mat and a pillow (for under your knees).
Regular **NEW** Monday 9.30 – 10.30am
Starts 23 July (9wks) \$126

Yoga - Chair Based **CNC** **NEW**

Chair yoga offers a relaxing and refreshing approach to gentle yoga practice. Seated on a chair and standing with the assistance of a chair allows students to experience hatha yoga in a safe, friendly environment. Breath work, short meditations and seated relaxations included.
Monday 10.45am – 11.45am
Starts 23 July (9wks) \$126

Yoga – Gentle **CNC**

Focused on a gentle approach incorporating stretching and strengthening techniques
Tuesday 9.30am – 10.30am
Starts 17 July (10wks) \$130

ROOM HIRE

Surrey Hills Neighbourhood Centre

The Chandler Room is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area.

The Cottage is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops, seminars.

All facilities are wheelchair accessible.

Ring Surrey Hills Neighbourhood Centre now to book your next event.

The logo for LINC (Living In Neighbourhoods Community) is displayed in a white circle. The word "LINC" is written in a bold, red, sans-serif font.

link with your community houses and experience life... learn

THE ARTS – LITERATURE & HISTORY | TECHNOLOGY & WORK SKILLS | GROUP, HOBBIES & GENERAL INTERESTS | MUSIC & MOVIES



The Arts – Literature & History

Heritage collection SHNC

Volunteers curating local items of heritage value: viewed Mondays.
Monday 10am – 3pm during term dates
Free with SHNC membership

Historical society SHNC

Group meets to learn about various local history themes, with guest presenters. Visitors most welcome.
3rd Tuesday 8pm – 10pm
Cost \$4.50 per session

Literature – 20th Century American Poetry CNC

This stimulating class explores the works of renowned poets including Robert Frost, TS Elliot, Ezra Pound, and more through a range of literary, philosophical and other perspectives.
Wednesday 1pm – 3pm
Starts 18 July (9wks) \$207

Writing Life CNC

Structured lessons to inspire and guide you in capturing your stories of life and precious memories.
Tuesday 10am – 12pm
Starts 17 July (9wks) \$207

Technology and work skills

Ipad/Iphone for beginners

SHNC **NEW**

For absolute beginners, come and learn about your iPad/iPhone in a relaxed environment. These comprehensive sessions will show you how to use all the main features of your device and more.
Tuesdays 10am – 12.30pm
Starts 31 July (3wks) \$100

Group, Hobbies & General Interests

Book Circles – Maling Road & Bellevue CNC

Meet at a local coffee shop for lively discussion on books, films and community activities and events. Book circles with a real difference! Call CNC for further details.

Maling Road

1st Tuesday of each month 10am – 11am

Maling Road

2nd Tuesday of each month 10am – 11am

Bellevue

3rd Tuesday of each month 10am – 11am

Free for CNC members

Book groups SHNC

Share your pleasure of reading with other like-minded people.

4th Tuesday 7pm – 8.30pm

Starts 24 July, \$4.50 per session

Florins SHNC

A women's social group meet fortnightly to chat and enjoy excursions.

2nd and 4th Thursday monthly

2pm – 4pm

Starts 26 July, \$4.50 per session

Mahjong (Western) SHNC

Join our enthusiastic group and experience the challenges of the Western version of this Chinese game

Friday 1.30pm – 4pm

Starts 20 July, \$4.50 per session

Rummy O SHNC **NEW**

Try this game of skill – Rummy-O!

This game will test your counting and strategic skills, using tiles instead of cards.

Friday fortnightly 10am – 12pm

Starts 27 July, \$4.50 per session

Scrabble SHNC

Enjoy the challenge of words.

This friendly group welcomes new players – experienced or beginners.

1st, 3rd & 5th Tuesday 1pm – 4pm

Starts 17 July, \$4.50 per session

Decluttering workshop SHNC **NEW**

Overwhelmed by too much stuff or clutter? This workshop will show you how to sort, declutter, organise and store almost anything.

Friday 27 July 7pm – 9pm

\$50/\$40 SHNC members

Jewellery sewing workshop SHNC **NEW**

Join us in this evening class to learn how to make your own jewellery and tote bag. Using a beautiful range of fabrics, you'll learn to make your own tote bag, perfect for shopping – say no to plastic! You'll also make your very own silver unique wire jewellery, with twists and patterns. No sewing experience required.

Friday 17 August 7.30pm – 10pm

\$80/\$70 SHNC members

Photography basics using a DSLR camera SHNC **NEW**

Learn the basics of a DSLR camera, including tips on how to make a good photo, edit, and much more in this informative workshop.

Sunday 19 August 1pm – 3pm

\$50/\$40 SHNC members

Kombucha gut health workshop SHNC **NEW**

You will want to join us and learn all the ins and outs of obtaining great gut health! This workshop will cover the history of Kombucha, how to make it, what can go wrong with it and how to fix it.

Friday 3 August 7pm – 9.30pm

\$50/\$40 SHNC members

Turkish cooking evening SHNC **NEW**

Join Arzu for this entertaining Turkish cooking evening with four different dishes to enjoy including turkish borek, whilst she talks about her experiences as a girl in Istanbul girl.

Friday 17 August 7pm – 9.30pm

\$80/\$70 SHNC members

Winter soups SHNC **NEW**

Be inspired this Winter by joining Arzu to make three different comforting soups accompanied by cornbread. Lovely lunchtime class with soups and recipes to take home afterwards.

Tuesday 14 August 11.30am – 1.30pm

\$80/\$70 SHNC members

Courses @ Canterbury Neighbourhood Centre & Surrey Hills Neighbourhood Centre



LANGUAGES

French for Beginners CNC

This class offers individual attention to begin your French language journey. Suitable for travellers or those who want to re-engage with French. Recommend 3 – 6 months prior experience.
Friday 1pm – 3pm
Starts 20 July (9wks) \$207

French Beginners+ CNC

This class will enhance your skills in your French language journey. Recommend 6+ months prior experience.
Tuesday 1.15pm – 3.15pm
Starts 17 July (9wks) \$207

French Intermediate CNC

Build on your French language skills. Recommend 12 months prior experience.
Monday 1pm – 3pm
Starts 16 July (9wks) \$207

French Intermediate CNC

Continue to improve your French language skills with more challenging written and oral French. Recommend 18+ months prior experience.
Monday 7pm – 9pm
Starts 16 July (9wks) \$207

French Advanced CNC

Challenge your conversational skills while continuing to develop grammatical concepts. Recommend 4+ years prior experience.
Monday 10.45am – 12.45pm
Starts 16 July (9wks) \$207

French for Absolute Beginners CNC

NEW

Want to learn a language? Travelling to a French speaking country? You will learn French for everyday situations, how to introduce yourself, greet people, engage in basic conversations and much more. No previous experience required.
Friday 10.30am – 12.30pm
Starts 20 July (9wks) \$207

Italian for Absolute Beginners/ Travellers CNC **NEW**

Want to learn a new language or travelling to Italy? Then join our new class! Learn Italian for everyday situations, how to introduce yourself, greet people, engage in basic conversations and much more. No previous experience required.
Thursday 12.30pm – 2.30pm
Starts 19 July (9wks) \$207

Courses @

Canterbury Neighbourhood Centre & Surrey Hills Neighbourhood Centre
July – September 2018

A wonderful, inspiring, stimulating tutor, has tremendous knowledge.

Italian Beginners CNC

Build on basic grammar, conversation and comprehension skills of the Italian language. Recommend 6+ months prior experience.
Thursday 9.45am – 11.45am
Starts 19 July (9wks) \$207

Italian for Beginners CNC

Enhance conversation, grammar and comprehension skills of the Italian language. Recommend 12+ months prior experience.
Wednesday 3pm – 5pm
Starts 18 July (9wks) \$207

Italian for Intermediate CNC

Need Italian for travel and pleasure? This is an intermediate language level of conversation and grammar. Recommend 12+ months prior experience.
Wednesday 12.45pm – 2.45pm
Starts 18 July (9wks) \$207

Italian Intermediate CNC

Increase your Italian language skill, learning to speak, read and write Italian with this practical course relating to everyday situations. Recommend 2 years prior experience.
Thursday 12.20pm – 2.20pm
Starts 19 July (9wks) \$207

Italian Advanced Conversation CNC

This class focuses on conversation with some writing including revision of grammar. Recommend 4–5 years prior experience.
Thursday 10am – 12pm
Starts 19 July (9wks) \$207

Italian Advanced Language & Conversation CNC

Refines grammar, writing skills and discusses ideas and issues. Recommend 6+ years prior experience.
Wednesday 9.30am – 11.30am
Starts 18 July (9wks) \$207

Spanish Beginners CNC

A great course for travelers or students to build on their interest in the Spanish language. Some previous experience of the language recommended.
Monday 1pm – 3pm
Starts 16 July (9wks) \$207

Spanish Intermediate CNC

This class builds on conversation, grammar and written language skills. Recommend 6+ months prior experience.
Monday 10.30am – 12.30pm
Starts 16 July (9wks) \$207

Spanish for Absolute Beginners/ Travellers CNC

Travelling to a Spanish speaking country or just want to learn another language? Join our exciting new Spanish Travellers class. Introduce yourself, greet people and engage in basic conversation. By the end of the course you will have useful phrases and common expressions for everyday situations.
Tuesday 1pm – 3pm
Starts 17 July (9wks) \$207

Canterbury Neighbourhood Centre & Surrey Hills Neighbourhood Centre

Classes

Classes will only run with sufficient enrolments. Refunds will not be given once classes commence without a medical certificate or where there are exceptional circumstances. A full refund will be provided if a class is cancelled by either of the two Centres.

Fees and enrolments

Class fees must be paid in full at the time of booking. Course times and classes are correct at the time of printing and are subject to occasional changes at the discretion of management.

Memberships

People who participate in Canterbury or Surrey Hills programs must be a member of that Centre at the time of enrolment. The membership fee of each organisation is \$15. Canterbury and Surrey Hills Neighbourhood Centres have a reciprocal arrangement where the annual membership fee will be discounted to \$10 if you are already a member of the other Centre. For more information about respective memberships, please enquire with either Canterbury or Surrey Hills Neighbourhood Centre.



BOROONDARA
City of Harmony



Neighbourhood Houses
Boroondara