



 Horticulture & Animal Studies

 Computer Classes

 Art & Textiles

 Hospitality Training

 Health & Wellbeing



# Haddon Community Learning Centre Term 4 Course Guide



Learn Life Skills, Create & Have Fun!

Winner of Grampians Learn Local Legend



Welcome to Our Term 4 Course Guide

Welcome to the Spring edition of the course guide. We hope to tempt you to come in and join in one of the great courses or activities we have on offer for the rest of the year.

Come and join us for the Seniors Festival activities with some free exercise classes for you to try, also free facials, or how about learning how to make the perfect cheesecake (great for those Christmas gatherings). There is also a free presentation by Centrelink on how to set up and use the myGov website. See page 18.

We have a couple of great new courses in our animal themed sessions this year, the first is "Basic First Aid for Livestock & Pets" for adults and "Basic Livestock/Pet Care Course for Children" for ages 8-16. See page 13 for details. Indi is our great tutor and she very passionate about the subject and has 15 years of experience and trained in vet nursing. So as the summer approaches it is an ideal time to take this course to be able to better assist with your animals/pets health.

Our very popular "Introduction to Animals" and Introduction to Horticultural and Permaculture" courses are being held again this term so don't miss out on the opportunity and book early as you can for these. See page 13 for all details.

Janette is back with another two new "Adobe InDesign" and "Photoshop" ( or Adobe Photoshop Elements) workshops (see page 11). If you are a beginner you will do the 2 sessions and if you are more advanced you may decide to just do the second session only. Janette is a fully qualified Adobe instructor and we are very lucky to be able to have her for a few sessions a year. Janette will also be doing fortnightly Adobe drop in sessions Monday mornings, so call us if you want to join in those sessions.

We will be launching a new website very soon but you can always check out our Facebook page for all the latest details on courses. <https://www.facebook.com/HaddonCommunityLearningCentre/>

#### Short Courses

Haddon Community Learning Centre offers a diverse range of education and training through various classes and short courses throughout the year. More specifically, courses are run for both adults and children throughout school terms and some school holidays in a relaxed environment during the day, evenings and weekends. Our courses are divided into two broad categories; general courses and "Learn Local" courses which are government subsidised. Courses are designed for those who want to improve or develop new skills, to pursue creative interests or simply get together with other like-minded people. Our courses are conducted by suitably qualified tutors and facilitators who want to share their skills. Anyone who is skilled in a particular area and would like to explore the possibility of tutoring a class should contact HCLC on 5342 7050.



Cheers, Joan,

Manager HCLC

## How to enrol

We take enrolments Tuesday to Friday between 10 am and 4 pm.

*Please note that your booking is not secured until full payment is made or a suitable payment arrangement is made with the House Manager.*

#### HOW TO ENROL

- \* In person at the Haddon Community Learning Centre office 396 Sago Hill Road, Haddon.
- \* By telephone on 5342 7050
- \* By email: [manager@haddonlearning.org.au](mailto:manager@haddonlearning.org.au)

#### CONDITIONS OF ENROLMENT

- \* Fees become due at the time of booking. Places will not be held unless fees are paid or a deposit received and payment plan arranged.
- \* Refunds cannot be given once a class has commenced or at least 5 business days notice is provided as we are committed to pay course costs.
- \* Refunds will be given if the class is cancelled for any reason.
- \* Prospective students should be aware that some courses/activities may not proceed if there are insufficient numbers to cover operational costs.
- \* Concession rates apply where indicated and only on presentation of a *current concession card*.
- \* *Notification will be given only when classes are cancelled or re-scheduled. Please assume that the course will proceed unless otherwise notified. If you are concerned or have any queries, please contact the House.*

*Please talk to us about fees and payments if they cause any problems. We are committed to equitable access for all and may be able to assist. You.*

**People of all abilities are welcome at all suitable programs. The Northern Community and Haddon Learning Centre is fully accessible. HCLC respects your right to information privacy and any information we collect and hold is kept in accordance with information privacy laws.**

The Haddon Community Learning Centre aims to provide a range of educational, social and recreational activities to suit a range of tastes and interests. While all effort is made to proceed with advertised activities it is not always possible if enrolments do not generate the funds required to cover the costs of tutors and room hire. Please note that business and corporate rates may differ from the prices included in this program. Please check with the Manager for these rates. We can tailor a course to your business needs and we are always happy to discuss this with you.



The Haddon Community Learning Centre acknowledges the ongoing funding and support made available by State Government of Victoria (Adult & Community Further Education (ACFE), the Department of Human Services, DEECD & the Department of Planning & Community Development).

# COMPUTER CLASSES

We offer a range of computer classes suitable for all levels of ability

## DON'T BE AFRAID WE CAN HELP

\*INTRODUCTION TO COMPUTERS

This course is for complete beginners without any computer skills. Become confident and comfortable using a computer in a relaxed and friendly environment. Small classes ensure personal attention.

DAY: Monday or Friday (mornings 7 weeks)  
DATE: Starting October 10th (14th) other dates available  
TIME: 9.30 am ~ 12.15 pm  
FEES: \$65.00 (\$5.00 discount for members).



## YOU NOW HAVE THE MOUSE UNDER CONTROL - SO LET'S TAKE THE NEXT STEP ~ \*INTEL@ LEARN EASY STEPS

Learn basic word processing, multi-media, internet and email and more at a beginners level. Need to upskill your computer skills for work or if you are a business then think about helping your workers gain vital computer skills. You will receive a certificate upon successful completion.

Level One For beginners  
Level Two You must have basic computer skills and preferably completed Level 1.

DAY: Level 1 or Level 2 (8 weeks)  
DAY: Monday, Tuesday or Thursday afternoons (8 weeks)  
DATE: October 10,11 or 13th - check for other days/dates.  
TIME: 9.30pm ~ 12.30 pm (Level 1) or 1 pm ~ 4 pm (Level 2)  
FEES: \$115.00 (\$55.00 + \$60.00 Amenities & resources Fee) \$90.00 concession fee). \$5.00 member discount.

DAY: Level 1 or Level 2 ~ Wednesday evenings - (8 weeks)  
DATE: October 12th - other evenings/dates possible  
TIME: 6.30 pm ~ 9.30 pm  
NOTE: Casual attendance for all computer classes where available is \$20.00 per session.

## NOW YOU HAVE AN IPAD WHAT NOW?

\*IPADS/TABLETS FOR  
]BEGINNERS

(Advanced class available on request if sufficient numbers)

If you have struggled with computers then why not try a tablet as they are much easier to use. Try them before you buy with one of ours, or learn how to use your own tablet (limited number available in-house for use by class participants). The course will provide learners with basic and beyond everyday skills to get the most out of your device.

DAY: Thursdays (check as other dates & times can also be available) - or get a group together!  
DATES: October 13th (7 sessions) mornings (Haddon)  
TIMES: 9.30 am ~ 12.30 pm  
FEES: \$85.00 - eligible concession funded students

NOTE: If you have an Android tablet give us a call as we include in this class or if sufficient students then in class or on own.



## ADOBE INDESIGN AND PHOTOSHOP (ELEMENTS)



### BEGINNERS OR ADVANCED WORKSHOPS

Beginners will do the 2 day workshop that will introduce you to using Adobe Indesign and Photoshop (Elements) to develop a book that has colour, text and photos. Instruction will be on inserting photos, layout and design along with text editing. You could make a family recipe book, a special photo book or maybe an artworks book. You could produce print or a web based booklet or newsletter. It is ideally suited for teachers, students, community groups or just for personal use and interest. Bring a collection of photos, images and or drawings to use in your InDesign document. These could be project based or purely just inspiring images that you would like to present in your book or newsletter.

Experienced Photoshop users will do one session of creating an Indesign book with Photoshop (Elements) tricks and tips. Bring or borrow a laptop with Adobe InDesign and Adobe Photoshop. Our computers do have Adobe Photoshop Elements.

DAY: Monday (check as other times may be available) - get a group together!  
DATES: November 7th, 14th ~ evenings may also be available  
TIMES: 12.30 pm ~ 4 pm - 2 sessions beginners  
FEES: \$65.00 for one session or \$120.00 for the two

## \*GOOGLE AT WORK OR ALL THINGS GOOGLE

Confused about how to use Google Docs and Google Drive? Then let us show you around the Google online world.



### What is Google Drive?

Google Drive is a cloud storage service that allows you to store your documents, photos, videos, and more online. From Drive you can also use Google Docs, Google Sheets, and other applications to create and edit various types of files.

We will show you how to get started, create google documents, upload files to google drive, share and collaborate, convert and print documents and more.

DAY: Thursdays, or Fridays (check as other dates & times can also be available) - or get a group together!  
DATES: October 13th or 14th (5 sessions) mornings  
TIMES: 1 pm ~ 4 pm  
FEES: \$65.00 - eligible concession funded students.

## COMPUTER CLASSES

We offer a range of computer classes suitable for all levels of ability

### \*MASTER WINDOWS 8 TO 10



Struggling to come to grips with Windows 8 or Windows 10? Then this course will help you to update your skills in using the new Windows operating systems. You will learn essential skills in how to navigate,, understand the new terminology, work with Apps, set up and manage files and folders, computer security, create documents, printing and more.

DATE: October 17th - other days/dates available.  
DAY: Mondays (5 sessions)  
TIME: 9.30~ 12.30pm  
FEES: \$65.00 for eligible funded students.

### \*ADVANCED CAMERAS AND COMPUTERS



We are happy to offer this great new course that combines camera essentials and more advanced photo editing on your computer. This course includes studies in portrait and landscape photography, printing and commercial applications and how to set up an outside/inside environment, flash photography, night photography and much more with your camera.

The course will also involve editing, photo enhancement and manipulation and more in "Adobe Photoshop" (if you have) or "Adobe Photoshop Elements" that we have copies of on our computers for you to use.

DATE: October 24th  
DAY: Mondays (if sufficient interest a Thursday evening course can be organised (6 sessions)  
TIME: 12.30 pm to 4.30pm(computers) approx.  
FEES: \$100.00 for eligible funded students.

### MYOB OR QUICK BOOKS ACCOUNTING PROGRAMS



This course develops skills in using the MYOB or Quick Books accounting systems. Learn how to use QuickBooks, QuickBooks Payroll or MYOB, MYOB Payroll two of the most popular accounting and book keeping programs used by many businesses. Work at your gentle pace and increase your employment prospects.

We are taking expressions of interest for these courses. When we have enough student interest we will organise a start date in October for either MYOB or Quick Books. Please call us on 5342 7050 to express your interest now.

DATE: TBA late October if sufficient students  
DAY: TBA  
TIME: TBA  
FEES: \$TBA - dependant on student numbers

### \*MOBILE IT FOR TRADIES



This course is designed to provide training in basic skills in use of 'mobile' technology especially for Tradies, from note taking, document sharing and storage, using cloud technology, scanning, faxing/emailing and issuing quotes and invoices, ordering from suppliers, employing useful devices (apps) for measuring and calculations.

Armed with some digital tools and knowledge you can then spend less time doing paperwork during and after business hours which means more time spent on your actual work and with family.

DATE: October 20th  
DAY: Thursday (evenings) ~ other dates will be available upon sufficient requests.(8 sessions)  
TIME: 6.30pm ~ 9.30pm  
FEES: \$85.00 for eligible concession funded students.

*We can assist you with one of our courses and can come to other areas if you have a group of participants in need of training. We have smaller classes and knowledgeable and dedicated tutors to help you along your path to achieve your goals. Call us now on 5342 7050 to discuss and secure your place and take that first step.*

# Taster Courses 2016



## \*INTRODUCTION TO PERMACULTURE & HORTICULTURE

Learn basic principles of "Permaculture & Horticulture" with hands on learning. This course provides you with work-related skills relevant to the Horticulture sector.

It can help you if you have an interest and desire to learn more about horticulture and permaculture and how you can incorporate the principles at home or take on to further study.

This introductory course leads into accredited Horticulture, or Agriculture certificate courses. This introduction is great for those who are returning to study as adult mature age students who may be thinking of undertaking further studies on these subjects. Pre accredited courses are gently paced and ease you back into study in a fun way. Give us a call if you require any further information, or if you need assistance to decide what course is right for you!

DATE: October 6th (approx.10 sessions and note a couple of longer day visits usually organised on Sundays)  
 DAY: Thursday evenings  
 TIME: 6.30 ~ 9.30 pm  
 FEES: \$126.00 (concession \$110.00)

Call us to enquire and book in now as places are limited!

NOTE: You can chose to join individual sessions if you prefer for both the Horticulture and the Permaculture course. Give us a call to enquire what is available.



## \*INTRODUCTION TO ANIMAL STUDIES COURSE

We are very excited to be introducing a great new course in "Animal Studies." This introduction course focuses on students having a hands-on experience in realistic work conditions and if

you are looking for work in this industry you will learn of the employer expectations of day to day life on a farm. The course focuses on the basic skills, knowledge and principles of animal husbandry - food, water, shelter, cleaning and sustainability and animal OHS. And when we have sufficient bookings we will be offering an accredited "**Certificate III course in Animal Studies.**"

So come try the introduction course and see if you would like to continue your studies in the accredited Certificate course. Or if you just want to learn more about animals in a fun and fantastic environment then this course is for you!!!!

Call us to enquire and book in now as places are strictly limited.

DATE: October 8th, 22nd, November 6th Nov (farm visit), and November 26th.  
 DAYS: Saturdays (and the one Sunday)  
 TIME: 10 ~ 4 pm (BYO Lunch)  
 FEES: \$95.00 (Concession \$85.00) - now inclusive of farm visit



## BASIC FIRST AID FOR LIVESTOCK & PETS

This course is aimed at the hobby farmer, pet owner and anyone who wants to be better equipped to help their special livestock/pets in the

case of an emergency. The trainer has had more than 15 years experience breeding livestock and caring for sick animals. She holds a Cert III in animal care (vet nursing) as well as undertaken various other animal related courses. Indi has a passion to pass on her knowledge, The day is sure to be an informing and fun.

Every student will receive a first aid kit as a gift. - value \$15.00. The course will include training, handouts and time to practice practical skills. Students need to bring, pen and paper, as well as a willingness to learn and have fun. Topics to be covered: Bites, stings and poisoning, injury and bandages. The course also includes baby animal first aid Heat stress, Hypothermia. Monitoring and CPR.

DATE: December 10th  
 DAY: Saturday  
 TIME: 10 am ~ 4 pm (including lunch break BYO lunch)  
 FEES: \$110.00 (discount of \$5.00 for each additional family member - \$105.00).

Call us to enquire and book in now as places are limited to 8 only.

## \*BASIC LIVESTOCK/PET CARE COURSE FOR CHILDREN.\* Ages 8-16.

This course is an ideal introduction to animal care for a child who wants to own their first pet, or for one who lives on a farm/in a house where there are pets. It covers the basics safe handling, on care, feeding and safety, basic housing of your pets, and knowing how to tell if you pet is sick. It will include hands on time for learning and interactive activities, to help keep it fun and the children engaged. The trainer has had over 15 years experience breeding and keeping livestock, as well as lots of experience working with children/youth and training in various areas. She holds a basic animal care course, a cert II in wool handling, cert IV in wool classing, cert III in animal studies (vet nursing).



NB: All children aged 8-13 must be accompanied by an adult. Children will be given a pen, paper and some animal care items.. Students need to bring lunch and water bottle, a hat and a willingness to learn and have fun.

DATE: November 5th  
 DAY: Saturday  
 TIME: 10 am ~ 4 pm (including lunch break).  
 FEES: \$95.00 (discount of \$5.00 for each additional children in family - \$90.00 each)

Call us to enquire and book in now as places are limited to 8 only.

### FEES & CHARGES

Adult Education classes that are subsidized by Adult Community & Further Education are marked with the \*. We are required to charge a student contribution consistent with Ministerial directions on Fees & Charges. Other fees are to assist us to pay for tutors, amenities and all other costs involved in running courses. For further information please speak to the Manager.

# Accredited Short Courses

## FIRST AID COURSES

Do you require upgrades or need to undergo first aid training for your job? Then we are conducting several courses in first aid at the centre this term.

You can undertake all necessary training required in a one day session or undertake separately those sessions you need to update.

Sessions available include:

- CPR - 9 am to 11 am
- Level 1 - 9 am to 1 pm
- Level 2 - 9 am to 3 pm
- Anaphylaxis - 3 pm to 5 pm
- Asthma - 4.45 pm to 6.30 pm (approx.)

And a "Defibrillation" course is also available. Please call us to book or register your interest.

DAY: Friday  
DATE: November 4th ~ TBC  
TIME: 9 am - 6.30 pm for the entire course  
FEES: \$200.00 for full course - see individual class costs below. You must book & pay at least one week prior as pre work has to be completed before the class commencement .

## DETAILS OF CLASSES AND INDIVIDUAL PRICES:

### APPLY FIRST AID CERTIFICATE



This course covers all the necessary skills & knowledge required to provide first aid response, life support, management of casualties, the incident & other first aiders, until the arrival of medical or other assistance. This unit incorporates the content of units HLTCPR201B Perform CPR and HLTFA201B Provide

basic emergency life support. Please note we need a minimum of 10 students for this course to proceed.

DAY: Friday  
DATE: November 4th ~ TBC  
TIME: 9 am ~ 3 pm  
FEES: \$130.00 (cost dependent on numbers. You must book & pay at least one week prior as pre work has to be completed before the start of course.

NB: All accredited courses require a USI number we will assist you.

### PERFORM CPR - HLTCPR211A

This course covers all of the skills and knowledge required to perform Cardiopulmonary Resuscitation (CPR) in line with the Australian Resuscitation Council Guidelines. At the successful completion of this course participants will be issued with a statement of attainment valid for 1 year.

DAY: Friday - note a nighttime can be arranged just call  
DATE: November 4th ~ TBC  
TIME: 9 am to 11 am (day) or 6 pm to 8 pm (evening)  
FEES: \$60.00 ~ please book & pay at least one week prior to commencement date.



## ANAPHYLAXIS

This course is designed to provide the knowledge to identify Anaphylactic Shock and the skills to manage an emergency with the use of an adrenaline Auto-Injector. The use of risk assessment tools and the development of risk minimisation strategies are explored. This course is needed for **those working in Children's Services and Education.**

DAY: Friday  
DATE: November 4th ~ TBC  
TIME: 3 pm ~ 5 pm approx.  
FEES: \$60.00 (book & pay at one week prior.)



## ASTHMA

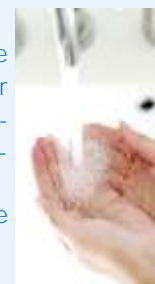
This accredited course is designed for you to acquire competency in the risk assessment and management of asthma emergency in the workplace or home. The knowledge and skills will enable you to minimise the occurrence and manage an asthma attack which in turn will sustain life and minimise the consequences until professional help arrives.

DAY: Friday  
DATE: November 4th ~ TBC  
TIME: 4.45 pm ~ 6.30 pm approx.  
FEES: \$60.00 (book & pay at one week prior.)

**PLEASE NOTE:** Minimum numbers of 8-10 students are required for the first aid courses as set by the provider of this training. We can organise other dates. Groups catered for so please phone 5342 7050. to inform us of your training requirements.

## FOOD SAFETY LEVEL I CERTIFICATE

Accredited course fulfils the requirements for those needing this qualification for their workplace or for their role as a volunteer. Students successfully completing this training will receive the nationally recognised certificate. (In house courses can also be organised on request by your group if this date is not suitable).



DAY: TBA (group can be organised - call us)  
DATE: TBA  
TIME: 9.30 am ~ 3 pm approx.  
FEES: \$130.00(in-house cost per person)  
(We can organise a day/date for your group so give us a call.)

## FOOD HANDLERS ONLINE COURSE - START ANYTIME

You can alternatively do your certificate online and start anytime and also have the convenience of finishing it in your own time. This course can be done online or by correspondence delivered by the **registered training organisation, "CFT International."** You print out your qualification certificate when you have completed all the modules required. Simply come into the centre and fill in the enrolment form and pay the fee. We will then email you a link to commence the course online. Cost online - \$95.00.

*Please note: Payment for all classes are due one week prior to commencement. Places cannot be held if payment has not been received. This ensures people on waiting lists do not miss out.*

# Hospitality Training @ Haddon



KICK START YOUR  
HOSPITALITY CAREER

Course includes:

Barista Skills  
Customer Service  
Small Business Operations  
Menu Design and Presentation  
Food Safety (also sit for your Certificate if you do not have one) and more!

Learn from a professional and gain first hand small business and real customer experience. Perfect for those pre Christmas an holiday employment opportunities.

Training is 1 day a week on Thursdays

Time: 10 - 2.30 pm

Dates: October 27, November 3rd, 10th, 17th

Cost: Full \$200.00 (concession \$150.00).

Specialist trainer Deb Kerr

Places strictly limited - Book early!



Haddon Community Learning Centre,  
396 Sago Hill Rd., Haddon  
Phone ~ 5342 7050



CAFÉ SKILLS

# Sewing, Patchwork, Quilting



SPECIAL GUEST TUTOR BEV THOMAS FROM AISIN (TOYOTA)

We are delighted to have booked the most talented and extremely busy Bev Thomas well known for her classes and workshops on 'know your sewing machine' and 'know your overlocker'.

Bev also spent many years as the PFAFF Australia education and training manager. She also has been supporting Toyota Home Sewing products as a Sewing Support 1800 contact and advice consultant for several years. Bev will be conducting some of her special workshops throughout the year. Book early to avoid disappointment.

## FINISHING TOUCHES ~ SEWING WORKSHOP



Bev will help you with all of those tricky little sewing jobs that you may find are hard to grasp such as zips, hems, darts, buttonholes, sewing with stretch fabrics and more. There are many little tricks to make these tasks easy to achieve if you know how! This class is very popular so book early for this great opportunity to learn how to sew like a pro.

DAY: Sunday  
DATE: September 25th  
TIME: 10 ~ 1 pm  
FEES: \$75.00

## ADVANCED ~ CREATIVE OVERLOCKING

This workshop is especially for those who have undertaken Bev's first class (Know Your Overlocker) or for those who know basic overlocking techniques and want to explore and achieve more with their machines. This class will enhance your sewing creativity by using the overlocker to its full potential. You will learn, many advanced techniques, with rolled hems, flat



locking, gathering, tucks, inserting lace, applying ribbon, lettuce edgings, sewing on beads. You will also use the special accessory feet that come with your machine, to do piping, gathering, adding elastic. You will sew on a variety of materials, including stretch fabrics, fine sheers, cottons, wool fabrics.

DAY: Sunday  
DATE: September 25th or October 16th  
TIME: 2 pm ~ 5 pm  
FEES: \$75.00

Please bring your own Overlocker and leads in perfect working order with sewing accessories and manual if have. Also spare needles. We do have one overlocker in house if you want to try one, just let us know.

## KNOW YOUR OVERLOCKER

You bought yourself an overlocker and did you find out that it wasn't as easy to use as your thought! You are not alone! But never fear Bev Thomas has years of experience using and selling sewing machines and overlockers with her husband Brian and she can gently guide you in how to use that overlocker to its full potential.



Bev will have you threading your machine in no time, recognising and fixing tension problems and understanding how to maintain and do basic servicing of your machine.

DAY: Sunday  
DATE: October 16th  
TIME: 10 ~ 1 pm  
FEES: \$75.00



## HADDON QUILTERS MONDAY NIGHTS

This lovely group has been enjoying getting together and working on their projects. So come join in and learn basic sewing techniques and beyond. Enjoy some time to chat, sew and share your enjoyment of quilting too! Join any time

during the term; you will be made very welcome. Tea, coffee and bikkies' provided.

DAY: Mondays  
DATES: October 10th  
TIME: 6.30 pm ~ 9.30 pm  
FEES: \$3.00 per session (free tea & coffee)  
FACILITATOR: Kerri Hunter

## Christmas Special

### CHRISTMAS CARDS & CRAFT

Come join us in making some lovely Christmas cards and little gift boxes to give to family and friends. Making something yourself is most rewarding and lots of fun.



DAY: Friday  
DATES: November 4th  
TIME: 1 pm - 3.30pm approx  
COST: \$20 includes materials





# Creative Workshops

## LIMESTONE CARVING WORKSHOP



Students will be encouraged to explore, express and challenge themselves in carving limestone to create an organic sculpture. This is a basic carving workshop to develop an understanding of working in 3D. It will expose students to shape, form, texture and composition. Students will learn to use all tools safely and to apply new skills to create their own unique sculpture to take home.

Please wear old clothing safety goggles, gloves,. Bring old towel or plastic (to wrap work in), sketch pad/pencil/ink pen for drawing ideas and pictures of inspiration. Lunch/drinks.

Materials Supplied: Limestone block - 40 x 20 x 15 size blocks, all tools are supplied, water containers and dust masks. Tea and coffee supplied.

DAY: Sunday  
DATES: November 13th  
TIME: 10.30 am ~ 4 pm  
FEES: \$ 150.00 includes all materials - if you want a larger block they can be ordered at extra cost.

## POLYMER CLAY JEWELLERY WORKSHOP



Come and explore the delights of working with 'Polymer clay'. You can make a wide range of patterned and textured effects and your own unique jewellery. No previous experience is necessary,. This one day introduction class is also open to accompanied children from the age of 12.

DAY: Friday or Sunday  
DATE: November 18th or 20th  
TIMES: 11 pm ~ 4 pm - with break for lunch - BYO lunch  
COST: \$55.00 plus materials fee on day.

You require:

Polymer clay – tutor will have some colours available for you to purchase but you can purchase your own. You will be using 3 packs of Premo clay @ \$3.95 per pack. *Please do not buy from Spotlight.*

You will need: 1 pack Colour , 1 pack Black, 1 pack White

You will need to purchase linen bead thread to string your beads.

Spotlight brand is Ribtex.

Tools: Please bring: Bamboo skewers (at least 10), Cornflour (about a cup) and a small oven proof container (about size of a 4"ramekin) , Baby wipes and one sheet coarse sandpaper (80 grit)

Other Requirements –bring only if you have them (the tutor will have them available to use): Small acrylic roller - Acrylic block – usually used by stampers to put their unbacked stamps on - Tissue Blades - Tiny Round Cutters 3/8, 7/16 inch - Craft knife - and a 'Doll' needle, or large needle to take your thread.

## PAPERCRAFTS WITH KAZ



The 'Craft Club' is held, on the first Friday of the month. Come join these fantastic workshops & find your inner creative goddess! You will learn techniques to make cards and other paper craft items.

DAY: First Friday of the month  
DATES: October 7th, November 4th and December 2nd  
TIME: Afternoon session from 1 pm/ evening session 7 pm.  
COST: \$25 includes materials & light supper.  
RSVP: Karen 0409137323 or email [mickeykaz@hotmail.com](mailto:mickeykaz@hotmail.com) so she can prepare kits or you can phone the centre on 5342 7050 to book.

## SPECIAL QUARTERLY CRAFTERNOONS

Special regular quarterly 'crafternoons' are held on Sundays throughout the year. Lunch is served from noon - with delicious varieties of pancakes cooked by Vince the 'Pancake King.' Crafting starts from 1pm.

DATE: TBA - contact Kaz on email above  
COST: Only \$25.00, includes lunch and materials.  
CONTACT: Kaz directly to book & check on next date.

## Art



## MIXED MEDIA ART FOR BEGINNERS

Create a gorgeous mixed media canvas using found objects and other art materials inspired by Finnabair. (visit her website) or <https://www.facebook.com/Finnabair-193730740639111>).

This class will cover the essential basics and teach you how to lay out a piece, step-by-step. We will create a collage on canvas, add texture and finish your piece with gorgeous mica powders. A great fun and creative workshop!

DAY: Sunday  
DATE: November 27th  
TIMES: 10 pm ~ 3 pm - with break for lunch - BYO lunch

COST: \$90.00 - includes a kit of materials  
Some basic equipment required, please pick up list on enrolment.



## Hire Me

## COMPUTER LAB FACILITY FOR HIRE

The computer lab has ten PC's & 1 Mac and audio visual facilities and is served by a spacious rest area with tea and coffee making facilities.

Call us to book on 5342 7050



### 2016 Victorian Seniors Festival October

The Victorian Seniors Festival aims to recognise and celebrate the valuable contribution older people have made, and continue to make to our community.



The 34th Victorian Seniors Festival will take place throughout October in 2016. Free and low-cost events and activities will be presented across Victoria, including concerts, dances, theatre shows, celebratory morning teas, tours, a host of indoor and outdoor recreation activities and much more.

The Haddon Community Learning Centre and the Northern Community Centre will be conducting some great activities during the month of October. These will include some exercise and healthy eating sessions. A booklet of local events is available at the centre. The website <https://www.seniorsonline.vic.gov.au/festivalsandawards> will have updates on what is on in Victoria and they have an online Festival calendar.

See Well being Health and Exercise section on page 20 for details of free exercise programs too. Also check the Haddon Community Learning Centre Facebook page for the latest details of events and activities.

#### ~ "FANCY A FACIAL" PAMPER YOURSELF ~

MONDAY OCTOBER 3<sup>rd</sup> - from 1.30 PM

BOOKINGS ARE ESSENTIAL FOR PERSONAL SESSIONS - BOOK EARLY

Come have a lovely relaxing free facial in celebration of the Seniors Festival. Go ahead and pamper yourself. Free tea ,coffee and light refreshments . Book early as places are strictly limited. This activity is FREE!



#### MAGNIFICENT CHEESECAKE DEMONSTRATION

Rich, creamy, sweet and tangy, cheesecake is one of the most dreamy and delicious of all desserts. Making one can be incredibly fun and rewarding, and knowing a few easy tricks will help you gain confidence that your cheesecakes will turn out beautifully every time. Learn to make a very large cheesecake that will fortify a crowd; great for those special occasions. And the tasting is even better!

DATE: Wednesday October 19th TIME: 11am:

COST: Gold coin donation

RSVP PREFERRED BY OCTOBER 14TH - PHONE: 5342 7050



### myGov Made Easy Free Workshop

WHEN: Thursday 20th October ~ 9.30 am - 10.30 am

Centrelink are providing a workshop to assist you set up and use myGov, a way to access government services online. A secure myGov account lets you link a range of Australian Government services and access them all in one place.

Enquiries and RSVP: Kim 5342 7000 or email:[NorthernCommunityCentre2@tplains.vic.gov.au](mailto:NorthernCommunityCentre2@tplains.vic.gov.au)

# Well Being, Health & Exercise



## SENIORS FESTIVAL ~ FREE EXERCISE CLASSES

**PILATES** Wednesdays October 5th, 12th, and 19th  
**TIME:** 1.30pm ~ 2.15 pm

**ZUMBA** Thursday , October 13th  
**TIME:** 1.30 pm ~ 2.15 pm

**YOGA** Thursday , October 13th  
**TIME:** 2.30 pm

**LOCATION:** Haddon Community Learning Centre  
 396 Sago Hill Road, Haddon  
**BOOK NOW ~ 5342 7050**



## EXERCISE PROGRAMS WITH BALLARAT COMMUNITY HEALTH



We are taking expressions of interest in conducting some Ballarat Community Health Group programs at the centre in Term 4, if we have sufficient numbers interested. Some of the programs offered could be:

**WEIGHT MANAGEMENT PROGRAMS :**  
**ADULT BETTER HEALTH PROGRAM ~** A ten week group evidence based weight management program to help adults lose weight safely and maintain it over the long term. A multi disciplinary approach to weight management. Participants attend a 1 hour information session over 10 weeks covering 5 main topics including, "Healthy habits," "Food is fuel," "Getting active," "Label reading," "Hunger v's cravings" and "Mindful eating." All programs are followed up with phone support and healthy coaching.

**HEAL Program ~** Healthy Eating, Activity and Lifestyle Program is an 8 week group based program that includes two sessions a week - one education session and one physical activity session. This program takes a no diet philosophy aiming to maintain a healthy lifestyle. Each week participants undertake 1 hour of supervised group-based low to moderate intensity physical activity followed by a 1 hour group-based healthy lifestyle education class.



## YOGA/HATHA - HADDON

No experience necessary for this class. Stretch, strengthen, balance and unwind! Join Jade, a fully qualified Yoga and Pilates instructor with 5 years teaching experience as she guides you through a 1-hour practice which will leave you feeling healthier and happier . \*\*Bring your own mat or alternatively you can buy one on the day!

**LOCATION:** Haddon Community Learning Centre  
**DAY:** Wednesdays (8 sessions)  
**DATE:** October 12th  
**TIMES:** 11.45 - 12.45 pm  
**FEES:** \$15.00 for a casual class or \$100.00 upfront for the 8 week challenge.

*Call Jade on 0434 189 616 to secure your booking.*  
 NB: Also Jade can do a Monday evening if we have enough interest so call us if you would like that time slot and we can try to organise it - 5342 7050. If you have extras cover with a private health fund, you may be able to claim your yoga classes.

## MINDFULNESS - MEDITATION YOGA - RELAXATION 'Focus within - calm mind' Suitable for all



Your teacher is Jo Scherger who is an Intermediate yoga/meditation teacher having taught practices for many years, as well as being a qualified psychotherapist.

**LOCATION:** **The 'Well' Smythesdale**  
**DAYS/DATES:** Monday evenings Oct 3, 6.30pm ~ 7.45pm (10 weeks) & Thursday evenings Oct 13, 6~7.15 pm (8 weeks).  
**FEES:** \$150.00 (10 weeks) or \$120.00 (8 weeks).  
**BOOKINGS ARE ESSENTIAL**  
 Phone Jo on 0408820976 or email: joscherger@outlook.com

## EXERCISE PROGRAMS:



**PILATES ~** Pilates is designed for people that want an effective mode of exercise that improves core stability, body alignment and flexibility. Participants may require an assessment prior to commencing. Sessions run 45 minutes.

**ZUMBA GOLD ~** Zumba Gold takes the Zumba dance style and modifies the moves to a pace that suits the needs of active older people, as well as those just starting their journey to a fit and healthy lifestyle. Zesty latin music, salsa, merengue, cumbia and reggaeton; exhilarating easy-to-follow moves; and invigorating, party-like atmosphere. Sessions run 45 minutes.

**HEARTMOVES ~** We are taking expressions of interest also for the "Heart Foundation" approved aerobic workout designed specifically for older adults to improve cardiovascular health and fitness. It includes a variety of aerobic activities such as aerobics, circuits and games combined with floor and relaxation exercises. Sessions run 60 minutes.

We need 6-10 participants in each course to run them. Cost expected to be about \$5.00 to \$6.00 per session in all the above programs.

Requirements: Must be a client of Ballarat Community Health. **Must complete a "Pre Exercise Screening Tool" form. Must have been through Ballarat Community Health intake process and must be assessed by Ballarat Community Health Exercise Physiologist or Physiotherapist prior to starting the program.**

Please phone us on 5342 7050 to express your interest in any of the above programs.

# Special Groups



## PHOTOGRAPHY SOCIAL GROUP

Like to get together with others interested in taking photos and exchanging tips and ideas? Maybe go on the odd excursion as a group to take photos? The focus of group is on digital cameras, but does not exclude those using film (no darkroom facilities available).

DAY: Possibly Tuesdays—TBC

DATE: TBA

TIME: 10am - 12pm

COST: \$2.00 per session

Call Donna on 5342 7050 to put your name on the list and we will organise a meeting.

## Children's Programs

### LITTLE WOADY'S - SWING, SWAY, LAUGH, PLAY

Little Woady's is an exciting program for preschool aged children (0-5yrs) and their parent or carer to engage in positive experiences together that enhance the parent/child relationship.

#### TERM 4 PROGRAM

#### Branch into Music

Dates: Fridays 7, 14, 21, 28 October, 4, 18, 25 November, 2 December

Time: 9.15 am ~ 9.45 am ( 8 sessions)

10.00 am ~ 10.30 am ( 8 sessions)

Cost: \$64 for 1 child; \$120 for 2 children; \$168 for 3 children - Children aged under 6 months are free when attending with a paying sibling.

Places strictly limited. Bookings are essential.

For more information or to book in for Branch Into Music please contact Community Wellbeing Officer on 5342 7000, or email NorthernCommunityCentre2@gplains.vic.gov.au

### PLAYGROUP



No child is too young for Playgroup. All children from 0-5years including babies.

When: Fridays during school term

Time: 10am ~ 11.30am

Cost: \$2.00 donation on the day or \$20.00 per term.

Contact: Katrina Frawley 5342 4225

### GIFT VOUCHERS ~ MAKE A GREAT GIFT!

We will soon have gift vouchers available for any amount and they will cover the tuition cost of any course we run at the House – a great gift idea for someone who has everything!

Please enquire at the office.

**NB: Voucher doesn't cover cost of materials fees.**



### THE COMMUNITY VEGIE PATCH

There will be another open garden / workshop - propagating seeds soon, the date to be confirmed. Check 'The community vegie-patch working towards self sufficiency' facebook page for more information: <https://www.facebook.com/groups/the.community.vegiepatch/>

There will also be a **"Food Network Meeting"** in December in Dereel - date to be confirmed.

**"The Real Food Festival"** - A Taste of the Golden Plains project - keep an eye out for information on this to be announced around end of September. Latest news will be on Facebook.

## Membership

Consider becoming a member for only \$5.00 a year.

The money raised helps to keep us open!

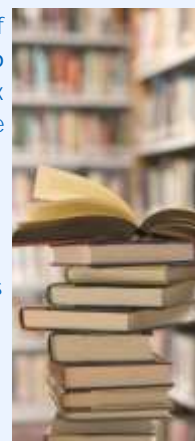
Valid from January 1st - December 31st.

## LIBRARY

The Community Learning Centre has a library of pre loved books, videos and DVD's available to borrow or swap. Take some, leave some, or relax and have a read, while enjoying a coffee in the lounge area.

We also have a collection of LARGE PRINT, and TALKING books, for those who are vision impaired or just prefer this type of book. Donations of good quality books and magazines are always gratefully accepted. We cannot

Please note we are unable to accept educational texts or instruction manuals.



## SERVICES

### PUBLIC INTERNET & COMPUTER ACCESS

Is available between 10 am till 3 pm - only when computer classes are not being conducted.

You are strongly advised to ring to check on availability prior to attendance.

### PRINTING

Full colour per A4 page \$4

Monochrome per A4 page \$1

### PHOTOCOPYING

A4 Single side 30 cents Double side 50 cents

A3 Single side 60 cents Double side \$1.00

### LAMINATING

A4 \$1.50 per page A3 \$2.50 per page

### FAX SERVICE

\$2.00 for the first page and \$1.00 each for subsequent pages (local/interstate). International P.O.A.

*Above services available 10 am - 3.30 pm daily.*

*If you are interested in a course enrol now to avoid disappointment. If dates/or times do not suit you please ask as often we are able to arrange an alternative.*