

Course Guide

July to December 2017



Bowen Street Community Centre Camberwell (BSCCC) offers services which include childcare, playgroups, community support, adult and children's courses. Ring us to discuss any of our courses – there is something for everyone!

Cooking

Gourmet Christmas Baking with Carla **NEW**

Make sweet treats for yourself or as gifts.
Thu 7pm – 10pm 2/11 \$55 (ingredients incl)

Children's Activities

Child Care – Sessional and Permanent

Quality sessional Childcare programs in line with the Early Years Framework.

6mths – 5 yrs: Wed and Fri 9.15am – 12.15am
17/7 (10 wks); 9/10 (11 wks)

12mths – 5yrs: Wed and Fri 9.30am – 2.30pm
17/7 (10 wks); 9/10 (11 wks)

1 + group: Tue 9.15am-12.15

17/7 (10 wks); 9/10 (10 wks)

Call Centre for cost. Call us to organise a visit.

Playgroups – Unstructured

New to the area and looking for a Playgroup?

Join an existing group or bring your established group here. Includes lovely outside area with secure playground and access to kitchen facilities. Virtual tour and details visit: www.bowenstreet.org.au

Open Playgroup with specialist guest speakers

Morning tea provided, FREE. Ring to book.

Paediatric Dietitian Kathleen Perrone

Thu 9am – 11am 31/8

Orthodontist Carolyn Ng

Thu 9am – 11am 12/10

Veterinarian Claire Clark

Thu 9am – 11am 30/11

Health and Wellbeing

Yoga

Enjoy the benefits of hatha yoga. Ranging from beginners to experienced.

Wed 6.30pm – 7.30pm

Call Caty Plymin 0418 537 845

My Ideal (Healthy) Self Project **NEW**

It's time to make you and your health a priority.

Sat 9am – 1pm 12/8, 11/11 (1 wk) \$48

My Ideal Self Project

Manage your fears, identify your beliefs, and design your ideal self!

Mon 6.30pm – 8.30pm

16/10 (5 wks) \$175

Fri 1pm – 3pm, 13/10 (5 wks) \$175

To book call 0422 782 702

Workshops

Services for Seniors **NEW**

Lifelong learning, exercise, homecare, and other services tailored to seniors.

Mon 10am – 11am 14/8 FREE

Understanding pensions and concessions

Gain a better understanding of concessions and benefits.

Mon 11am – 12pm 14/8 FREE

Wills – Q&A with a lawyer, what you need to know before seeing your lawyer

Perfect preparation before making your will.

Mon 10am – 11am 28/8 FREE

Moving out of the Family Home – your options

Accommodation options available to older people.

Mon 11am – 12pm 28/8 FREE

Transitioning to Retirement

The gifts and challenges of ageing and ageism in Australia today.

Mon 10am – 11am 4/9 FREE

Your Wellbeing, Your Plan

Staying well, personal goals, and getting the most out of support services.

Mon 11am – 12pm 4/9 FREE

Grandparent's Playgroup

Facilitated open age playgroup for Grandparents and Carers 0 – 5 yrs. Gold coin donation

Mon 9.30am – 11.30am during school terms

Time out for parents of children with disabilities (parents only)

Wed 10am – 12pm 3rd Mon of the month.

Preschool Birthday Parties

Room hire for preschool birthday parties

Virtual tour of facilities and details:

www.bowenstreet.org.au

Sat and Sun 9am – 1.30pm or 1.30pm – 5pm

\$140 Members \$100

Sewing for Teens

Set up your machine using different stitches and go home with a groovy pair of pyjama pants.

Sat 10am – 3pm 5/8 \$70

Technology, Computers, Tablets & IT

iPad for Beginners and Seniors

Learn to use apps and functions on your iPad.

Fri 10am – 12.30pm 13/10 (4 wks) \$120

Buy and Sell Online – eBay

Learn how to use eBay and start selling and buying online.

Sat 9.30am – 12.30pm 29/7 \$70

Individual Support iPad/iPhone/Mac Support/PC/Laptop

One-hour sessions, volunteer led.

Various times and days \$10/session

Languages

French Conversation

An informal conversation class.

Thu 10am – 11.30am 20/7 ongoing
Gold coin donation

Italian Conversation

An informal conversation class.

Thu 2pm – 3.30pm 20/7 ongoing
Gold coin donation

Italian Advanced Beginners

Ranges from one to three years` experience

Tue 11.30am – 1pm 25/7 (9 wks) \$162

17/10 (9 wks) \$144

Italian Advanced

Three years` plus experience

Tue 10am – 11.30pm 25/7 (9 wks) \$162

17/10 (9 wks) \$144

Spanish Conversation

An informal conversation class.

Thu 12pm-1.30pm 20/7 ongoing
Gold coin donation

Textiles

Spring Carnival Fascinator Workshop **NEW**

Learn some basic techniques and finishes to create a simple but stylish fascinator to wear to the races. Includes creating one finished piece and also techniques to up-cycle and/or individualise a bought one.

Sun 10am – 3pm 15/10 \$70

Learn to use your Sewing Machine **NEW**

Learn how to thread your machine, wind the bobbin, learn a variety of stitches and types of seams on your own machine and begin sewing.

Fri 9.30am – 12.30pm 28/7 or 13/10 \$50

Refashioning a Shirt **NEW**

Beginner to intermediate sewers who are looking to get creative and be more sustainable with their clothing. Be creative and sustainable - bring in a men's shirt (or two) and create something unique.

Sun 10am – 1pm 17/9 or 24/9 \$100

Beginners Sewing **NEW**

In this relaxed class you will learn techniques to start you off on your sewing journey including how to understand your pattern, fabric selection and cutting correctly.

Fri 9.30am – 12.30pm 4/8 or 20/10 (6 wks) \$270

Intermediate Sewing Class **NEW**

Learn some professional techniques and finishes to take your sewing to the next level.

Fri 1pm – 4pm 4/8 or 6/10 (6 wks) \$270

Room Hire

Meeting rooms available for commercial or non-profit use and preschool birthday parties.

