

Live & Learn

January to December 2024

SHORT COURSES, ACTIVITIES & SOCIAL EVENTS @ BOROONDARA NEIGHBOURHOOD HOUSES



Explore what's on offer at your local neighbourhood centre

The City of Boroondara is home to 11 neighbourhood centres, bringing the community together to connect, learn and contribute to their local area through social, educational and support activities.

Live & Learn is your guide to what we have on offer in 2024. We look forward to seeing you at one of our centres soon.

Enrolments

To enrol in a class, call or email the relevant centre, using the contact information provided or visit their website to enrol online. Most centres have a small annual membership fee to help support the centre's running costs and charge an individual course fee if applicable. We try to keep the cost of our programs affordable and accessible, and some are even free. All courses are subject to sufficient enrolments and may be cancelled at the discretion of the centre's management.

Contents

Rooms for Hire	3
Trentwood Community House	4
Surrey Hills Neighbourhood Centre	5
Kew Neighbourhood Learning Centre	6
Hawthorn Community House	7
Craig Family Centre, Ashburton	8
4-Page Lift Out Including Course Matrix & Map	9-12
Canterbury Neighbourhood Centre	13
Camberwell Community Centre	14
Bowen Street Community Centre	15
Balwyn Community Centre	16
Ashburton Community Centre	17
Alamein Neighbourhood and Learning	18
Events	19

Meet our cover artist, Lucienne Noontil

Lucienne Noontil—inaugural winner of the Live and Learn cover competition—describes herself as fun, creative and young at heart. And you can certainly see that in her winning illustration entitled 'Expression'.

Lucienne first attended a community centre/neighbourhood house in 1993, when she was pregnant with her first child.

"I couldn't play competitive sport any more, so I started watercolour painting instead!" she explained. And she used this medium to create her playful cover illustration.

"I love the sense of community, the learning and creativity of a neighbourhood centre, and 'drew' on these positive and fun experiences to unlock the idea for my illustration," she said. "The bold strokes of colour are a show of strength. The different positions and moves of the people represent the diversity of what happens within our centres and houses."

An artist and a children's book illustrator and author, Lucienne's focus is on nature and the environment. She loves laughing and being involved with family, friends and community.

And she's still attending classes at neighbourhood houses to expand her art knowledge. Currently, she's learning Sumi painting with Junko Azukawa at Camberwell Community Centre. "I'm uplifted by colour and usually surround myself in it. But at the moment, I'm totally inspired by the use of just black ink!"

Find Lucienne online at luciennoontil.com or [instagram.com/luc.noontil](https://www.instagram.com/luc.noontil)

Interested in entering your artwork to become our cover artist for the 2025 Live & Learn guide? See the back cover for entry details.



Rooms for Hire

Our centres have rooms and halls to hire at very competitive rates. Contact the centres directly for further information or to make a booking.

ALAMEIN NEIGHBOURHOOD AND LEARNING CENTRE

Rooms available for meeting and seminar hire.

ASHBURTON COMMUNITY CENTRE

The Copland Room/Hall, meeting rooms and a registered kitchen available for hire for community, not-for-profit and commercial use. Suitable for meetings, classes and workshops. Discounts available for regular hire.

BALWYN COMMUNITY CENTRE AND FUNCTION CENTRE

Beautiful function room for parties, workshops and seminars for up to 120 people. Smaller spaces for up to 50 people include meeting rooms, art studios, classrooms, kitchen and a craft workshop. Available for hire to individuals, businesses and community organisations. Discount available for regular hirers.

BOWEN STREET COMMUNITY CENTRE, CAMBERWELL

Two buildings, with various spaces suitable for different purposes, available for hire to local residents, groups and organisations. Includes a well-equipped kitchen.

CAMBERWELL COMMUNITY CENTRE

Fairholm hall and studio /class spaces for hire. Includes kitchens and the latest in audio visual (AV) technology.

CANTERBURY NEIGHBOURHOOD CENTRE

Stunning modern facilities available for local hire, functions and events, including meeting rooms, community lounge, registered kitchen, dedicated art space and outdoor workshop.

CRAIG FAMILY CENTRE, ASHBURTON

Rooms suitable for meetings, seminars, community groups and parties.

HAWTHORN COMMUNITY HOUSE

Rooms available for meetings, parties, small events. Access to private garden, large kitchen and parking facilities.

KEW NEIGHBOURHOOD LEARNING CENTRE

Rooms available at very competitive rates. Harrier's Pavilion is also available for event or party hire.

SURREY HILLS NEIGHBOURHOOD CENTRE

Rooms available for casual or regular bookings. Children's parties, small events, meetings, group gatherings or cooking.

TRENTWOOD COMMUNITY HOUSE, BALWYN NORTH

Modern well-equipped centre with various sized rooms for hire. There is a fully equipped large kitchen off our Foard Williams room. Community groups, family gatherings, corporate workshops and functions welcome.



Ashburton Community Centre



Balwyn Community Centre and Function Centre



Craig Family Centre, Ashburton



Surrey Hills Neighbourhood Centre



Trentwood Community House

Mandarin to English. Confidence blossoms life

For Mandarin-speaking people coming to Australia, the language barrier is one of their biggest challenges. Our basic conversation class, with Cynthia Chen, increases confidence in everyday living and helps people with some basic life skills.

When Cynthia realised many Mandarin-speaking seniors with very little English live in our local community, she started teaching as a volunteer at Trentwood Community House. She saw her Mum – a new visitor to Australia – lose confidence at going out and with life in general.

With the help of the Community House staff, Cynthia started a class for seniors, giving them a basic knowledge of English and helping them become more independent.

“Some want to talk with English-speaking people more easily. Some want to be happy and rebuild their confidence,” Cynthia explains.

“They learn how to take public transport and shop by themselves. Many look after their grandchildren and want to help them with their homework.”

Cynthia creates conversations in various scenarios. The students learn to read and understand words and sentences, which they practise in class. Students can bring any questions that arise during their day, to share with others.

“I am so happy to see their faces turn from nerves to smiles when they greet me in English,” says Cynthia.

“When my students gather in the classroom, they know they are not alone. I’m privileged to help them with basic language skills and see them become independent.”



COURSES & ACTIVITIES

CHILDREN’S PROGRAMS

Study Space
Table Tennis
Holiday Events with Boroondara Youth

HEALTH AND WELLBEING

Belly Dancing
Changing Directions Music
Chinese Cultural Dancing
Pilates
Post-natal Exercise
Qigong/Tai chi
Strength and Balance (Ages 55+)
Strength and Balance (Ages 65+)
Table Tennis
Yin and Flow Yoga
Walking Group
Zumba

ARTS AND CRAFTS

Art (Mixed Media)
Art Links at Warrandyte

SOCIAL GROUPS

Table Tennis
Tea and Talk events
Walking Group

GARDENING AND SUSTAINABILITY

Repair Café

COOKING

Columbian Cooking Workshops
Turkish Cooking Workshops
\$5 Meals (NDIS)

LANGUAGES AND LITERACY

French (6+ months experience)
English to Mandarin

LIFE AND WORK SKILLS

Rendezvous to Write



Classes that inspire and a community that cares

Nourish your body, mind and soul through creativity, culture and community at Surrey Hills Neighbourhood Centre.



We recently surveyed our community about their experience with SHNC, and received an overwhelmingly wonderful response. Not only did participants enjoy positive satisfaction from their classes or activities, but even better, over 85% of participants reported building meaningful community and social connection by taking part in our diverse range of classes and activities.

At a time when feelings of disconnection and isolation overwhelm some communities, bringing people together and enriching their lives is central to everything we do at SHNC.

We see examples every day. Our walking groups and exercise classes for seniors often end with informal coffee catch-ups at local cafés. Our playgroup and pram walking group celebrates connection across different generational and cultural backgrounds with grandparents, parents and children alike coming together to play and catch-up.

It's heartwarming to see our community discover shared interests with others, which then blossom into treasured friendships.

So, whether you're interested Music or Mah Jong, Tai Chi or Table Tennis, or even Spanish or Scrabble ... our classes provide the perfect place to learn a new skill, practise a hobby and cultivate a sense of community and connection.

We look forward to welcoming you at Surrey Hills Neighbourhood Centre.

COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

Parents with prams walking group
Playgroup
SafeSeats SafeKids sessions

HEALTH AND WELLBEING

Ageless Grace
Active Living
Yoga
Pilates
Qigong
Strength Training
Group Personal Training
Table Tennis
Walking Groups
Bike Riding Groups
Tai Chi

ARTS AND CRAFTS

Drawing
Mixed Media
Watercolour
Stitch and Chat
Ukulele
Mosaics

SOCIAL GROUPS

Scrabble
Book Group
Women's Reflection Group
Carer's Walks
Men's Walking Group
Mah Jong
Laughter Group

COOKING

Blokes' Cooking Group

LANGUAGES AND LITERACY

Italian
Spanish
English Conversation Group
for Chinese Community

LIFE AND WORK SKILLS

Bike maintenance workshops



Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills 3127

T: 9890 2467 E: reception@surreyhillsnc.org.au

W: surreyhillsnc.org.au



Getting the digital essentials

At Kew Neighbourhood Learning Centre, people come to share, connect, learn and realise their potential. We offer diverse programs in Adult Education, children's services and social activities. We also help those in our community who are experiencing social isolation.



Do you want to enhance your digital skills? Are you uncertain about recent changes, such as 'OneDrive' and 'the Cloud'? Do the many apps and new functions on your devices leave you feeling bewildered? Are you concerned about security and potential scams? If any of these questions resonate with you, come and join our affordable group classes, where we help boost your knowledge and confidence.

Monday mornings focus on computers and laptops, delving into recent updates while providing a comprehensive grasp of concepts like Wi-Fi, data management, cloud computing and software upgrades. We emphasise a gradual learning approach, offering plenty of opportunities to hone your skills.

Monday afternoons are dedicated to phones, iPads and tablets. Starting with the fundamentals, we nurture your understanding and abilities to ensure you can safely operate your devices and use features tailored to your needs. Check out our website for details on all our courses.

We hope to see you soon.



Kew Neighbourhood Learning Centre
2-12 Derby Street, Kew 3101
T: 9853 3126 E: admin@kewnlc.org.au
W: Kewnlc.org.au

COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

Facilitated Playgroups
Occasional Care
Kids Art Classes
Kids Coding – computer coding

HEALTH AND WELLBEING

Yoga
Fit for You
Mat Pilates
Tai Chi
Dance
Fitness for Older Adults

ARTS AND CRAFTS

Ukulele (Beginner-Advanced)
Write a Book in a Year
Art of Drawing and Painting

SOCIAL GROUPS

Women's Shed
Men's Shed
Book Club
Threads of Kindness (sewing group)
Inclusive Communities Program

GARDENING AND SUSTAINABILITY

Taster in Floristry
Taster in Horticulture

LANGUAGES AND LITERACY

EAL Beg/Int/Adv
Everyday English Language Skills
EAL through Digital Skills
Effective Writing
Boost your Literacy and Numeracy

DIGITAL SKILLS

Be Connected
Digital Essentials
Office Administration Skills
Google Docs and Google Sheets
Digital Gig Economy

LIFE AND WORK SKILLS

Transition to Employment
Work Ready – Resume/Interview skills
Development for Online Study
Leap into industry
Small Business Skills
Social Media Marketing
E Business and Digital Literacy
Intro to Barista/café
Taster in Customer Service
Taster in Kitchenhand and Barista
Taster in Hospitality
Taster in Event Management
Taster in Fashion and Textiles
Introduction to Creative Industries
Taster in Trade
Taster in Beauty and Wellness
Taster in Sport and Recreation



William Street Playhouse – Build Connections

Our new William Street Playhouse is open. Come and join this welcoming and inclusive space where families can ‘drop in’ for a play with other local families. Connections and friendships are formed in this relaxed happy space.



The William Street Playhouse lets families build local support networks and friendship groups. Our centre is well equipped with indoor and outdoor play equipment. Members pay a small fee and can access the Playhouse from 9 am – 3 pm Monday to Thursday. You can arrange to meet other members for a coffee and catch-up while the children enjoy a wide range of activities.

A facilitated playgroup runs on Mondays from 10 am – 12 pm. Each session includes free play and socialisation for children and parents. It’s a great way to get to know the centre, through hands on activities like cooking pizza and crafting a cellophane stained glass window.

Megan, our very first member, highlights the benefits of Playhouse membership. “As a second time mum, I was concerned about not having the same level of support that I did for my first child. The Playhouse has been a wonderful way to connect with other parents. My children and I have all made friends and we love visiting as often as we can.”

Another new member, Vera, also values her membership. “Having just recently moved here, with 2 young kids, I was blessed to find the William Street Playhouse. It is an affordable and accessible place to get together, meet new people and play. The space is beautiful. Our favourite is the Monday playgroup with Denise. Plus, it is perfect for my kids to practise their English.”

Come and see the William St Playhouse!



Hawthorn Community House
32 Henry Street, Hawthorn 3122
T: 9819 2629 E: info@hch.org.au
W: hch.org.au

COURSES & ACTIVITIES

CHILDREN’S PROGRAMS

William Street Playhouse
Mums and Bubs Exercise
Teen Theatre Group

HEALTH AND WELLBEING

Pilates
Dynamic Pilates
Qigong and Tai Chi
Strength and Balance
Slow Flow Yoga
Walking Group

ARTS AND CRAFTS

Art for All: Natural Object and Still Life
Drawing

SOCIAL GROUPS

Cinema and Chat
Short Story Book Club
Men’s OM:NI (Older Men: New Ideas)
Pathways for Carers Walking Group
Lifelong Learning Meetings (LLM)

COOKING

Cooking Workshops

LANGUAGES AND LITERACY

Life Writing
Rendezvous to Write
French Intermediate
Italian Beginner
Italian Conversation

DIGITAL SKILLS

iPad Beginner
iPad Continuation

LIFE AND WORK SKILLS

Learn to Play Bridge
Wiser Driver
Wiser Walker, Wiser Traveller
Safer Scooter



Come for the activities. Stay for the friendships!

Anyone with children will tell you parenting can be lonely without the right social support. At the Craig Family Centre, we're all about social connections. We have something for all parents – including new parents – to get connected and feel supported.

We have lots of activities for children at the Craig Family Centre. Music, art and language benefit young children in so many ways, especially during their early development.

For example, there's 'Creative Play with Squiggle Kids' for children aged 2–5 years. Research shows that open-ended art and craft can develop brain capacity and support the development of cognitive, social-emotional, language and multisensory skills.



Then there are music program favourites, such as 'Tuesday Morning Music with Jo' and 'Gumnut Music with Louise'. They help ignite many areas of child development and assist with skills for school readiness, including intellectual, social, emotional, motor, language, and overall literacy skills. Music helps the body and the mind work together.

However these activities don't only benefit the children. They benefit the parents too. Our spaces and programs are primarily designed to nurture connections.

Social relationships are essential for physical and mental wellbeing. They're particularly important for new parents – constructive and supportive social connections help safeguard parents from daily stressors. These relationships promote nurturing parenting behaviours, which in turn, help young children grow secure attachments.

We take play seriously at the Craig Family Centre. And social connectedness even more so. We would love you to join us.



Craig Family Centre

7 Samarinda Avenue, Ashburton, 3147
T: 9885 7789 E: enquiries@craigfc.org.au
W: www.craigfc.org.au

COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

All the Doo Dah Day
Baby Playgroup
Bush Playgroup
Creative Play with Squiggle Kids
Friday Playgroup
Gumnut Music with Louise
Kindergarten, 3 and 4-Year-Old
Mandarin Playgroup
School Holiday Programs
Sessional Childcare
Tuesday Morning Music with Jo

HEALTH AND WELLBEING

Family Yoga
Mums 'n' Bubs Yoga
Mums Walking Group
Parent Information Events
Parent Support Programs
Wellbeing Workshops

SOCIAL GROUPS

Al-anon
Australian Breastfeeding Association
Book Club
Chatty Café
Edge Community Fund
Family Film Nights
GOLD Group
Lions Club of Boroondara-Gardiners Creek
Parenting Support Groups
Victorian Egg Decorators Guild
Victorian Guild of China Painters

COOKING

Children's Cooking Classes
Community Cooking Classes

LANGUAGES AND LITERACY

Bright Brains Homework Club
English & School Readiness Classes
Mandarin Classes for Children

LIFE AND WORK SKILLS

Jobs Advocacy
Financial Literacy Programs
Resume Writing



Quick Reference Guide

4-Page
Lift Out

Your 4-page lift-out guide to Boroondara Neighbourhood Houses courses and activities for 2024. With 11 Neighbourhood Houses in Boroondara, we have a lot to offer. This is your handy reference that shows an overview of what you'll find at our Centres, where to find us and how to contact us.



Alamein Neighbourhood and Learning



Ashburton Community Centre



Balwyn Community Centre



Bowen Street Community Centre



Camberwell Community Centre



Canterbury Neighbourhood Centre



Craig Family Centre



Hawthorn Community House



Kew Neighbourhood Learning Centre



Surrey Hills Neighbourhood Centre



Trentwood Community House

2024

	Alamein NLC	Ashburton CC	Balwyn CC	Bowen Street CC	Camberwell CC	Canterbury NC	Craig FC	Hawthorn CH	Kew NLC	Surrey Hills NC	Trentwood CH
Children & Teen Programs											
Children's or Teen Art/Craft Classes					•	•	•		•		
Children's Coding									•		
Children's Cooking Programs						•	•				
Children's Language Programs		•		•			•				
Children's Music Programs		•		•			•				
Kindergarten							•				
Mums & Bubs Exercise			•			•	•	•			
Occasional/Sessional Care			•	•			•		•		
Parents/Prams Walking Group							•			•	
Playgroups			•	•		•	•	•	•	•	
School Holiday Programs	•	•			•	•	•				•
Study Space/Homework Groups	•						•				•
Teens Table Tennis											•
Teens Theatre Group	•							•			
Health and Wellbeing											
Exercise Classes	•		•			•				•	
Exercise Classes (seniors)	•	•	•	•	•	•		•	•	•	
Line Dancing		•			•						
Meditation/Wellbeing Programs	•	•					•				
Nordic Walking		•									
Pilates	•	•	•		•	•		•	•		•
Post-Natal Exercise						•					•
Qigong/Tai chi		•	•		•	•		•	•	•	•
Self Defence	•		•								
Yoga	•	•	•	•	•	•	•	•	•		•
Zumba/Dance & Music Classes			•			•			•		•
Arts and Crafts											
Drawing Classes		•	•	•	•	•		•	•	•	
iPad Art/Digital Art		•									
Mixed Media Classes		•			•					•	•
Mosaics						•				•	
Painting Classes		•	•	•	•	•			•	•	
Photography						•					
Pottery					•						
Textiles/Sewing/Furniture	•		•	•	•	•					
General Interest											
Ukulele		•							•	•	
Writing Classes	•	•				•		•	•		•
Cooking											
Cooking Workshops	•		•	•		•	•	•			•
Meal Preparation/Cooking Classes	•						•			•	•

2024

	Alamein NLC	Ashburton CC	Balwyn CC	Bowen Street CC	Camberwell CC	Canterbury NC	Craig FC	Hawthorn CH	Kew NLC	Surrey Hills NC	Trentwood CH
Social Groups & Games											
Bike Riding Groups										•	
Board Games (e.g. Scrabble, D&D)		•	•							•	
Book Groups		•			•	•	•	•	•	•	
Bridge/Solo/Rummikub/500		•	•		•	•		•			
Crosswords Groups		•									
Discussion/Chat/Social Groups	•	•				•	•	•		•	•
Film/Cinema Events		•			•		•	•			
Mah Jong		•	•		•	•				•	
Music/Band Sessions		•									
Sewing/Knitting/Craft Groups	•	•	•			•			•	•	
Social Clubs/Group Meetings	•	•		•	•	•	•				
Support Groups		•		•		•	•				
Table Tennis		•	•							•	•
Walking Groups		•			•	•	•	•		•	•
Women's Shed/Men's Shed	•								•		
Gardening and Sustainability											
Community Garden Program	•		•			•					
Floristry Class/Group		•							•		
Garden/Horticulture Classes	•		•	•		•			•		
Sustainability Programs	•					•					•
Languages and Literacy											
EAL/English Conversation	•		•						•	•	
French		•	•	•	•	•		•			•
German			•		•						
Italian	•	•	•	•	•	•		•		•	
Japanese					•						
Literacy/Numeracy Classes	•								•		
Mandarin							•				•
Spanish				•		•				•	
Digital Skills											
Digital Literacy	•	•		•		•		•	•		
Life and Work Skills											
Digital/Software Skills	•			•					•		
Financial Literacy/Budgeting	•										
Home/Bike Maintenance	•									•	
Industry Tasters									•		
Work Ready/Job Advocacy	•					•	•		•		

Our Locations

1 Alamein Neighbourhood and Learning

49 Ashburn Grove, Ashburton 3147
 T: 9885 9401 E: admin@alameinnlc.com.au
 W: www.alameinnlc.com.au
 Facebook: Alamein Neighbourhood and Learning Centre

2 Ashburton Community Centre

160 High Street, Ashburton 3147
 T: 9885 7952 E: office@ashburtoncc.org.au
 W: www.ashburtoncc.org.au
 Facebook/Instagram: ashburtoncc

3 Balwyn Community Centre

412 Whitehorse Road, Surrey Hills 3127
 P: 9836 7942 E: reception@balwyncc.org.au
 W: www.balwyncc.org.au
 Facebook: BalwynCC

4 Bowen Street Community Centre

102 Bowen Street, Camberwell 3124
 T: 9889 0791 E: info@bowenstreet.org.au
 W: www.bowenstreet.org.au

5 Camberwell Community Centre

33–35 Fairholm Grove, Camberwell 3124
 T: 9882 2611 E: contacts@camberwellcc.org.au
 W: www.camberwellcommunitycentre.org.au
 Facebook: camberwellcommunitycentre.org.au

6 Canterbury Neighbourhood Centre

2 Kendall Street, Canterbury 3126
 T: 9830 4214 E: office@canterburync.au
 W: www.canterburync.au

7 Craig Family Centre

7 Samarinda Avenue, Ashburton 3147
 T: 9885 7789 E: enquiries@craigfc.org.au
 W: www.craigfc.org.au
 Facebook: craigfamilycentre

8 Hawthorn Community House

32 Henry Street, Hawthorn 3122
 T: 9819 5758 E: info@hch.org.au
 W: www.hch.org.au
 Facebook: hawthorncommunityhouse
 Instagram: hawthorncommhouse

9 Kew Neighbourhood Learning Centre

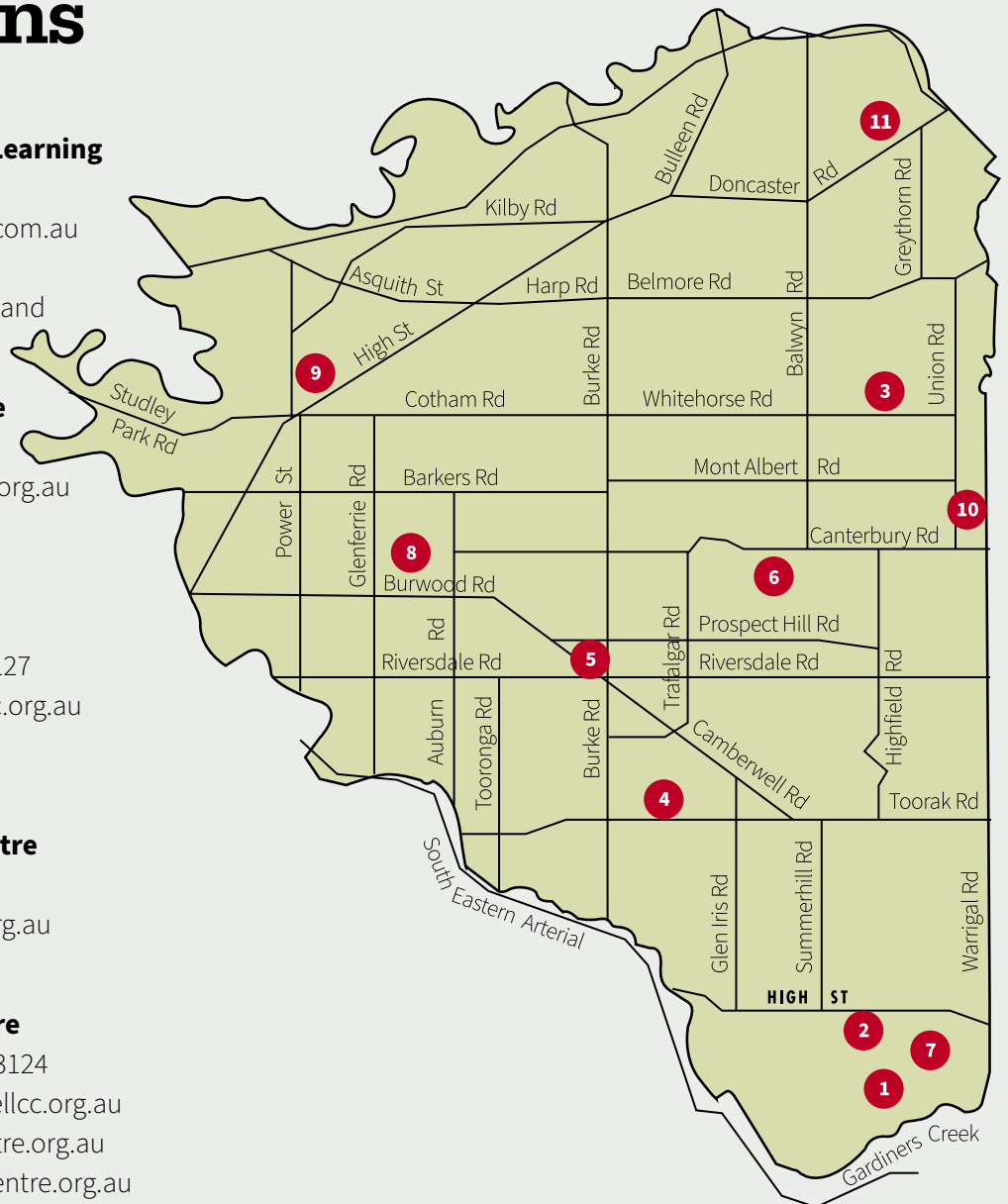
2–12 Derby Street Kew 3101
 T: 9853 3126 E: admin@kewnlc.org.au
 W: Kewnlc.org.au
 Facebook: @kewneighbourhoodleaningcentre
 Instagram: @kewlearning

10 Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills 3127
 T: 9890 2467 E: reception@surreyhillsnc.org.au
 W: www.surreyhillsnc.org.au
 Facebook: surrey.neighbourhoodcentre

11 Trentwood Community House

2 Centre Way, Balwyn North 3104
 T: 9006 6590 E: info@trentwood.org.au
 W: www.trentwood.org.au
 Facebook: Trentwood at the Hub



School holiday programs: There's something for everyone

Looking to keep the kids entertained over the school holidays? We have got your holidays covered with a range of unique workshops for all ages.

Jump on a sewing machine and learn how to sew a tote bag in our beginner sewing class. Get building with LEGO, explore robotics or try woodworking and make your own billy cart.

At Canterbury Neighbourhood Centre, we offer a range of fun and unique workshops for children and teens over the school holidays. And it's different every time – we develop a fresh program full of new activities each holidays.

Upcoming workshops offer something for everyone, including mosaic art, robotics, pom pom crafts, clay, watercolour, cooking, LEGO, woodworking, coding, textiles and more!

Sign up for our email newsletter to stay up to date with our latest classes. There's a link on our website.



COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

After School Art
Beginner Sewing
Structured Playgroup
School Holiday Program

HEALTH AND WELLBEING

Buff Bones
Mat Pilates
Mums and Bubs Yoga
Strength Training
Tai Chi
Yoga
Walking Groups
Zumba

ARTS AND CRAFTS

Art Workshops
Crochet
DSLR Photography
Jewellery Making
Mosaics
Nature in Art
Introduction to Drawing and Still Life
Textiles
Upholstery and Furniture Restoration
Watercolour

SOCIAL GROUPS

Book Circle
Bridge
Chatty Café
Social Crafters
Mah Jong
Umbrella Dementia Café
Walks for Carers

GARDENING AND SUSTAINABILITY

Garden Club
Community Garden
Gardening Workshops
Sustainable Living

COOKING

From My Kitchen
Cooking for Kids

LANGUAGES AND LITERACY

Art History
Community Library
French
Italian
Spanish
Creative Writing
Writing Life

DIGITAL SKILLS

Getting the most from your iPhone
or iPad
Be Connected
Digital Mentor



Welcome to Thursdays!

Camberwell Community Centre has plenty of good days so it was difficult to pick just one. We settled on Thursday and here are a dozen reasons why.

Start the morning with Anna and her popular Tai Chi sessions – 3 classes on a Thursday cater to every level and everybody. Anna welcomes new students to trial at least 1 class and experience the benefits.

Next through the doors are the Italians for their Philosophy lessons taught in language by the wonderful Ivano Ercole. They enjoy nothing more than learning new concepts on life, death and everything in between.

While the Italians settle in, students in Studio 2 are immersed in oil painting. Swaithi welcomes returning students and newcomers, although you do need some prior experience working in this luxurious medium. Next door in Studio 1, Antoinette and her students delve into the subtle washes of watercolour.

The Thursday vibes continue with Italian seniors who eat, play cards, laugh, dance and share news. At 12.30 pm, another group settles into the Card Room for Mah Jong. If you don't know the game, we offer 1 hour lessons several times throughout the term.

In the courtyard, the Clay Room is open for afternoon and evening sessions. It can be hard to get a place, but please keep trying – you will get one eventually.

Into the evening, we have an illustration class or a traveller's language course. The timetable changes to capture the creative pursuit or latest hot destination.

The CCC palette is varied so please look at the course guide or visit us on Fairholm Grove. You'll find the right time, class, subject and group to brighten your day. And it's not just on Thursdays.



COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

Little Hands Pottery
Life Drawing and Portraiture for under 14s
Pottery for Teens

HEALTH AND WELLBEING

Buff Bones
Line Dancing
Mat Pilates
Strength Training
Tai Chi
Qigong
Yoga for Back Care
Yoga Flow and Breath
Yoga Intensive

ARTS AND CRAFTS

Acrylics & Mixed Media
Art Master Classes
Crochet Club
Calligraphy
Comics
Graphic Novels
Drawing and Painting
Figure Drawing
Graphic Novels
Illustrations
Japanese Ink
Jewellery Making
Oil Painting
Open Studio
Pastels
Pottery Wheel-work and Hand-building
Printmaking
Watercolour

SOCIAL GROUPS

Book Club
Bridge
Camberwell Film Society
Greek Senior Citizens Club
Italian Senior Citizens Club
Rainbow Seniors
Learn to Play: Mah Jong
Learn to Play: Solo
Mah Jong
Solo
Walking Group
Fun 500

LANGUAGES AND LITERACY

French
German
Spanish
Italian Through Opera
Japanese



It takes a village to raise a child

Bowen Street Community Centre has been creating a 'village' for young families in Boroondara for 41 years. Find out how we're promoting the connections that support young families.

The phrase 'it takes a village to raise a child' started in Africa. It's a message repeated in languages throughout the continent:

- The Bunyoro proverb (a language spoken in Uganda) 'Omwana takulila nju emo' translates as 'A child does not grow up only in a single home'.
- The Bahaya saying (a language spoken in Tanzania) 'Omwana taba womoi' translates as 'A child belongs not to one parent or home'.
- The Kijita (Wajita) proverb (a language spoken in Tanzania) 'Omwana ni wa bhone' translates as 'Regardless of a child's biological parents, its upbringing belongs to the community'.
- The Swahili proverb (a language spoken in countries such as Tanzania, Kenya, Uganda and Rwanda) 'Asiye funzwa na mamae hufunzwa na ulimwengu' translates as 'Whomsoever is not taught by the mother will be taught with the world'.

And it's a message that rings truer for parents and families today than ever before. Juggling parental responsibilities while maintaining a career is not easy.

So why does community create quality outcomes for children? A community promotes belonging, a sense of identity and learning. It supports

active participation in the world and continuity of learning. It connects children and families to supportive relationship and resource networks. It fosters an important relationship environment.

Playgroups are an integral part of our programming and we have one for everyone, for example, grandparents, new families, Mandarin, French, multiple birth and mixed ages.

Other programs supporting children and families include approved sessional child care, a school readiness program, Safe Seats Safe Kids, children's music and school holiday programs.



Bowen Street Community Centre

102 Bowen Street, Camberwell 3124

T: 9889 0791 E: info@bowenstreet.org.au

W: www.bowenstreet.org.au

COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

Child care – Wed, Thu and Fri
Children's Music
Multicultural Storytime
Playgroups
Grandparents
New to the Area
Mandarin
Unstructured
Mrs Clarke's School Readiness Program
French Playgroup
LGBTQI+ Rainbow Playgroup

HEALTH AND WELLBEING

Yoga
Strength Training for Over 50s
Active Movers

ARTS AND CRAFTS

How to Draw What You See
Sewing for all Levels
Various Craft Workshops

SOCIAL GROUPS

Camberwell Multiple Birth Association
Chatty Café
Melbourne Warblers
Morris Dancing
Sewing Circle

GARDENING AND SUSTAINABILITY

Garden Design

COOKING

Indian
Turkish
Christmas Gourmet Cooking
Dumplings

LANGUAGES AND LITERACY

French Conversation
Italian Conversation
Spanish Conversation Beginners
Spanish Conversation Advanced
Children's Chinese Language

DIGITAL SKILLS

Individual Support

GENERAL INTEREST

Safe Seats Safe Kids
Community Library
Community Drum Circle



Fit and Healthy Over 50!

We are passionate about supporting older community members to stay fit and healthy. Our classes, run by dedicated fitness instructors, are suitable for everyone, no matter your age or ability. Here's some of what's available.



Balance Back – Nothing gets in the way of our Balance Back class. Not a walking stick, wheelchair or sore hip. Your teacher Robin has designed the class for older people who may have mobility issues or who are returning to movement after an injury. Each exercise can be done sitting or standing, with the focus on improving strength, balance and core stability. But perhaps the best part is the after-class catch-up with a cup of tea and biscuit. *Balance Back is held on Tuesday 11 am – 12 pm and Thursday 12.30 pm – 1.30 pm.*

Pilates for Fifties Plus – It's all in the name... These Pilates classes are made for members who are 50+. Adding Pilates practice into your busy weekly schedule can greatly support your body's framework, and improve muscle mass and bone density. As a low impact form of exercise, it's also a great way to relax and soothe the mind. *Join Rob's Pilates class on Wednesday 7 pm – 8 pm or Bill's class on Tuesday 9.30 am – 10.30 am.*

Yoga and Meditation – Gary started Mitha's yoga and meditation class late last year. In his 60s, he had never done yoga before and enrolled with a nudge from his wife. He enjoyed the first class but admits he felt it was a challenge. However, Gary has stuck with it and now enjoys the benefits in his everyday life. *Join Mitha's Yoga and Meditation class on Tuesday 7pm – 8 pm.*

Get fitter after 50 and join a fitness class at BCC. For more information about classes and to enrol, you can visit our website or call the office.

COURSES & ACTIVITIES

CHILDREN'S PROGRAMS

Occasional Childcare
Grandparents Playgroup

HEALTH AND WELLBEING

Yoga
Yoga and Meditation
Chair Yoga
Mums and Bubs Yoga
Fit For You
Qigong
Qigong and Stillness Meditation
Tai Chi
Pilates
Pilates Fifties Plus
Stretch and Strengthen Exercise
Hi/Low Exercise
Balance Back to Exercise for Older Adults
Zumba Gold
Table Tennis
Tennis – Court Hire 7 days per week

ARTS AND CRAFTS

Life Drawing
Fashion Illustration
Drawing
Watercolour Painting
Painting for Pleasure
Decoupage
Botanical Painting and Drawing
French Polishing and Furniture Restoration
Knit and Crochet
Floral Arrangement workshops
Basket Weaving workshops

SOCIAL GROUPS

Bridge Group and Learn to Play Bridge
Scrabble Group
Mah Jong
Learn to Play Mah Jong

GARDENING AND SUSTAINABILITY

Community Garden
Grow Your Own Veggies
Surrey Hills/Balwyn Veggie Swap

COOKING

Sri Lankan Cooking Class
Men's Cooking Classes

LANGUAGES AND LITERACY

French – Beg, Int, Adv Conversation
Italian – Beg, Int, Adv Conversation
German – Beg, Int, Adv
English Conversation Fun



Bonding over books

Connecting with others supports mental health and reduces social isolation. It's also lots of fun. And if you love reading, why not come and bond over books?



Being part of a book group is a great way to connect with others. No need to worry about making small talk – the topic of conversation is already set. Run by dedicated volunteer co-ordinators, our book groups love to welcome new members. Some groups are long-standing; some are new; some run in the afternoon; others at night.

Because we're co-located with the Ashburton library, our groups can access books through the library's Book Group Sets. There's over 100 titles to choose from. If you haven't picked up a book in a while, joining a group may give you that extra motivation to get started. You'll also find yourself discovering new authors and titles.

"Books and doors are the same thing. You open them, and you go through into another world." – Jeanette Winterson

It's all about conversations, ideas, sharing a little about yourself with others. And what happens when no-one likes the book? Well, those are the most fun and entertaining meet ups.

If you're looking for more or a deep dive into texts, look at our For the Love of Literature course. Or if you have a story of your own to share, why not join our Your Life Stories class.

And don't forget to drop by Bookfest Ashburton on July 13 to browse over 5,000 ex-library books.



Ashburton Community Centre

160 High Street, Ashburton 3147

T: 9885 7952 E: office@ashburtoncc.org.au

W: www.ashburtoncc.org.au

COURSES & ACTIVITIES

HEALTH AND WELLBEING

Ageless Grace
Balance Back to Exercise
Exercise to Music
Fit for You
Keep Fit
Line Dancing
Mat Pilates
Nordic Walking
Tai Chi
Yoga – Hatha, Slow Flow, Yin, for All
Yoga and Pilates
Your Healthy Spine
Stay Active (online pass)
Yoga (online pass)

ARTS AND CRAFTS

Art for All Abilities
Advanced Watercolour Painting
Botanical Watercolour Illustration
Chinese Brush Painting
Introduction to Watercolour
iPad Art using Procreate
Life Drawing
Watercolour Painting and Mixed Media

SOCIAL GROUPS

Book Groups
Ashy Writers Club
Chatty Café
Dungeons and Dragons
Love Your Flowers
Cryptic Crosswords
Nordic Walking
Scrabble Club
Rummikub
Spinners and Knitters
Craft, Coffee and Chat
Patchwork and Handcraft
Floral Art
Acoustic Group
Blues Music Jamming Group
Table Tennis
Tapping into Mindfulness
Walking Group
Mah Jong Group and Lessons
Global Film and Discussion Nights

LANGUAGES AND LITERACY

French – Beg and Adv Conversation
Italian Intermediate

DIGITAL SKILLS

Tech Help Desk
Get Connected/Stay Connected for Seniors

GENERAL INTEREST

For the Love of Literature
Your Life Stories
Creative Writing
Ukulele



Unsung heroes: Our remarkable volunteers

Meet dynamic husband and wife duo, David and Sandra Briggs – the powerhouses of Alamein Neighbourhood and Learning! These 2 are the heart and soul of our volunteer community, engaging with participants and others in a polite, friendly and respectful manner.

David kicked off his journey with us at the Alamein Men's Shed in 2021, but that was just the beginning. He swiftly jumped into various roles, from nurturing our community garden to handing out bread and being the life of our events and BBQs. Lifelong learning is his motto, as he dives into exercise, carpentry, digital literacy and thought-provoking discussions.

Inspired by David, Sandra stepped up and joined Alamein with a bang! She dove into fitness and digital literacy courses and took charge of various administrative tasks, all while keeping the centre spick and span.

These 2 don't shy away from any task, no matter how sudden. Recently, they played a pivotal role in delivering the quarterly course guide to a significant portion of the local area. Kindness and inclusivity are their superpowers, making everyone feel at home and eager to explore our offerings.

But that's not all. Their active presence on social media and David gracing our course guide cover show that they're the heartbeat of the Alamein Neighbourhood and Learning community.

If you're ready to join these incredible volunteers or maybe assist teachers with English, Literacy and Digital Skills classes, reach out to us. We can't wait to welcome you into our family!



COURSES & ACTIVITIES

HEALTH AND WELLBEING

Body Fit
Meditation
Mat Pilates
Self Defence
Yoga

ARTS AND CRAFTS

Kokedama Balls
Sewing
Terrariums
Waxed Fabric Food Covers
Weaving Healing Bracelets

SOCIAL GROUPS

Chatty Café
Craft Drop-Ins
Discussion Group
Games Drop-Ins
Men's Shed
Tiny Library

GARDENING AND SUSTAINABILITY

Community Garden Plots
Introduction to Horticulture
Repair, Reuse and Recycle Workshops

COOKING

Eat Well on a Budget

LANGUAGES AND LITERACY

English Communication Skills – Levels 1–2
English Conversations
English for Future Pathways – Levels 3+
English for Work and Study – Level 3
Italian
Let's Learn English (Basic)
Literacy for Practical Purposes
Literacy through Computers

DIGITAL SKILLS

Cloud Collaboration Tools
Digital Essentials – Level 1
Digital Essentials – Level 2
Digital Online Communication Skills
Exploring and Using Mobile Devices
Guarding Against Scams
Intro to MS Word and Excel
Intro to MS Outlook and Email
Managing Digital Clutter
Microsoft Skills

LIFE AND WORK SKILLS

Building Resilience Skills
Career Support Advice (Free)
Confidence with Presentation Skills
Essential Life and Workforce Skills
Fundamentals of Volunteering
Home Maintenance Made Easy
Introduction to
Carpentry and Beyond
Managing Your Budget
Negotiation Skills



Still looking for inspiration?

Check out some of our special events planned for 2024

Neighbourhood House Week at your Boroondara Neighbourhood Houses

13 May 2023 – 19 May 2023

Neighbourhood House Week is an annual national celebration, recognising the important contribution over 1,000 neighbourhood houses make in local communities across Australia. Your local Boroondara Houses and Centres will be providing free trials, taster classes and activities. Visit our websites to see what's on.



ALAMEIN NEIGHBOURHOOD AND LEARNING

Sunday Series Wellness Tasters

Every Sunday in February 2024, 10 am – 11.30 am

Always wondered what a yoga, pilates, self defence or body fit class was like before committing to join? We are running FREE wellness classes every Sunday in February. Each session runs for 1 hour practice, followed by 30 minutes for morning tea. Register on our website.

ASHBURTON COMMUNITY CENTRE

Ashburton-a-Fair

23 Mar, 29 Jun, 21 Sept and 7 Dec 2024, 9.30 am – 2.30 pm

Browse the market, sign up for an art and craft workshop, participate in free creative activities for all ages, enjoy the Devonshire Tea and the sausage sizzle

Bookfest Ashburton – Summer Pop Up Event

25 February 2024, 10 am – 2 pm

As part of the Ashburton Community Festival, browse through recently deleted items from local libraries, and take part in upcycling craft activities for all ages and enjoy a Devonshire tea.

Bookfest Ashburton

13 July 2024, 9 am – 3 pm

Check out over 5000 ex-library books, free upcycling craft activities for all ages, free author talks, Devonshire tea, sausage sizzle and more. Come along in your book-themed dress up to gain an extra entry into our raffle!

BALWYN COMMUNITY CENTRE

International Women's Day Self Defence Workshop

5 March 2024, 6.30 pm – 8.30 pm

Balwyn Community Centre and Trentwood at the Hub are holding a self-defence workshop for women and girls. Suitable for women of all ages and abilities.

BOWEN STREET COMMUNITY CENTRE

Harmony Day – “Everyone belongs”

21 March 2024, 10 am – 12 pm

Join us for harmony day celebrations and morning tea. The event is free, but booking is essential.

Children's Week 2024

24 October 2024, 10 am – 12 pm

Check out activities such as a puppet show, morning tea, an animal farm and caterpillar / butterfly hatching. This event is free, but booking is essential.

CRAIG FAMILY CENTRE ASHBURTON

Harmony Day

23 March 2024, 12 pm – 4 pm

Enjoy dumplings, a sausage sizzle and a wide range of cultural performances as we celebrate the diversity in our community.

HAWTHORN COMMUNITY CENTRE

Bands and Burgers for Social Inclusion Week

22 November 2024, 4 pm–8 pm

Join us in Central Gardens – the Rocket Park – for music and children's entertainment, food and fun. Enjoy the local food trucks and listen to bands and entertainers.

William Street Playhouse Open Day

8 September 2024

Discover this unique and exciting space where families can 'drop in' for a play and meet other families in the local area.

KEW NEIGHBOURHOOD AND LEARNING CENTRE

Get Online Week

Monday 14 October 2024, 1 pm – 3 pm

Join us for some afternoon tea and learn about our free Be Connected program, which meets weekly to assist you with your digital devices.

SURREY HILLS NEIGHBOURHOOD CENTRE

Surrey Hills Music Festival

24 February 2024, 3 pm – 10 pm

The 2024 Festival features an afternoon session with our Chill Vibes: Acoustic, Blues, Roots and Folk music. Night Vibes showcases bands and solo artists in the Pop, RnB, Soul, Hip Hop and Funk genre.

International Women's Day

8 March 2024, 8 am – 9.30 am

Gather as a community of women for a morning event with an inspiring speaker, a breakfast pastry and barista coffee.

TRENTWOOD COMMUNITY HOUSE

Summer holiday fun for Boroondara Youth

24 January 2024, 11 am – 3 pm

Join Boroondara Youth at Trentwood for Tie Dye workshop. For people aged 10–15 years.

Talk and Tea

22 February 2024, 11 am – 1 pm

Join us and meet others in the local community, and listen to an inspiring guest speak. Morning tea is provided.

Are you our next cover artist?



Previous Live & Learn Covers

Design Brief: Submit an artwork to feature on the front cover of the Boroondara Neighbourhood House 'Live & Learn' brochure. The artwork must be vibrant, eye catching and feature a person or people. Your piece will reflect something about the Boroondara community and its residents.

Entries: Live & Learn 2025 Cover Art Competition is open for entries until Friday 5 October, 2024. Submit a high quality digital copy of your art work via email to your local Boroondara Neighbourhood House along with your name, email address and phone number. The dimensions of the artwork needs to be square, minimum 20cm x 20cm.

Prize: \$100 and your bio included in our 2025 Live & Learn brochure.

This competition is open to current Boroondara Neighbourhood House members. Three finalists from each Boroondara Neighbourhood House will be selected. The winner will be chosen through a vote at a joint Neighbourhood Houses meeting and notified in late October.

Acknowledgement of Country : The City of Boroondara acknowledges the Wurundjeri Woi-wurrung people as the traditional owners and original custodians of this land, and we pay our respects to their Elders past and present.

Disclaimer: Details are correct at the time of publication. The community and neighbourhood centres reserve the right to add, withdraw and substitute events, workshops and programs should the need arise.

Front cover: Lucienne Noontil - www.luciennenoontil.com, [instagram.com/luc.noontil](https://www.instagram.com/luc.noontil)
Editorial and editing: Jennifer Flynn, Composed Writing jflynn@composedwriting.com.au
Design, artwork and production: Natasha Kuperman, Red Creative Design & Digital, natasha@redcreative.com
Print: The Printing Hub

Also at your local community houses



Chatty Cafés

Brighten your day by dropping in for a cup of tea or coffee and a sweet treat at our Chatty Cafés. We have joined the Chatty Café movement across the world and are opening our Centres to welcome anyone who would like to come in for a chat.

Craig Family Centre, Ashburton

Tuesdays, 10 am – 11 am

Alamein Neighbourhood and Learning

Wednesdays, 10.30 am – 11.30 am

Canterbury Neighbourhood Centre

Wednesdays, 10 am – 11 am

Bowen Street Community Centre

Thursdays (fortnightly), 10 am – 11 am

Ashburton Community Centre

Thursdays, 1.30 pm – 2.30 pm

Tiny Libraries

A number of our houses have street libraries or community bookshelves where you can exchange a book. You can find them at:

Alamein Neighbourhood and Learning

Ashburton Community Centre

Bowen Street Community Centre

Canterbury Neighbourhood Centre

Surrey Hills Neighbourhood House

