

# TERM 1 - 11 JANUARY TO 26 MARCH 2010

## WHAT'S NEW

### Monkey Music Tutor: Nicole Moffat

This exciting new music program is suitable for babies to kinder aged children to share with their parent or carer. It involves a range of action and movement activities, traditional and new songs, story songs, dances, instruments, puppets and props. 3 separate sessions available. Children 0 - 5 years in mixed age groups.

**Thursday** 9.15am -10.00am  
10.15am - 11.00am  
11.15am - 12 noon

04/02-25/03 (8 weeks) 1 Child \$64.00  
Family (2+ children) \$96.00

### Return to Work

A series of FREE workshops designed for those wanting to enter or return to the workforce and needing some help. Short presentation by working professional at the end of each session. Bookings are essential.

**Monday** 6.45pm - 9.00 pm  
Session 1: Resume Writing 15/2  
Session 2: Interview Techniques 15/3  
Session 3: Job Search on the Internet 12/4

*Presented by the Rotary Club of Chadstone East Malvern*

### Mothers & Children Craft Group

Meets the first and third Wednesday of the month (excl Jan). An opportunity for mums/ carers to get together to do some craft activities. Toys and activities also provided for the children. For more information contact Juliette on 0401 508 730.

### Cross-Stitch and Knitting for Kids

Come along after school to pick up some skills in knitting and cross-stitch. To register your interest contact us on 9530 4397.

## WHAT'S NEW

**Creating a Drought Tolerant Garden S Pullman**  
Learn how to create a drought tolerant garden by understanding the types of soil and how to improve them, basic design principles, managing pests and diseases, lawns, natives and pot culture and growing vegetables. Course will include a visit to the Royal Botanical Gardens, Melbourne.

**Wednesday** 1.00pm - 3.30pm  
10/02 - 17/03 (6 weeks) \$100.00

### Mandarin for Travellers

Learn some basic language skills to assist you as a traveller in China.

**Wednesday** 7.00 - 9.00 pm  
3/2-24/3 (8 weeks) \$95.00

### Years Ahead

A one hour discussion based session designed to provide seniors with information that will assist them to continue being safe road users. Bookings essential. Minimum numbers required.

**Wednesday** 10/03 10.00 - 11.00am No Charge

*Presented in partnership with the RACV and the City of Stonnington.*

## NEW CAMERA CLUB

### Calling for expressions of interest

Like to get together with others interested in taking photographs and exchanging tips and ideas? Perhaps one evening a month? Maybe the odd excursion as a group to take photos? Focus of group would be on digital cameras, but does not exclude those using film (no darkroom facilities available though). If you are interested in forming a camera group, give us a ring on 9530 4397 or email phoenixparknh@swiftdsl.com to register your interest.

## SCHOOL HOLIDAY PROGRAM

Tutor: Noralisa Speranza

### Cartoon Workshop (6-12 years)

Draw your favourite cartoons and superheroes in pencil, pen and markers.

**Wednesday 20/01** 1.30pm - 3.30pm \$15.00  
**Thursday 21/01** 10.00 am-12.00 noon \$15.00

### Painting Workshop (6-12 years)

A great workshop for children to learn the techniques of colour mixing, texture, composition and perspective.

**Wednesday 20/01** 10.00am-12.00 noon \$22.00  
**Thursday 21/01** 1.30pm-3.30 pm \$22.00

### Mosaics Workshop (6-12 years)

Learn the technique of mosaics and make a beautiful mini birdbath or house number to take home.

**Friday 22/01** 10.00am- 12.30pm \$35.00

*Materials included in cost.*

*Please bring along an art smock to painting and mosaics workshops.*

## VOCAL NOSH

Join the Phoenix Park Singers between 7.30 and 9.30 on Thursday 14 January for a sing, some supper and chat. Bring a plate to share. Gold coin donation.



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## EXERCISE & WELL-BEING

**Hatha Yoga** Tutor: Sarah Dinnematin  
**Monday** 11am - 12.00 noon  
 8/2-22/03 (6 weeks) \* OR \$48.00  
**Thursday** 11am - 12.00 noon  
 11/2- 25/03 (7 weeks) \$56.00

**Hatha Yoga** Tutor: Mark Bolwell  
 Incorporating a warm up, breathing exercises, salute to the sun, postures to eliminate toxins, core work and aromatherapy guided relaxation. Reasonable level of fitness required.  
**Monday** 7.30-9.00 pm  
 18/01-22/03 (9 weeks) \* OR \$108.00  
**Friday** 11am -12.30 pm  
 22/01- 26/03 (10 weeks) \$120.00

**Gentle Exercise to Music** Tutor: June Halls  
 Maintain or increase your mobility and flexibility with simple gentle movements.  
**Tuesday** 7.45-9.15pm  
 02/02 - 23/03 (8 weeks) OR \$64.00  
**Wednesday** 10.30-11.30 am  
 03/02 - 24/03 (8 weeks) \$52.00

**Yoga/Pilates class** Tutor: Maree Barnett  
 Work on your core strength with the Pilates moves and gain flexibility from Yoga postures. Get a great workout while developing fitness. Beginners welcome. BYO yoga mat.

**Tuesday** 7.30pm-8.30pm  
 19/01 - 23/03 (9 weeks)\* OR \$90.00  
**Friday** 9.30am - 10.30am  
 22/01 - 26/03 (10 weeks) \$100.00

**Ballroom Dancing** Tutor: Nicole Benton  
**Beginners:** Learn Slow Rhythm/Slow Foxtrot, Rumba, Merengue and Carousel  
**Wednesday** 7.00pm-8.30pm  
 03/02 - 24/03 (8 weeks) \$80.00

*\*No Classes Tuesday 26 January Australia Day Monday 8 March - Labour Day*

## COMPUTERS

Tutor: Trevor Archibald  
**Internet/Email for Total Beginners**  
 No previous computer knowledge required. First two weeks of course will cover basic computer skills followed by the essentials of internet and email.  
**Monday** 10.00am-12.30pm  
 01/02 - 22/03 (7 weeks)\* or \$100.00  
**Tuesday** 1.30pm-4.00pm  
 02/02-16/03 (7 weeks) \$100.00

**Brave Beginners**  
 Just bought a computer and want to get started? This will give you basic skills to get you on your way.  
**Monday** 1.30pm-4.00pm  
 08/02-22/03 (6 weeks)\* \$85.00

**Google Earth, Google Maps & Skype**  
 Travel the world from the comfort of your lounge chair with Google Earth. Print maps and driving directions using Google Maps. Use Skype to make free phone or video calls to anywhere in the world; great for keeping in touch. Requires basic PC and internet skills, access to PC with Windows 2000, XP, Vista or Windows 7 and Broadband internet connection. BYO laptop welcome.  
**Tuesday** 10.00am-12.30pm  
 09/02-16/03 (6 weeks) \$85.00

**Computer Skills for the Office** Aileen Tesoriero  
 Good overview of computer skills required for those re-entering the workforce including Word, Excel, PowerPoint and Internet.  
**Wednesday** 10.00 - 12.00 noon or 7.00pm -9.00 pm  
 03/02-24/03 (8 weeks) \$ 95.00

**Computer Club** Tutor: Tony Egan  
 Casual class with no set curriculum. Come along with any software queries or problems you have and we'll help you sort them out and learn new skills in the process. New members welcome.  
**Fridays** 10.30am - 12.30pm  
 22/1-26/3 \$3.00 per session

## DIGITAL PHOTOGRAPHY

**How to get the most from your Digital Camera** Trevor Archibald  
 Are you disappointed with some of your photos? Learn how to take control and get the best results from your camera.  
**Tuesday** 6.30pm - 9.00pm  
 09/02 - 09/03 (5 weeks) \$100.00

**The Digital Darkroom** Trevor Archibald  
 Learn how to manage and edit your photos quickly and efficiently on your computer. Includes software disc to take home.  
**Monday** 6.30pm - 9.00pm  
 08/02 - 15/03 (5 weeks) \* \$110.00

## CHILDREN'S ACTIVITIES

Tutor: Noralisa Speranza  
**Art for Toddlers (2 - 5 years)**  
 A structured art class for child and parent/carer with a different project each week.  
**Monday** 10.00-11.00am  
 8/02 - 22/03 (6 weeks)\* \$45.00 + materials  
**Tuesday** 10.00-11.00am  
 09/02 - 23/03 (7 weeks) \$52.50 + materials

**After School Junior Art (6-12 years)**  
 An art class to teach the budding artist the basics of drawing, painting and sketching, using many different mediums.  
**Tuesday** 4.30pm -6.00pm  
 09/02 - 23/03 (7 weeks) \$70.00 + materials  
**Friday** 4.30pm-6.00pm  
 12/02 - 26/03 (7 weeks) \$70.00 + materials

**Playgroup (2 - 5 years)**  
 A playgroup which includes an hour art class for child and parent/carer followed by a free play session.  
**Thursday** 10.00-11.30am  
 11/02 - 25/03 (7 weeks) \$52.50 + materials  
*materials \$2 per week payable direct to tutor.*

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## PARENTING

**Positive Parenting Program Tutor: Chris Powell**  
Designed to assist parents of children aged between 18 months and 6 years to develop effective, practical strategies for managing common behavioural and developmental problems.  
**Tuesday 7.30pm - 9.30pm**  
09/02 - 02/03 (4 weeks) \$80.00 inc text

## SOCIAL & ACTIVITY GROUPS

**Fashionable Footsteps Walking Group**  
Exercise in a safe and sheltered environment. Group meets at Coles Entrance, Chadstone Shopping Centre. Coffee and chat afterwards (own expense). From 12 January. Call to register.  
**Tuesday & Thursday 7.45am - 8.45am.**

**Community Singing Group**  
Proudly sponsored by the City of Stonnington  
**Thursday 1.30-2.30 pm 04/02-25/03 no charge**

**Discussion Group Facilitator: Rolf Richen**  
Join our small, friendly group for a chat about current affairs over a cuppa each Monday morning. Donation \$2.00 per session to charity.  
**Monday 10.00am - 12.00 pm. From 11 January.**

**Mandarin Bi-Lingual Playgroup**  
**Wednesday 10.30am - 12.00 noon** (during school terms). Please visit [www.kimmba.com.au](http://www.kimmba.com.au) for information and enrolments.

**Japanese Playgroup**  
Meet with other Japanese speaking parents and their young children and babies for play and social interaction every **Tuesday** morning (during school terms) between 10.30am and 12.00pm. Please contact us for more details.

**Life's Little Treasures**  
A group of parents who have experienced the roller coaster ride of NICU and Special Care Nurseries. Provides support, encouragement and friendship to families in the same situation. Meets 2nd Friday of each month from 10am to 11.30am. Visit [www.lifeslittletreasures.org.au](http://www.lifeslittletreasures.org.au).

## THE ARTS

**Phoenix Park Choir Tutor: Belinda Glass**  
Always wanted to sing, but too shy or worried that you don't have a good voice? Our singing group is friendly, very welcoming and lots of fun. No previous singing experience required. Materials include a range of music (world, popular, jazz and more).  
**Thursday 7.45pm - 9.30pm**  
04/02 - 25/03 (8 weeks) \$80.00

**Intro to Philosophy Tutor Emmanuel Skoutas**  
These workshops are an introduction to philosophy for adults and in particular look at how philosophy is a collaborative enquiry. Course will provide participants with practical philosophical skills to be applied in reflecting upon and using in our everyday life experiences.  
**Thursday 7.30pm - 9.00 pm**  
4/2-25/3 (8 weeks) \$80.00

**Film Appreciation Group**  
Love watching and discussing films? Our film group meets on Tuesdays\* between 10.30 am and 12.30pm. From 12 January. Gold coin donation per session to charity.

**Phoenix Park Writers**  
Join our group of interesting writers, all working on their own projects and offering support and encouragement. Through work-shopping, discussion, study of published texts, you will be able to make progress on your own writing project. From **Monday 11 January 1.00-3.30pm** or **Saturday 16 January 1.30-4.00pm** (ongoing). \$10.00 or \$7.00 conc. per session.

**Book Group**  
Love to read and enjoy a good discussion about books? Why not join our book group? CAE format. New members always welcome. Call for cost  
**Thursday 10.30am-12.00pm** (last Thurs of month)

## THE ARTS

**Resin Jewellery Making Beginners Workshop**  
Learn the basics of resin jewellery making and make two bangles, two pendants and two sets of earrings.  
**Tutor: Ebony Postma**  
**Saturday 20 March 9.00am - 12.00 pm \$60.00**

**Resin Jewellery Making Advanced Workshop**  
Learn advanced pouring using additives and inlay and make two bangles, two pendants and two sets of earrings.  
**Tutor: Ebony Postma**  
**Saturday 20 March 2.00pm - 5.00pm \$70.00**

**Explore Art Tutor: Noralisa Speranza**  
For beginners through to those with a little more experience. Learn skills in sketching and painting using various medium such as pencil, pen, watercolour, charcoal, acrylic paints and pastels. Exercises will include drawing from still life, photographs and your imagination. **Materials cost \$4.00 per session direct to tutor.** Free tuition for Health Care card holders. Cost for non HCC holders for 8 weeks \$48.00  
**Tuesday 02/02- 23/03 1.30pm - 3.30pm OR**  
**Friday 05/02 - 26/03 10.30am - 12.30pm**

**Monday Painters No Tutor**  
Join our painters once a week between 1.00 and 3.30pm and create your own masterpiece. BYO easel, equipment and paints. Commences Monday 01 February. For further details call Meg on 0427 804 301.

**Craft Group No Tutor**  
Meets the first and third Wednesday of the month (excl Jan) between 1.00 and 4.00 pm. Share your skills and perhaps learn something new as well. Commences 03 February. For further details contact Lorraine on 9808 5651.

**No Classes Tuesday 26 January Australia Day**  
**Monday 8 March - Labour Day**

# Phoenix Park Neighbourhood House

## Our Vision

To be a hub of community involvement and learning, a welcoming, friendly and inclusive centre of activity that reflects and celebrates social and cultural diversity.

## Our Mission

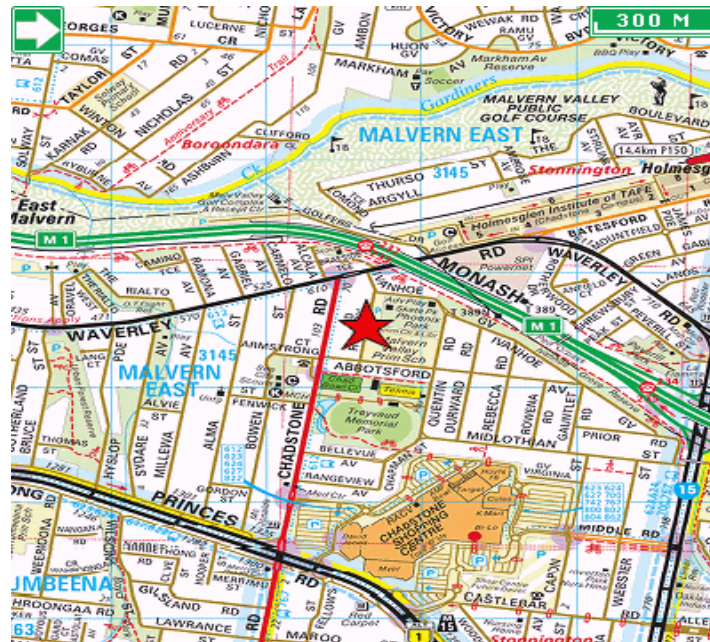
Phoenix Park Neighbourhood House is a welcoming and safe place that actively fosters inclusive participation and partnership in living and learning.

We provide accessible and affordable courses, programs and services designed to enrich the lives of all in our community, regardless of age, ability or background, and to encourage a sense of belonging in the community.

Phoenix Park Neighbourhood House gratefully acknowledges the support of :

The Department of Planning  
and Community Development  
The City of Stonnington

(version 7/12/2009)



Please note that bookings are essential for all Neighbourhood House activities. If you would like to enrol in a course, please contact the Neighbourhood House to secure your place. Class fees are payable in full at time of enrolment. Enrolments can be made over the phone, via email or in person.

Enrolments cancelled prior to 48 hours of course commencement will be refunded less an administration fee of \$5.00. No refunds will be made after this time.

The running of classes is dependent on having a minimum number of enrolments. If a course is cancelled due to insufficient enrolments, participants will be notified and a full refund issued.

A concession of 15% on the cost of most courses will be offered to holders of either a valid Pensioner Concession Card or a Health Care Card.



# PHOENIX PARK Neighbourhood House

## Programme

## Term 1

11 January 2010

to

26 March 2010

(No Classes 26 January Australia Day and  
8 March Labour Day - Public Holidays)

22 Rob Roy Road  
East Malvern 3145  
(Melways Ref 69 D2)

Tel : 9530 4397

Fax : 9530 4502

[www.phoenixparknh.org.au](http://www.phoenixparknh.org.au)

Email : [phoenixparknh@swiftdsl.com.au](mailto:phoenixparknh@swiftdsl.com.au)

Open : Monday to Thursday  
9.30 am to 3.30 pm  
Friday 9.00 am to 12.00 noon