

Waiting List Please leave your details to be notified when a class is commencing
Fees All class/activity fees are kept to a minimum cost. We do not want people to feel excluded due to financial strain. If the cost of a session is a problem, please contact our office to discuss other alternatives. Confidentiality is assured at all times.

Some classes will only commence subject to a minimum numbers. Times, days and costs can vary from posted details. To avoid disappointment and an inconvenience to you, please phone the Neighbourhood House before attending.

 **Like** our Facebook page www.facebook.com/KaringalPlaceNeighbourhoodCentre

Visit our website:

<http://www.karingalpnc.org.au>

Telephone **8786 6650**
Email: admin@karingalpnc.org.au



Facilities are wheelchair accessible



Now available - Transaction minimum \$10

Maternal & Child Health - 9784 1756

Kindergarten enquiries—Community Kinders Plus 9783 3931



Karingal Youth Hangout enquiries - 9768 1366



OFFICE HOURS
Monday to Friday
8.45 am to 3.00 pm
(During school terms)

Tuesday-Thursday
8.45 am to 3.00 pm
(School holidays)

Karingal Neighbourhood House gratefully acknowledge the support of the Victorian Government and Frankston City Council



 **Karingal Neighbourhood House inc.**
IARN: A0003487L ABN: 76072705598



Karingal Place
Neighbourhood Centre



Karingal PLACE Neighbourhood Centre

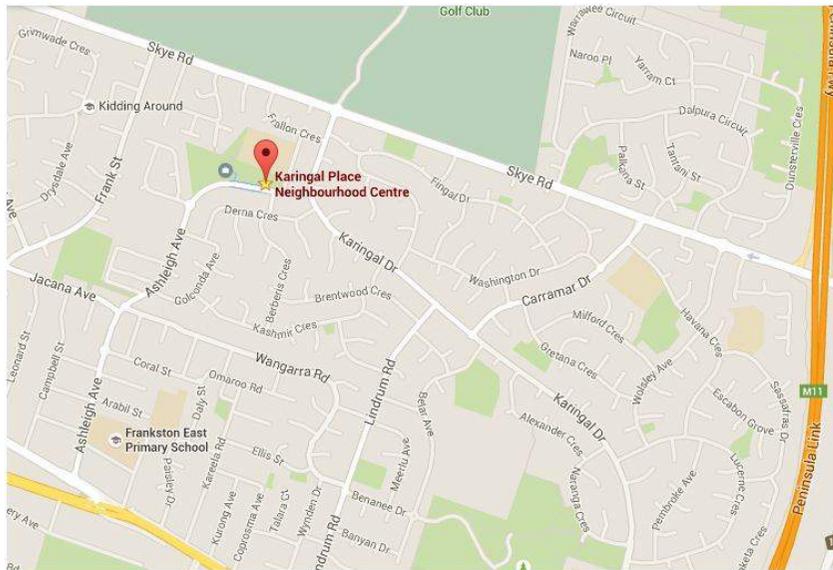
TERM 1

2019

Program

103 Ashleigh Ave
Frankston 3199
Phone: 8786 6650

If you are committed to the following principles please let us know as we plan to run Workshops designed to learn tips and techniques to help you reduce your carbon footprint.



Bus stop directly in front of centre.

Bus Route 770 & 771

Melways Reference: 102, K1



Health & Wellbeing

Yoga for Beginners incorporates some slow flow and elements of yin yoga with a short relaxation time at the end. No experience necessary, please bring a mat and something warm to cover yourself at the end of practice. If medical conditions/ injuries are present please consult with your doctor before attendance. Cost: **\$10.00**

Monday Evenings 7pm - 8pm Register with Emily on 0430 044 540 as this class will run through January.

Peace Education Program is an innovative FREE multimedia course designed to help participants discover their own innate tools for living such as - Inner Strength - Appreciation - Dignity - Choice and the possibility of personal peace. Each week's workshop focuses on a different theme and consists of interviews, animations, music and reflections. There is **no course fee** and workshop materials are provided to all participants.

To register: phone 0487 318 029 or email: melbournepep@gmail.com

Expression of interest for Thursday evenings in 2019

Agestrong is developed for older people, particularly those who have stopped exercising or have a sedentary lifestyle due to low confidence, fear of falls or chronic health conditions.

PAMA form to be completed by your GP before your first class.

Mondays & Thursdays (during school terms) **10.30am – 11.30am**

Cost: \$6.00

Tai Chi is a holistic, fully integrated Health art from China. It's a gentle way to exercise your mind, body and spirit, leaving you relaxed and refreshed. This is a self run group. Members share their knowledge and welcome new participants.

Mondays (during school terms) 7.00pm - 8.00pm \$3.00 per week.

Al-Anon The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics, who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Tuesdays 1 pm - 3 pm

Parkinsons Support Group are a source of information and support, and are a great way to socialise in a relaxed, welcoming environment. People with Parkinson's, their Carers, friends and family are all welcome.

This group meets on the 3rd Monday monthly.

Phone (03) 9581 8700 for details.

Karingal Neighbourhood House supports and provides a location for a variety of self help support groups for local residents.



Karingal Place Neighbourhood Centre has many ongoing classes but can also arrange new courses or programs so please contact us if you have any ideas on classes we can run. We always welcome new ideas.

Karingal Place Neighbourhood Centre is a co-located Community and Family Hub providing services including:

- Karingal Neighbourhood House
- Frankston City Council Maternal and Child Health Nurses.
- Community Kinders Plus Kindergartens.
- Frankston City Council Youth Hangout.
- Immunisation - For all enquiries please phone Frankston City Council Immunisation Department on 1300 322 322

Frankston City Library Outreach Service (during school terms)
Board books, Picture Story Books, Beginners Books, Paperback novels and non-fiction books available.

Wednesdays 9.00am - 12.00pm

Story Time - Frankston City Library offers a **free** weekly story time during school terms. Come along to enjoy stories, rhymes and songs. Each story time includes a simple and fun craft activity.

Wednesday 9.30– 10am

CLASSES/ ACTIVITIES

Karingal Craft Group - This group swaps ideas and share their skills and friendship. They have a wide range of talents and interests to share and welcome new members.

Tuesday 9.30 am to 12 pm

Cost: \$2.00 per week.

Scrapbooking & Papercrafts Bring your photo albums alive using concepts and skills to create Pop up pages and cards, making the most of your scraps, cropping your photo's creatively, dry stenciling and weaving a page background. Make intricate and creative paper crafts, albums and decorations. Materials supplied. **Bookings essential.**

Thursdays 10.00 am to 12.00 pm (during school terms)

Cost: \$10 per week.

Art Therapy Workshops

Join Jessika, The Art Therapy Warrior to explore, create and connect with others. Join the **Women's Creativity Circle** for a fun and friendly exploration of creativity and self expression. In this unique women's only group; positive and creative art making activities, gentle meditations and lively group discussions - will help participants to find their individual creative expression, build self-esteem and connect with other like minded women.

CONNECT. GROW. FLOURISH

Tuesdays 9.30am –11.30am **Cost:\$10 per session**



Declutter Workshop (with Hayley The Declutter Queen)

Learn how to live in less mess, clutter and chaos in your home environment. Especially for households with families and children as the house can seem like place filled with endless tasks that seem overwhelming and unachievable. Get your children involved and see the benefits of how decluttering the home will help you enjoy a happy home. **Cost \$5**

March 7th Please phone 8786 6650 to register your interest.

Knitted Dolls Workshop

(Hand made gifts made from the heart)

During this 5 session workshop you will learn the skills to knit a soft toy using a knitted doll as a starting point.. Materials list will be provided when registering your interest to attend. Knitted dolls will have removable knitted outfits and will make a perfect Christmas gift for someone special or a great addition to craft market stalls.

Cost: \$40 for 5 sessions



Activities for Children, Teens and Young Adults

ASCA Children's Art (Expression of Interest)

ASCA Art Classes are a fun and creative way for children to explore, create, experiment and express themselves through a variety of materials and mediums on Thursday afternoons (during school terms). Please phone Sunari on 0499 088 115 to register your interest and for further details.

The Lab is a technology club for young people with Asperger's Syndrome or High Functioning Autism. It offers a safe social environment



and tuition by technology professionals in areas such as programming, digital design and gaming. **Tuesday afternoons and evenings** and **Saturday mornings**. For further information please visit <https://register.thelab.org.au/>

Karingal Youth Hangout

Frankston City Council Youth Team provide activities for 12 - 17 year olds. Many activities are free or low cost. Call in for the Hangout Timetable. Excursions attract fees. Phone Youth Central on 9768 1366



DSE Music Tuition - Children's Guitar Lessons and Piano Lessons

DSE Music Tuition runs guitar and beginner piano program (for kids 6 to 13 years) classes for only \$12 per 45 minute lesson. Extremely comprehensive curriculum, teaching students theory (reading & writing music) as well as how to play their instrument. All information including times, days, cost & availability at

www.dsemusic.com.au



Martial Arts/Fitness

Marshall Art's Taekwondo

Classes are held on Tuesday afternoons.

For details phone Steve Marshall 8743 2318 or 0400 185 546



GKR Karate

Classes are held Tuesday evenings.

For details phone Peter Reeve 0409 961 629

Activities for Children



Baby Playgroup

Suitable for first time parents with babies under 12 months. Sensory play, tummy play, singing and clapping games to learn and enjoy with your baby. Meet other local families to form friendships. **Mondays (during school terms) 12.00pm - 1.30pm**

Cost :\$5

Karingal Community Playgroup (during school terms)

Social and craft activities for children.

0-5years. Stories and songs. Enjoy some messy play in our Childcare room with our qualified facilitator. Parent roster duty applies. A chance to become involved and socialise with other families with children during school terms.

Monday 9.30am - 11.00am

Cost: \$5 per child

Take-a-Break (during school terms - Wednesdays during School holidays commencing in 2019)

Childcare for Children 0-6 years of age. Ideal if you want your child to form friendships and socialise in a nurturing and learning environment. Qualified, friendly and caring staff to assist and support fun and educational learning opportunities for your child.

Wednesdays, Thursdays & Fridays 9.30am - 1.30pm Cost:\$40.00 per session

Bookings are essential. Emergency Childcare may be provided if a place is available.

3 Year Old Playtime is an educational and social program for children aged 3 years and over to participate in a group environment and refine their skills in readiness for kindergarten the following year. Our qualified children educators will encourage your child to develop their independence skills in social eating, listening and being part of a group.

Tuesdays 9.30am –1.30pm (during school terms)

Cost: \$40 per session.

Yoga for Kinder kids (3yo—5yo) Register your interest by phoning Sheryn on 0425 746 858 for Friday lunchtime Kinder yoga 12-12.30pm

Cost \$5 per child and mum/dad can join in too!

Sounds Like This Parent-Child Music Making

Interactive and educationally based music making tailored to stimulate your child's brain. Perfect for Babies, toddler and pre-schoolers.

Bookings available at www.soundslikethis.net



CLASSES/ACTIVITIES



Repair Cafe Frankston has a home! We hope to commence in March 2019, once a month, at Karingal Place Neighbourhood Centre alongside Crop Swap Frankston. Lots of work to do in the lead up & we will be looking for **volunteers**, building the website & securing sponsors ... contact Judie via Karingal Place Neighbourhood Centre if you would like more details!

Mosaics Group

Join our new Mosaics group, where you will learn the basic techniques and be guided through designing and creating your own distinctive Mosaic masterpiece or creating and collaborating on pieces to beautify our courtyard. We will provide you with a starter piece to learn the basic skills. This group is facilitated by genU in partnership with Karingal Neighbourhood House Join this friendly group on Thursday afternoons; learn a new skill and make friends.

Cost: \$5.00 per session



***Community Inclusive for all abilities
(Full group - waiting list applies)***



Karingal Place Men's Group

A place for men to meet and greet

Karingal Place offers a venue where men of all ages and backgrounds can gather to share in the activities of the group.

Come along and have a chat! Bring your ideas with you & share your experience.

Monday mornings 10am –12pm



Dragonsbane Entertainment provides a customised role-playing experience to small groups of local people, where players take on the persona of adventurous

characters and work together to solve problems and defeat imaginary foes in a board game-like environment, using dice to simulate random events.

ADULT EDUCATION

Basic computer skills are an entry level requirement for TAFE courses and for many jobs.

Our Learn Local computer training can help you prepare.

Computers for Beginners & Intro to Internet and Email

Learn the necessary basic skills such as



- file management
- mouse & keyboard skills
- save & retrieve files
- format Word documents
- use your USB stick
- how to use Google
- uploading images
- safety & security on the internet
- email accounts, including creating & replying to emails, attachments.

Feel confident using a computer and the internet after completing this class. Classes held Thursdays 9.30am –3.00pm for 8 weeks.

Cost: \$165.00 (can be paid in instalments if prior arrangements are made). Fee includes annual one-off \$5 membership fee

Term 1 Bookings now being accepted.

Class commencing in February (subject to numbers enrolled)

This course is funded by ACFE as part of Learn Local



ADULT EDUCATION



Office Applications



Pre-requisite: Knowledge of Windows environment and basic word processing skills. Includes MS Word, Excel and Powerpoint. Intermediate Class.

Register your interest for a planned Monday evening class.

This class will teach you how to effectively create and format documents using Microsoft Word, Excel, and Powerpoint.

Enhance your skills to use advanced features to create impressive documents, spreadsheets and publications.

This course is funded by ACFE as part of Learn Local
Term 1 Bookings now being accepted.

Class commencing in February (subject to numbers enrolled)

Class fee: \$85.00



In our modern Computer Room



No matter what level you are at, just starting out or an experienced user, we have a Computer Short Course to suit you. Learn in our modern computer lab and benefit from smaller class sizes.

These classes have successfully helped students to gain confidence to apply for employment or a pathway to further training.

***Join a class in our modern computer lab.
We use Windows 10 on our class computers.***