

**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](http://www.facebook.com/KaringalPlaceNeighbourhoodCentre)

Visit our new website:

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

Telephone **8786 6650**  
Email: [karingalneighbourhoodhouse@gmail.com](mailto:karingalneighbourhoodhouse@gmail.com)



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.  
ABN: 76072705598



**Karingal Place**  
Neighbourhood Centre



**Karingal PLACE Neighbourhood Centre**

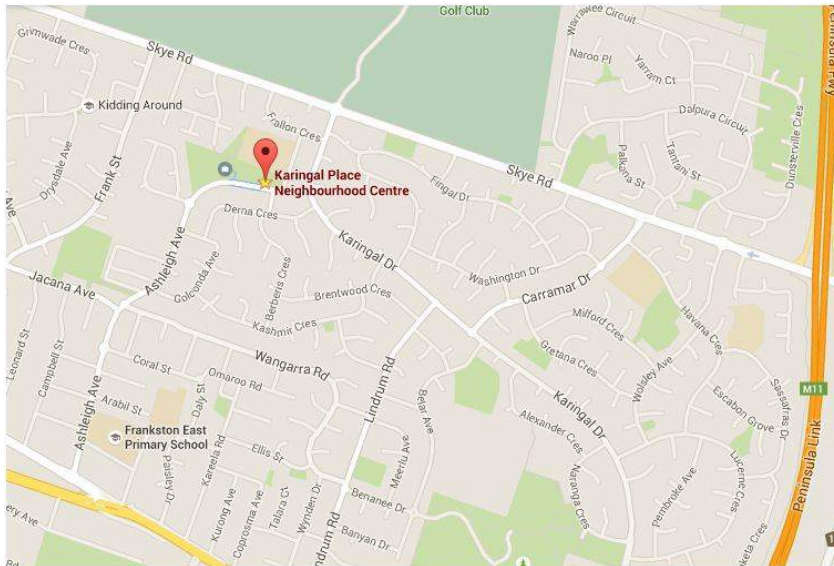
**TERM 1**

**2018**

**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

**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) **10.15am – 11.15am**  
**Cost: \$5**

**Exercise sessions are for women over 50.**

**Let's Get Less Stiff and more like Daffodils in the Wind**

**(aka Dread's Daffies)** Keeping active and flexible has so many benefits as we age. These sessions will focus on gentle stretching and movement that gradually builds flexibility, balance and confidence, while providing a delightful way to add a little exotica to life. Jingly coin belts are provided so participants really feel the part. This is as much a social activity as an exercise. Stretches are done either standing or sitting, depending on capability and the age-conscious belly dance movements are designed to promote better balance and joint mobility. *(Expression of Interest—minimum numbers required)*

**Mondays 1:30-2:30** **Cost: \$5**

**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 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.**

**Tuesdays 1.00pm - 2.30pm**

**Wednesdays 9.00am - 12.00pm (Wednesday only Until Further Notice)**

**Thursdays 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.**

**Karingal Laughter Club** - Did you know that 15 minutes of laughter gives you an aerobic workout and it's FUN! You can trick your mind into happiness using laughter exercises. Come along and laugh and re-connect to your inner child and learn playful techniques to harness the positive energy of laughter. **Mondays** (during school terms)

**5.30pm** for 30-45 minutes.

**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)**

**Friday evenings fortnightly - phone for details.**

**Cost: \$10 per week.**

## **Introduction to Life Story Writing**

Writing *your* story connects you to who you are and how you became the person you are. Celebrate your life by sharing your stories. Life Story Writing includes autobiography, memoir and family history. Learn to write your story to share with family or the wider community.

Join the Life Story Writing 8 week Workshop. Facilitated by published author, Christine Elliott.

Register your interest for this class to be held on Wednesday mornings.

**Cost: \$80 (8 weeks)**

## **Knitted Dolls Workshop**

**(Hand made Christmas 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 gift for someone special or a great addition to craft market stalls.

**Cost: \$40 for 5 sessions**



# Activities for Children, Teens and Young Adults

## **Russian Classes for Children**

Early Learning in Russian for Children (play based) for 3-5 year olds.  
Creative Math & Chess Classes in Russian for schoolchildren (emphasis on mathematics) for 6-8 year olds. Classes held Sunday mornings. Register your interest by phoning 8786 6650.

**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.**

**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



**Rotaract** - Young people making a difference in your community. This group meet monthly to plan events and activities. If you would like to join

Contact; [peninsularotaractclub@gmail.com](mailto:peninsularotaractclub@gmail.com)



## **DSE Music Tuition - Children's Guitar Lessons**

DSE Music Tuition runs guitar 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. DSE Music Tuition also offer private (one on one) lessons in the Frankston area in guitar, singing & drums. All information including times, days, cost & availability at

[www.dsemusic.com.au](http://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



**Bubs 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) 12.30pm - 2.00pm**

Cost :\$5

**Karingal Community Playgroups (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**

**Wednesday 1.15pm –2.45pm**

Cost: \$5 per child or \$7 per family

**Take-a-Break (during school terms)**

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 9.30am – 12.30pm Cost;\$30.00 per session**

**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.



**Mindfulness & Movement for Children**

This program focuses on 8 Mindful Mantra's to improve awareness in children. We help students to focus on noticing all of their thoughts, feelings and physical sensations and how this can help them at school and every day. We use drawing, journaling, structured relaxation and expression through movement. Darren developed the program to give children the tools and skills to navigate through our busy complicated lives. He hopes to influence and develop students confidence, awareness and resilience. We also explore primal animal movement, yoga poses and games, and learn breathing exercises. Contact Darren James at Evo Healing and Performance on 0437 388 032 for further information.

# CLASSES/ACTIVITIES

**Gardening in Small Spaces (Expression of Interest)**

Learn about soils, mulch and the best plants, herbs and vegies to grow in containers. You don't need a massive garden to grow your own fresh produce. Let us guide you through the process.

This free workshop will be held in March, date to be advised.



**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



*Beauty and the Beast in progress by the talented Maddie*

Community Inclusive  
for all abilities



**Soy Candles Workshop (Expression of Interest)**

Soy Candles are the healthy alternative to Paraffin Candles.

Soy Candles

-are 100% natural, biodegradable and nontoxic -are natural fragrance carriers  
-emit 95% less soot than paraffin candles -burn up to 50% longer than paraffin candles

In this 2 hour class you will make a medium-sized candle plus some tea lights and melts.

You will also take home full instructions and details of where to purchase candle making supplies.

Cost \$30 (materials included)

Expression of Interest for Friday 10am—12.00pm



**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 Cost:\$2**

# ADULT EDUCATION

## Computers for Beginners

**This class is designed for people with little knowledge or confidence about computers who may find fast paced learning confronting.**

**Become familiar with the desktop** - open/close/minimise/maximise/restore windows

**Introduction to Word** - formatting/aligning text

**File management** - save/retrieve files, organise/move files, how to use your USB stick.

**Introduction to the Internet** - downloading and installing free software, how to use Google

**Uploading images** from camera to PC

**This course is funded by ACFE as part of Learn Local**

This class runs for 2.5 hours per week for 8 weeks .

**Term 1 Bookings now being accepted.**

**Class commencing in February (subject to numbers enrolled)**

**Class fee: \$80.00**



## Introduction to The Internet and Email

**The Internet is a vital tool used for communication, research, looking for and applying for work or courses.**

In this course you will learn:

**How to save and organise Favourites**

· How to set your Home Page

· **Safety and security on the Internet** - how to protect your computer

· How to register an email account

· Creating and replying to Emails

· How to add, save and open attachments

· How to forward emails

**This course is funded by ACFE as part of Learn Local**

This class runs for 2.5 hours per week for 10 weeks.

**Term 1 Bookings now being accepted.**

**Class commencing in February (subject to numbers enrolled)**

**Class fee: \$100.00**



# ADULT EDUCATION



## Office Applications



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

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

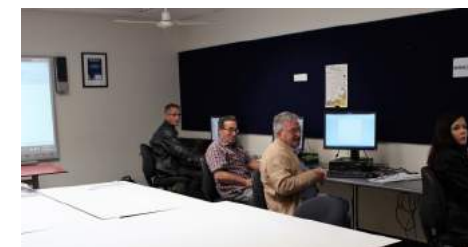
This course is funded by ACFE as part of Learn Local  
Term 4 Bookings now being accepted.

**Class commencing in February (subject to numbers enrolled)**

**Class fee: \$80.00**



*Learn Local*



*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.**