



ASHBURTON
COMMUNITY
CENTRE

COURSES WORKSHOPS SOCIAL GROUPS EVENTS

WHAT'S ON AT THE
ASHBURTON COMMUNITY CENTRE

JULY 2018 - DEC 2018

NEW TO OUR CENTRE

- Balance Back to Exercise
- Ashy Sewing Lounge
- Modern Floristry
- Transparent Glass Mosaics
- French for Travellers/ Beginners
- Intermediate French

NEW FOR KIDS

- Mini Groovers (Preschool Dance)
- Messy Mornings
- Fun Brain Training for Kids

Ashburton Community Centre 160 High Street, Ashburton 3147

Phone (03) 9885 7952 **Email** office@ashburtoncc.org.au

Facebook www.facebook.com/ashburtoncc **www.ashburtoncc.org.au**

CHILDREN'S PROGRAMS

Our programs for children are perfect for building skills in a safe, fun and encouraging environment. We offer classes for parents and their babies through to primary school kids.

NEW! Messy Mornings (suitable for 2-3 year old children)

A fun opportunity for you and your child to come and experience messy and fun activities planned to develop cognitive, fine motor and social skills in a small group facilitated by an experienced kindergarten teacher. Do all the messy activities you can't or don't want to do at home and meet new mums! Art smocks provided, please wear casual clothes.

Tuesdays 10.15am - 11.30am
10 classes, \$1215, starting 17 July
9 classes, \$195, starting 9 October

NEW! Fun Brain Training for Kids (suitable for 6 - 9 year olds)

A stimulating new brain exercise program to help boost neural pathway development to assist learning and memory retention.

Performed to music, the additional benefits are self-expression, improved confidence, focused attention span, cognitive function (balancing left and right sides of the brain), honed eye-hand coordination, and improved creativity. The tools learnt can be used throughout life for optimal health and wellbeing.

These innovative science based programs are available for all fitness and academic abilities. Parents can also join in.

Tuesdays 4.00pm - 4.45pm
6 classes, \$80, starting 7 August
6 classes, \$80, starting 23 October



NEW! Mini Groovers (for 18 months - 5 year olds)

'Mummy and Me' Mini Groovers involves a lots of music with clapping, singing, stamping, jumping and bopping along to familiar tunes. It's a fun creative class full of music and dance that helps children grow confidence and self esteem.

Group 1: 18 months - 3 years
Thursdays, 9.45am - 10.15am
10 classes \$135 starting 19 July
10 classes \$135 starting 11 October
Group 2: 3 years - 5 years
Thursdays, 10.30am - 11.00am
10 classes \$135 starting 19 July
10 classes \$135 starting 11 October



Caroline's Little Stars (suitable for 8 months - 5 year olds)

Music for Babies, Toddlers and Preschoolers. Singing and dancing, musical stories and much more! Sibling discount applies.

Mondays 9.30am - 10.15am,
10 classes, \$135, starting 16 July
10 classes, \$135, starting 8 October
Mondays 10.30am - 11.15am,
10 classes, \$135, starting 16 July
10 classes, \$135, starting 8 October



CHILD SAFE ORGANISATION

Ashburton Community Centre is a child safe organisation and is committed to promoting and protecting the interests and safety of children.

All staff, volunteers and board members of Ashburton Community Centre are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children. We expect all groups and organisations who hire our rooms to comply with the requirements of the Commission for Children and Young People Act 2012 and to have implemented/be implementing the Child Safe Standards if required to do so.

HEALTH AND WELLBEING

Yoga & Pilates Combo

A balanced approach to exercise. Karyn will combine the gentle stretches of Yoga with the core-strengthening and postural improvement of Pilates. Beginners welcome. Casual bookings also accepted, \$15 per class.

Tuesdays 2.00pm - 3.00pm
10 classes, \$150, starting 17 July
9 classes, \$135, starting 9 Oct
Casual classes available, \$15 per session.

Yoga Hatha with Mary

Integral Yoga for health and wellbeing. A gentle yoga that is suitable for all ages. Asanas, pranayama and relaxation.

Beginners

Tuesdays 10.45am - 11.45am
6 classes, \$95, starting 17 July
6 classes, \$95, starting 9 Oct

Continuing

Mondays 9.30am - 10.30am
10 classes, \$155, starting 16 July
9 classes, \$140, starting 8 October
Tuesdays 9.30am - 10.30am
10 classes, \$155, starting 17 July
9 classes, \$140, starting 9 October

Meditation and More

Less stress, more joy! Why are we spending too much time worrying about being happy instead of actually experiencing it? Learn simple, practical, effective ways to release stress from the physical body and the busy mind. Using quick, easy, successful relaxation techniques, we can clear our inner vision and gain true perspective to look at our lives, identifying the helpful and discarding the irrelevant.

Wednesdays 1.30pm - 2.30pm
8 classes, \$135, starting 18 July
8 classes, \$135, starting 10 October

Your Healthy Spine

Are your back, neck or shoulders tired and aching? Enhance your life and feel well again through mindful movements with a qualified instructor.

Wednesdays 12.00pm - 1.30pm
10 classes, \$175, starting 18 July
10 classes, \$175, starting 10 October
Thursdays 7.30pm - 9.00pm
10 classes, \$140, starting 19 July
10 classes, \$175, starting 11 October

Table Tennis Group

Come and join a friendly group of players in a game of social table tennis. Men and women welcome! \$5.00 per session.

Mondays 2.00pm - 4.00pm

Walking for Health & Fitness

Our walking group has been exploring the streets of Ashburton for over 20 years. Join friendly, fit and welcoming people to do your hour of exercise outdoors each week. \$1 per session. Meet at the Centre.

Wednesdays 10.00am

Exercise to Music (50+)

Improve your fitness as a qualified exercise instructor guides you through a program of gentle exercises. Body tone and exercise to music. Come and enjoy! Beginners welcome.

Mondays 11.30am - 12.30pm
Casual class, \$7 per session. No classes on public and school holidays
Tuesdays 9.30am - 10.30am
Casual class, \$7 per session.
Fridays 9:30am - 10:30am
Casual class, \$7 per session.

Fun Fitness for the Brain & Body (Ageless Grace)

Would you like to move with more comfort and ease? Could your brain benefit from learning little tricks that you can do at home to keep your mind alert and your memory clear? If so, this class is for you! It's fun, uplifting and for all levels of fitness.

Thursdays 10.00am - 10.45am
8 classes, \$110, starting 19 July
8 classes, \$110, starting 11 October

Keep Fit

(Strength & Conditioning)

Have fun and keep fit as a qualified instructor guides you through weights, stretching, cardio fitness and strengthening exercises.

Tuesdays 10.45am-11.45am,
Casual class, \$7 per session.

Fridays 10.45am - 11.45am
Casual class, \$7 per session.

NEW! Balance Back to Exercise

A supportive exercise class to maintain functional fitness including balance exercises, strengthening your core, legs and upper body. This course is particularly suitable for people coming back to exercise at a later stage of life. All exercises will be adjusted to your needs and build on your existing skills. It will improve your mobility and stability, flexibility and posture. But most importantly you will have fun!

Wednesdays 12pm - 1pm
Casual class, \$7 per session.
No classes on school holidays.

HOW TO ENROL

Enrolments may be made in person, or by telephone during office hours, Monday to Friday 9am to 2.30pm. Call us on 9885 7952 or visit us at 160 High Street Ashburton.

Centre Membership is required to participate in classes and activities. 2018 membership fees are \$10 (Adults) and \$5 (Children under 18 years). Memberships are valid until December 31st 2018.

Courses may be cancelled if there are insufficient numbers to proceed so early bookings are desirable.



VISUAL ART

Watercolour with Alan Rawady

A variety of interesting and exciting watercolour techniques are explored in this class. All class members are encouraged to develop their own individual style and approach to this lovely medium. Develop your painting skills in a friendly atmosphere - we have lots of fun. Experience in watercolour is preferred. Not suitable for beginners.

Mondays 1.00pm - 3.00pm

8 classes, \$145, starting 16 July

8 classes, \$145, starting 8 October

Acrylic Painting with Lisa O'Keefe

Learn more about materials, mediums and colour, from a professional artist. Materials list will be provided. Beginners and experienced artists welcome.

Mondays 10.30am - 12.30pm

10 classes, \$240, starting 16 July

9 classes, \$215, starting 9 October

Introduction to Contemporary Floristry

Each class will provide you with everything you need to create beautiful contemporary floral arrangements to take home each week including a container, flowers and foliage. Create floral designs with a professional look that compliment current trends.

Please call the office to express your interest in this class on 9885 7952.

Watercolour Painting and Mixed Media with Natalie Fernandes

In this class combine traditional watercolour methods with some more unconventional methods such as watercolour and collage, watercolour and pastel, texturing paste, watercolour and more to create interesting effects and dynamic colour combinations. We focus on taking risks and uncovering new languages in watercolour. Suitable for beginners and experienced painters.

Tuesdays 1.00pm - 3.00pm

10 classes, \$180, starting 17 July

9 classes, \$160, starting 9 October

Chinese Painting with Echo Wu

Learn the different techniques used in Chinese brush painting, and its compositions. For those who have little to no experience in Chinese painting. Gradually, you will improve your technique and move into a higher level to produce bigger scale paintings. Chinese calligraphy will also be taught because of its essential role in Chinese painting. The course is for both beginner and intermediate students.

Wednesdays 10.00am - 12noon

10 classes, \$205, starting 18 July

10 classes, \$205, starting 10 October

Drawing and Thinking with Trish Bourke

Come along and develop your drawing skills and confidence. Drawing experience is not essential although it may be an advantage.

Fridays 10.00am - 12.00pm

8 sessions, \$150, starting 20 July

8 sessions, \$150, starting 12 Oct

Fridays 12.30pm - 2.30pm

8 sessions, \$150, starting 20 July

8 sessions, \$150, starting 12 Oct

Life Drawing with Maxine Wade

Working from life and observation is the best way to improve your drawing skills. The class is suitable for beginners and those more experienced. Working on an easel in charcoal, graphite and pastel on large paper. Professional models used.

Saturdays 10.00am - 12.00pm

9 classes, \$225, starting 21 July

10 classes, \$250, starting 13 October

Art Gallery Floortalks with Catherine Bainbridge

Explore the collections of some of our most outstanding galleries. Lead by Catherine Bainbridge, (practising artist and teacher), a theme will be explored based on examples from the collection and encouraging questions and discussion. Dates: Friday 3 August, Friday 12 October
Cost: \$35 per session plus gallery fee (if applicable). For further details phone Catherine on 9421 3450 or contact our Centre to book.



WORKSHOP

Transparent Glass Mosaics with Natalie Fernandes

Join Natalie, a professional mosaic artist and create a unique hanging mosaic with coloured glass and a perspex shape. No previous mosaic experience required. All materials supplied.

Saturday 7 July, 9.30am to 4.30pm
\$140

WORKSHOP

Make a terrarium

Learn how to design, create and care for your own one-of-a-kind terrarium with local horticulturist Mark Phillips. All materials supplied.

To express your interest in this class please visit or call the office on 9885 7952.

KEEP IN TOUCH

To keep updated on our events join our e-newsletter list at our website -

www.ashburtoncc.org.au

or like us on facebook:

facebook.com/ashburtoncc

TEXTILES

Bobbin Lace

These classes are for beginners or lace makers who have some knowledge of Torchon lace and want to advance their skills to a higher level. Start with the basics and then move on to more difficult techniques and other types of lace.

Tuesdays 1.00pm - 3.00pm

10 classes, \$185, starting 17 July

9 classes, \$165, starting 9 October



Spinners and Knitters Group

Join a friendly group of friends spinning, knitting & sharing stories.

Wednesdays 1:00pm - 3:00pm

(2nd and 4th of the month)

\$5.00 per session

Patchwork and Quilting Group

Have you ever wanted to share your ideas about quilting and patchwork with people who have a passion for this craft? Bring your project and join our friendly group of patchworkers over a cup of tea.

Thursdays 1.00pm - 3.00pm

\$5.00 per session

The Ashy Sewing Lounge

Bring your own sewing project and sewing machine

and join our group. New members are welcome, from beginners to experienced sewists. Join our facebook group for updates and project inspiration: www.facebook.com/groups/sewinglounge

Sundays 10.00am - 12.00pm

\$10 per session.



LANGUAGES

NEW! French for Travellers and Beginners

"Bonjour!" Do you want to learn French and/or travel to France? Come and discover the basics, how to communicate, order from a French menu and more. All teaching materials supplied by the teacher. Tutor: Isabelle Martin.

Mondays 9.30am - 11.30am

8 classes, \$180, starting 16 July

8 classes, \$180, starting 8 Oct

NEW! French Intermediate

"Comment ça va?" Do you already have a little bit of French knowledge? Would like to improve your understanding and conversation skills? Let's do it together! Work on your vocabulary and grammar in group activities, while also learning about the culture and habits of French people. All teaching materials supplied. Tutor: Isabelle Martin.

Fridays 10.30am - 12.30pm

8 classes, \$180, starting 20 July

8 classes, \$180, starting 12 Oct

Italian Intermediate

Learn Italian in a fun and interactive way. Expand on your current understanding in a supportive and friendly environment.

Mondays 1.00pm - 2.30pm

7 classes, \$145, starting 16 July

8 classes, \$165, starting 8 October



Book Groups

CAE Book Group

CAE Book Group meeting at the Ashburton Community Centre.

Thursdays (first of the month)

2.00pm - 4.00pm.

\$5.00 per session.

The Ashy Book Group

The Ashy Book Group is a community run book group to encourage book lovers from near and far to come together. Contemporary books are chosen by the participants in the group.

Thursdays (first of the month)

7.30pm - 9.30pm.

\$5.00 per session.

GENERAL INTEREST

Beginners Cryptic Crosswords

Do you avoid cryptic crosswords because they are too hard? Learn from Barbara how these puzzles work for some fantastic mental exercise!

Mondays 10.30am - 11.30am

6 classes, \$30, starting 16 July

6 classes, \$30, starting 12 November

Lifelong Learning Meetings (LLM)

LLM is for older people who enjoy learning, sharing ideas and making new friends. The meetings include guest presentations, discussion and afternoon tea. LLM is held in two locations in Hawthorn and in Ashburton. Transport is available, to book please contact Hawthorn Community House on 9819 2629.

Hawthorn LLM **Thursdays**

1.30pm - 3.30pm, 10 sessions, \$30

Ashburton LLM **Fridays**

1.30pm - 3.30pm, 10 sessions, \$30.

Contact Hawthorn Community House on for dates and details on 9819 2629.

Mah Jong (Western) lessons

Sharpen your mind with this time honoured game of strategy. Learn the rules and expand the hand you play (Western only).

Fridays 12:30pm - 3.30pm

4 classes, \$20, starting 7 September

Mah Jong Group (Western)

Sharpen your mind with this time honoured game of strategy.

Fridays 12:30pm - 4:00pm

\$5.00 per session

The Joy of Good Books

Part bookgroup, part literature class. A literary background is not needed, nor do participants need to read the whole book beforehand. Tutor led discussion. An opportunity to join other book lovers, to examine and discuss fascinating works of literature.

Tuesdays 1.00pm - 3.00pm

Book: Unreliable Memoirs by Clive James

6 classes, \$105, starting 17 July

Book: TBA

6 classes, \$105, starting 30 October

NEW! Family Budgeting

This workshop will help you understand how to handle your household finances. Gain insights into how to manage your day-to-day expenses, formulating a budget and make the most of your income. Facilitated by an experienced senior finance professional.

To express your interest in this class please visit reception or call the office on 9885 7952.

Missed the first class?

Most of our classes can be started mid-term if places are available. Contact us to find out by calling 9885 7952 or email office@ashburtoncc.org.au.

If a class is full, you can elect to be put on the wait list for the class and notified when a place is available.

MOVIES AND MUSIC

Acoustic Jam Group

Acoustic Music Group - All welcome! Guitar, banjo, ukulele, mandolin, keyboard & singers.

Fridays (1st and 3rd of every month)

7.30pm - 9.30pm, \$5.00 per session

Blues Music Jamming Session

Guitar, keyboards, harps, kits (within reason), your voice and amps (minimal).

Fridays (2nd & 4th of every month)

8.00pm, \$5.00 per session

Please note you may need to join a wait list for this group. Enquire at the centre.

Ukelele

Ukulele is such a fun and social way to play music. In this popular course community musician/tutor Margaret Crichton will teach you how to play songs and tunes in no time. Have great fun learning and playing the instrument of the moment! Bring your own instrument if you have one. Margaret has a few to start you off and will give advice on the right one to buy for you. Beginners to Intermediate welcome.

Wednesdays 2.00pm - 3.00pm

10 classes, \$140, starting 18 July

10 classes, \$140, starting 10 October

the
foreign
film
group
@ the Ashy

Foreign Film Group - Movies and Discussion

Join us once a month to share some nibbles, watch a foreign film and then sit back and discuss the film with friends. It is a great opportunity to get out in a safe, friendly environment at night. A different foreign film is shown on the first Wednesday of every month with everyone welcome to attend. The film is shown in the Copland Room followed by a discussion with light refreshments. Contact us for details of the next film.

Wednesdays (1st of the month).

Doors open at 7.00pm for a 7.30pm start. \$10 per session. Contact the office to book.

ROOM HIRE

The Ashburton Community Centre has various facilities to hire for community, not-for-profit and commercial use. These venues are suitable for a variety of different functions, including meetings, classes, general interest gatherings and workshops.

The Ashburton Community Centre rooms are available for hire 7 days a week. The rooms were purpose built and have a variety of high quality features.

All of our rooms have centrally controlled air-conditioning and heating, are accessible and are linked to a central Breakout Space fitted with a kitchenette (for light catering and serving of hot/cold beverages) with internal access to two toilets (both with a baby change table).

The Ashburton Community Centre's spaces are beautifully light and bright having been completely renovated. Providing intimate rooms to suit groups of 10 through to large spaces to suit groups of 40 seated, the venue is perfect for conferences, talks, meetings, rehearsals, workshops, performances, exhibitions, markets and festivals.

More importantly, when you hire a space at the Ashburton Community Centre, you are booking more than just a room. Located in a prominent location on High Street with shared access to the Ashburton Library, the Centre also offers a full demonstration kitchen, catering facilities, atmosphere, inspiration and experience.

We are always looking for ways to support the community. As a result, we offer discounts for not-for-profit groups and welcome community groups and small businesses.

Open Times for Hire: Monday to Friday 8.00am to 10:00pm,
Saturday & Sunday 9:00am to 10:00pm by booking only.

More information, photos and room hire rates can be found on our website www.ashburtoncc.org.au/room-hire, or you can visit us at reception.



THE ASHBURTON COMMUNITY CENTRE

We are a well-established not for profit, community owned and managed Centre based in Ashburton. We offer a range of activities and programs developed in response to the needs of the community.

You will find our centre amongst the busy High Street shops, co-located with the Ashburton Library. Our modern, purpose-built facilities make our Centre a popular option for furthering skills and taking part in the diverse range of opportunities available at our Centre.

Our Vision

A Centre for inspiration, growth and enjoyment.

Mission

To connect and engage with our community and respond to their needs.



COMMUNITY INITIATIVES

Seed Swap Table & Coffee Grounds

A Seed Swap table is an opportunity for local gardeners to donate, exchange or purchase seeds. These are usually fruit and vegetable seeds and it can also be a place to swap recent issues of gardening magazines, books and seedlings and plants. Our Seed Swap table is located just inside the door to the Centre and anyone can get involved - you don't need to be a member of the Centre. You are welcome to visit the Seed Swap Table during our opening hours from 9.00am to 2.30pm week days and have a browse.

How it Works:

Adding Seeds: If you would like to add seeds to our collection please take an envelope, complete the label, and return it with your seeds.

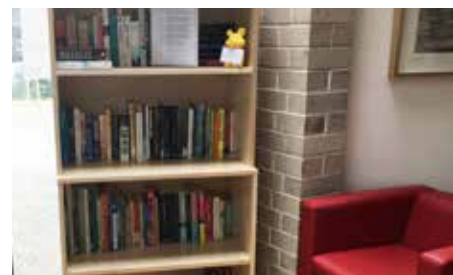
Swapping Seeds: You can swap the seeds you bring in for any other seeds in the collection. If you don't have any seeds to add, but you'd like to take seeds home to grow you are welcome to take seeds in exchange for gold coin donation, or bring along a new batch of seeds at the end of your harvest.

Also available from the foyer are used coffee grounds for your garden. Collected from our friends at Mr Brownstone and diverted from landfill, used coffee grounds are a great addition to your garden bed or compost. They are around 1.5% nitrogen and contain magnesium, calcium, potassium, and other trace minerals. Your plants will love them!



Community Bookshelf

You are invited to come and visit our Community Bookshelf in the foyer of our Centre. Please feel free to browse our books. You are welcome to swap, donate or take a book. We accept books in good, pre-loved condition. We do not accept text books, magazines or encyclopaedias. If you are taking a book, a gold coin donation to support our Centre would be appreciated. Thank you and happy reading!



The Green Deck

The Green Deck project is designed to educate and inspire our members and the local Ashburton community to adopt sustainable practices such as small-scale food and herb gardening, composting and recycling food waste, which are all actions that support the reduction of organic waste into landfill. The Green Deck is located on the front deck of the Centre.



Pencils Community

We are a collection point for the Pencils Community, a social enterprise that takes your used and discarded pencils, pens, crayons and other stationery items, re-bundles them and gives them to children in need in Australia and around the globe. We Accept: used, new and discarded: Pencils, pens, crayons, textas, rulers, erasers, sharpeners, glue sticks, scissors, pencil cases, paper/ note books, paint /paint brushes, art & craft supplies and pretty much anything else you can think of that a child might want for school.

