



ASHBURTON
COMMUNITY
CENTRE

January
to June
2025



*Mid-term
enrolments
welcome*

*Free trials
available*



*What's on at the
Ashburton Community Centre*

Courses, Activities & Events

KEY DATES

- 20 Jan** Centre opens for 2025
- 28 Jan** Term 1 starts
- 2 Feb** Global Films Night
- 23 Feb** Ashburton Community Festival
- 5 Mar** Global Film Night
- 2 Apr** Global Film Night
- 4 Apr** Term 1 Ends
- 5 Apr** Ashburton-a-Fair
- 22 Apr** Term 2 starts
- 7 May** Global Films Night
- 12-18 May** Neighbourhood House Week
- 4 Jun** Global Films Night
- 2 Jul** Global Films Night
- 4 Jul** Term 2 Ends
- 5 Jul** Ashburton-a-Fair
- 19 Jul** Bookfest Ashburton



Acrylic Art for All Abilities

Learn more about materials, mediums, textures and colour, from artist and teacher Lorraine Kelly in a relaxed and inclusive environment. All students are encouraged in this supportive environment to recognise their own talents and abilities.

Mondays 10.30am - 12.30pm
8 classes, \$243, starting Feb 3
8 classes, \$243, starting Apr 28

Advanced Watercolour Painting

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. Tutor: Alan Rawady

Mondays 1pm - 3pm
8 classes, \$243, starting Feb 3
8 classes, \$243, starting Apr 28

Introduction to Watercolour

A fun watercolour class designed for beginners or those with some experience. Learn a variety of watercolour techniques, ranging from traditional to contemporary. You will see a short demonstration and each person receives individual attention. From traditional to contemporary design, learn about colour mixing, brush technique, washes & blending. Tutor: Lisa Gribbin

Tuesdays 11.45am - 1.45pm
9 classes, \$274, starting Feb 4
10 classes, \$304, starting Apr 29

Botanical Watercolour Illustration

Learn to paint flowers, fruits and plants in magnificent watercolour, capturing colour and details realistically. Be guided each week as you create botanical works in a contemporary style. Tutor: Lisa Gribbin

Beginners Thursdays 1pm - 3pm
9 classes, \$274, starting Feb 6
10 classes, \$304, starting May 1

Advanced Tuesdays 9.30am-11.30am
9 classes, \$274, starting Feb 4
10 classes, \$304, starting Apr 29

iPad Art using ProCreate

Learn to create stunning images with the fantastic, easy to learn Procreate app, regarded as the world's leading app for digital art with award-winning digital artist Lisa Gribbin.

Tuesdays 2pm - 4pm
9 classes, \$274, starting Feb 4
10 classes, \$304, starting Apr 29

Watercolour, Gouache and Mixed Media

Follow a step-by-step approach towards painting with watercolour and gouache. The tutor demonstrates and students follow along at their own pace as well as painting independently. We add interesting touches of mixed media to our watercolour and explore different subjects Tutor: Jill Brailsford

Tuesdays 1pm - 3pm
9 classes, \$274, starting Jan 28
7 classes, \$213, starting May 20

Chinese Brush Painting

Join award-winning Chinese Brush Painting artist Echo Wu to learn how to use ink and colour to create paintings on xuan paper. The painting techniques and processes will be clearly and methodically unfolded at a pace which matches the skill level of the student. The course is for both beginner and intermediate students.

Wednesdays 10am - 12pm
10 classes, \$304, starting Jan 29
11 classes, \$335, starting Apr 23

Pencil and Paint

This course focuses on art and design with practising artist, Jill Brailsford. Jill will teach participants how to work with gouache paint and coloured pencil and encourage exploration and experimentation with different painting and drawing techniques. All levels welcome.

Wednesdays 7pm - 9pm
9 classes, \$274, starting Jan 29
7 classes, \$213, starting May 21

NEW! Doodling the Masters

Referencing famous and not-so-famous artworks to create our own whimsical doodle version of them. We take a closer look into how others create artworks. Course includes step-by-step drawing instructions geared towards beginners, a simple guide to applying water colour and your own art materials to take home. Tutor Dina Theodoropoulos.

Thursdays 7pm - 9pm
6 classes, \$214, starting Jan 30

Art for All Abilities

A warm and inclusive art class for all. Unsure of your own artistic capacity? This class is a safe space to explore a range of tools and mediums to express yourself. Start with basic skills and tools such as pencils, pastels, ink and you will be supported to break down the elements of art to create at your own pace. Tutor: Lorraine Kelly.

Fridays 10am - 12pm
10 classes, \$304, starting Jan 31
8 classes, \$243, starting May 2

Life Drawing

Participants can experience life-drawing in a relaxed light-filled hall with large floor easels provided. Life models are employed offering participants the ability to study and refine their drawing skills using their choice of drawing materials. Participants have the opportunity to draw from a variety of poses, with a new model each session. This allows them to practice and develop skills in different areas, such as in capturing the human form's proportions, gestures, or expressions. This class is run by a Volunteer Coordinator who is an active member of the class.

Saturdays 10am - 12pm
8 classes, \$148, starting Feb 2
9 classes, \$167, starting Apr 26

CONNECT

Connect groups are our volunteer-run social groups supporting people with like-minded interests to connect with each other. To participate in a Connect Group, you need to be a member (\$15 p.a. membership fee).

BOOKCLUBS AT ACC

Join one of our warm and inclusive bookclubs here at the Centre. Books are chosen by the participants and sourced through the library. If you are interested in joining please contact our office for more details.

Mind Readers Bookclub

Tuesdays (3rd of the month)
7.30pm - 9.30pm, \$5 per session

Novels at Night Book Group

Wednesdays (1st of the month)
7.30pm - 9.30pm, \$5 per session

Thursday Afternoon Bookclub

Thursdays (1st of the month)
2pm - 4pm, \$5 per session

Wednesday Readers Book Group

Wednesdays (4th of the month)
1.30pm - 3.30pm, \$5 per session

Chapter Chasers Bookclub

Wednesdays (3rd of the month)
7pm - 9pm, \$5 per session

NEW! Men's Bookclub

Day and time TBA. To register your interest contact the office.

Older Blokes New Ideas

A group for men aged 50+ to meet in an informal, social environment to share knowledge and experiences, guided by our facilitator, Bill.

Mondays (1st & 3rd of the month)
10am - 12pm

Drawing Flowers Connect Group

An open art studio, drop in to work on your art projects. All welcome. By art tutor Dina Theodoropoulos.

Mondays (first of the month)
4.30pm - 6.30pm, \$5 per session

Table Tennis Group

Come and join a friendly group of players in a game of social table tennis. Men and women welcome!

Mondays 2pm - 4pm, \$5 per session

Nordic Walking Group

For members who have completed Nordic Walking for Beginners, join a friendly Nordic Walking group to stay healthy and stay connected.

Mondays 1pm - 2.30pm, FREE
Tuesdays 11.30am - 1pm, FREE
(voluntary gold coin donation)

NEW! Karaoke Group

Sing your heart out in a relaxed fun environment. Karaoke relieves stress, boosts self-esteem and confidence, while also building social connections—all major life extenders. And most importantly it's lots of fun!

Tuesdays 10.30am - 12pm, \$5 per session

Scrabble Club

Play Scrabble in a friendly and non-competitive environment. All levels welcome and players are matched with similar standard players.

Tuesdays (2nd & 4th of the month)
2pm - 3.30pm, \$5 per session

Rummikub/Rummy Tiles

A fun, easy-to-learn game based on elements of the card game Rummy and MahJong. Each game is for 3-4 people who take turns drawing from tiles with the goal of using up all their tiles.

Tuesdays (1st & 3rd of the month)
1.45pm - 4pm, \$5 per session

Spinners and Knitters Group

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

Wednesdays 1pm - 3pm (2nd & 4th of the month) \$5 per session

Walking Group

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. Meet at the Centre.

Wednesdays 10am, FREE
(voluntary gold coin donation)

Mah Jong Group (Western)

Sharpen your mind with this time honoured game of strategy. *Mah Jong lessons also available, contact the Centre for more details.*

Wednesdays 12:30pm - 4pm,
Fridays 12:30pm - 4pm,
\$5 per session

Ashy Writers Club

Join a friendly local group of writers to connect with like-minded people and have an opportunity to write together, support each other and share works.

Wednesdays 1pm - 3pm,
\$5 per session

Dungeons & Dragons

Play Dungeons and Dragons (5th Edition) with a local group with an experienced Dungeon Master.

Wednesdays 6.30pm - 9.30pm
Group 1: 1st & 3rd of the month
Group 2: 2nd & 4th of the month,
\$5 per session

(We also run Dungeons & Dragons classes for teens/youth).

Craft, Coffee and Chat

A friendly group of ladies who get together weekly to craft and chat over a cup of coffee. While this is an untutored group, we are always willing to show people new skills such as crochet, knitting, patchwork, sewing and cross stitch. Whatever craft you enjoy doing, bring it along.

Thursdays 10.30am - 1pm,
\$5 per session

Patchwork and Handcraft Group

Our group has experience in patchwork & hand sewing, crochet, knitting, embroidery, cross stitch and needlepoint. Open to new members. Bring your project & join our friendly group over a cup of tea.

Thursdays 1pm - 3pm, \$5 per session

Floral Art Group

A lovely group enjoying flower arranging in both traditional and contemporary ways. Participants bring their own supplies and spend a relaxing morning creating gorgeous arrangements.

Thursdays 11am - 12.30pm,
\$5 per session

NEW! Sing-a-long Singers

Singing is great for the mind, body and spirit! Proven to relieve stress and release feel-good hormones! The emphasis is on enjoyment, participation and fun! No experience needed.

Thursdays 1.30pm - 2.30pm
\$5 per session

Acoustic Group

All welcome! Guitar, banjo, ukulele, mandolin, keyboard & singers.

Fridays (1st & 3rd of the month)
7.30pm - 9.30pm, \$5 per session

Blues Jamming Session

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

Fridays (2nd & 4th of the month)
7pm - 9pm, \$5 per session

Stay Active Online Pass

Keep yourself active and moving with a range of exercise, movement and dance classes. Your Stay Active online pass allows you to attend any (or all!) of the classes on every weekday.

The classes running at the Centre and will be streamed at the same time to your home. Classes include -

- Balance Back to Exercise, Mon 9.15am, Wed 9am and Thu 9.30am
- Exercise to Music, Tue & Fri 9.30am
- Keep Fit Strength & Conditioning, Tue & Fri, 10.45am

Format: Online - Livestream

Mondays to Fridays

10 weeks, \$135 starting Jan 28

11 weeks, \$149 starting April 22

Ageless Grace®

Ageless Grace is based on 7 years of medical research into how to slow down the ageing process of your brain and body in your senior years. It is an uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, co-ordination, balance and promotes creativity. All 5 areas of the brain are activated – analytical, strategic, kinaesthetic learning, memory, creativity and imagination. The classes are suitable for all ages and abilities who are interested in maintaining their brain health.

Wednesdays 11am - 11.45am

10 classes, \$242 starting Jan 29

6 classes, \$146 starting Apr 23

Thursdays 9.45am - 10.30am

10 classes, \$242 starting Jan 30

6 classes, \$146 starting Apr 24

Mat Pilates

Work on your core strength to help your balance and enhance everyday movements. A fun and functional class. Tutor: Robin Kendrick.

Thursdays 10.45am - 11.45am

10 classes, \$182 starting Jan 30

4 classes, \$73 starting Apr 24

These exercise classes are run at the Centre, and live-streamed via Zoom. To attend at the Centre, please register at our office and purchase an Activity Pass - 5 class pass is \$40 (\$8 per class), 10 class pass is \$80 (\$8 per class) or pay as you go for \$10 per class. To receive the Zoom link and attend online, please purchase the term-based Stay Active Online Pass.

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. Improve your mobility and stability, flexibility and posture. But most importantly you will have fun! Tutor: Robin Kenrick.

Mondays 9.15am - 10.15am

Term 1: 8 classes starting Feb 3

Term 2: 4 classes, starting Apr 28

Wednesdays 9am - 10am

Term 1: 10 classes, starting Jan 29

Term 2: 4 classes, starting Apr 23

Thursdays 9.30am - 10.30am

Term 1: 10 classes, starting Jan 30

Term 2: 4 classes, starting Apr 24

Tai Chi

Join us for this gentle yet stimulating form of exercise. Tai Chi can help you decrease stress, anxiety and depression, improve your mood and aerobic capacity, increase your energy and stamina, improve your flexibility, balance and agility.

Tutor: Sam Au

Mondays 11.15am - 12.15pm

8 classes, starting Feb 3

9 classes, starting Apr 28

Line Dancing - Introduction

Interested in learning how to Line Dance? This 4-week course is an introduction to line dancing steps, which once completed enables you to transition to our Beginners Line Dancing course. Tutor: Marie Pietersz.

Tuesdays 1.15pm - 2pm

4 classes, \$55 starting Jan 28

4 classes, \$55 starting Mar 3

4 classes, \$55 starting Apr 22

4 classes, \$55 starting May 27

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.

Tutor: Jenny Biggin

Tuesdays 9.30am - 10.30am

Term 1: 10 classes, starting Jan 28

Term 2: 11 classes, starting Apr 22

Fridays 9:30am - 10:30am

Term 1: 10 classes, starting Jan 31

Term 2: 10 classes, starting May 2

Keep Fit (Strength & Conditioning)

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

Tutor: Jenny Biggin

Tuesdays 9.30am - 10.30am

Term 1: 10 classes, starting Jan 28

Term 2: 11 classes, starting Apr 22

Fridays 9:30am - 10:30am

Term 1: 10 classes, starting Jan 31

Term 2: 10 classes, starting May 2

Line Dancing (all levels)

A line dancing class for those experienced line dancers who would like to practice their line dancing skills. This class is a fun way to keep active. Have loads of fun while exercising your body & mind. Tutor: Marie Pietersz.

Tuesdays 2pm - 3pm

10 classes, \$138 starting Jan 28

11 classes, \$152 starting Apr 22

MOVE cont.

Yoga - Hatha Continuing

Integral Yoga for health and wellbeing. A gentle yoga suitable for all ages. Asanas, pranayama and relaxation. Tutor: Mary Thow.

Mondays 9.30am - 10.30am
8 classes, \$146 starting Feb 3
9 classes, \$164 starting Apr 28

Tuesdays 9.30am - 10.30am
10 classes, \$182 starting Jan 28
11 classes, \$200 starting April 22

Also available online (livestream) as part of our Yoga Online Pass

Outer Strength, Inner Calm - Men's Yoga for Men (50+)

Just for the guys, build strength, mobility and balance through yoga, and keep up with life! Each class will include a simple sequence of movements and stretches, suitable for all levels. You'll find more ease in everyday activities, like kicking the footy with your grandkids or a Sunday bike ride! Tutor: Megan Edwards

Tuesdays 12pm - 1pm
10 classes, \$182 starting Jan 28
11 classes, \$200 starting Apr 22

Yoga for All

A unique yoga class during which the instructor will work with the participants to build the class to suit each student's capacity. Ideal for newcomers to yoga or those who would like to reap the benefits of yoga in a small inclusive setting.

Wednesdays 9.30am - 10.30am (with Catherine)
10 classes, \$182 starting Jan 29
11 classes, \$200 starting Apr 23

Fridays 9.30am - 10.30am (with Laura)
10 classes, \$182 starting Jan 31
10 classes, \$182 starting May 2

Also available online (livestream) as part of our Yoga Online Pass

Yoga - Stretch & Strengthen

Join qualified yoga instructor Liz in a gentle exercise class designed for beginners. Set to soothing music, the class draws from both yoga and Pilates, with a key emphasis on gently stretching all parts of the body to increase flexibility.

Thursdays 10am - 11am
10 classes, \$99 starting Jan 30
11 classes, \$200 starting Apr 24

Also available online (livestream) as part of our Yoga Online Pass

Yoga Online Pass

Our Yoga Online Pass allows you to attend any (or all) of the yoga classes on every weekday. Classes run at the Centre and are streamed at the same time to your home. Classes include -

- Yoga Hatha Continuing Mon & Tue, 9.30am
- Yoga for All, Wed & Fri 9.30am
- Yoga Stretch & Strengthen, Thu 10am
- Yin Yoga, Fri 10.45am

Format: Online - Livestream

Mondays to Fridays

10 weeks, \$195 starting Jan 28
11 weeks, \$215 starting Apr 22

Yoga - Yin

Yin is a mostly floor based practice designed to nourish the joints and create space in your body and mind. This style is a more passive practice of yoga. The poses are held for longer as we let gravity do the work as you allow for the softening of muscle and release of fascia to elongate and hydrate throughout the body. Tutor: Laura Goldstraw from Zalaheart. Open to all levels.

Fridays 10.45am - 11.45am
10 classes, \$182 starting Jan 31
11 classes, \$200 starting May 2

Also available online (livestream) as part of our Yoga Online Pass

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. The class focuses on awareness through movement as you learn how to move more freely and flexibly. If you would like to join this class, please contact the office so our instructor, can contact you personally to discuss your individual requirements and ensure the class will meet your needs.

Wednesdays 12pm - 1.30pm
10 classes, \$205 starting Jan 29
11 classes, \$226 starting Apr 23



Nordic Walking for Beginners

Nordic Walking can be performed by anyone, anywhere, at any time, is affordable and most importantly lots of fun! Join our accredited Nordic Walking instructors in learning the easy techniques and exploring the many beautiful local parks, ovals and trails all accessible around Ashburton.

Tutor: Ulla Jones

Perfect if you want to focus on form and technique at a leisurely pace.

Tuesdays 10.30am - 12pm
6 classes \$145 starting Feb 4
6 classes \$145 starting Apr 29

Tutor: Sam Au

For those who would like a more energetic class at a good pace.

Fridays 9.30am - 11am
6 classes \$145 starting Jan 21
6 classes \$145 starting May 16

Please also take a look at our Connect Nordic Walking Groups to join once you have completed the Nordic Walking for Beginners class.



ACC Outings

Join Rachelle, our dedicated Outings Coordinator, on any one or more of our fun outings, aimed to connect you to local and further afield activities and friendly people.

2025 outings to be announced soon. See our website for more details www.ashburtoncc.org.au

Languages

French for Beginners and Travellers (Level 2)

“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. This course is ideal for beginners who have a smattering of French and are looking to refresh and improve their conversation. All teaching materials supplied by the teacher. Tutor: Isabelle Martin.

Mondays 9.30am - 11.30am
8 classes, \$243 starting Feb 3
9 classes, \$274 starting Apr 28

French Intermediate Conversation

You've known some French for a while, your grammar and vocabulary are good, so now it is time for communication and conversation! Come and talk, discover cultural themes, revise on structures but mainly improve your conversation skills in this Intermediate French class. Tutor: Isabelle Martin.

Fridays 1.30pm - 3.30pm
10 classes, \$304 starting Feb 4
10 classes, \$304 starting May 2

French Advanced Conversation

“Comment ça va?” Do you already have a knowledge of French? Would you 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 11am - 1pm
10 classes, \$304 starting Feb 4
10 classes, \$304 starting May 2

Italian Intermediate

Learn Italian in a fun and interactive way. Expand on your current understanding in a supportive and friendly online environment. Tutor: Martine Bourbon

Format: Dedicated Online Class

Mondays 1pm - 2.30pm
8 classes, \$194 starting Feb 3
9 classes, \$218 starting Apr 28

Music



Ukulele

Ukulele is such a fun and social way to play music. Classes will be structured with a welcome and a warm up on songs from previous classes, a new song or two with instructions on techniques and difficulties, a chance to ask questions at various points through the class, and a final song.

Beginners

Mondays 2pm - 3pm
6 classes, \$109 starting Feb 3
9 classes, \$164 starting Apr 28

Intermediate

Wednesdays 3.30pm - 4.30pm
8 classes, \$146 starting Jan 29
10 classes, \$182 starting Apr 23

Advanced

Wednesdays 2pm - 3pm
8 classes, \$146 starting Jan 29
10 classes, \$182 starting Apr 23

General Interest

Cryptic Crosswords (Online)

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

Format: Online Dedicated Class

Mondays 10.30am - 11.30am
8 classes, \$40, starting Feb 3
10 classes, \$50, starting Apr 28

Mondays 2.30pm - 3.30pm
8 classes, \$40, starting Feb 3
10 classes, \$50, starting Apr 28

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).

Wednesdays 1pm - 3pm
4 classes, \$84 start date TBC.
Please contact the Centre to register your interest.

Arts & Literature

Your Life Stories - A Writer's Group

Are you writing your life story or family history or would like to begin but don't know how? This course is for anyone wanting to be inspired and supported to write their life stories. This course will help provide you with focus for your research and writing; a weekly deadline for getting your words down on paper; and ideas and feedback on where you can take it next. It also provides a great way to connect with others who are dedicated to preserving their experiences.

Thursdays 1.30pm - 3pm
9 classes, \$218 starting Feb 6
11 classes, \$266 starting Apr 24

For the Love of Literature

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. Tutor: Barbara Boxhall

Tuesdays 1pm - 3pm
6 classes, \$145 starting Jan 28
6 classes, \$145 starting May 27

ROOM HIRE

Affordable spaces for hire at a welcoming, modern venue.

The Ashburton Community Centre rooms are available to hire for community, not-for-profit and commercial use. Our rooms are suitable for a variety of functions, including meetings, classes, general interest gatherings and workshops. The rooms are purpose built and have a variety of high-quality features including digital TVs and laptop connectivity, air conditioning/heating, and ample light.

More information, photos and room hire rates can be found on our website www.ashburtoncc.org.au/room-hire, or you can visit reception during our opening hours of 9am - 2pm weekdays.

TECH SAVVY /

Free classes and one-on-one support for seniors with our volunteer Digital Mentors

Get Connected Using an Smartphone

Do you find the demands today for using technology a challenge?

If you would like to improve your skills and confidence in using your Smartphone this course is for you. This course has been designed by our Digital Mentors to respond to the needs of individuals in the class, with an emphasis on staying safe when online.

Each week a different topic on how to make the most using your Smartphone will be selected. In language that is easily understood and using step by step guides, these sessions will show you the basic information about how technology works, with participants being encouraged to bring along their own queries for discussion. You will also be shown how to use the fabulous BeConnected resources in your own home to further your learning.

Tuesdays 10am - 11.30pm

Tuesdays 10am - 11.30pm

7 classes, FREE*, starting Feb 18

11 classes, FREE*, starting Apr 22

Stay Connected

An Intermediate Class in Technology

Do you feel you have got the hang of basic skills on your computer, tablet and smartphone, but want to build your knowledge and confidence in using technology, smart phones, computers and the internet? If you want to become more familiar with new technology and using your devices this course is for you!

All you need is one digital device (e.g. your smartphone, iPad, tablet, laptop or computer) and Ashburton Community Centre Membership.

Digital Mentor: Lynn Norman

Mondays 1pm - 2.30pm

7 classes, FREE*, starting Feb 18

11 classes, FREE*, starting Apr 22

Tech Help Desk

Have all your technology related questions answered in a relaxed one-on-one setting with one of our patient and relaxed Digital Mentors. Whether it is regarding your phone, laptop or tablet our tech help desk can help you.

These sessions are run in-Centre, however you are welcome to book a phone appointment if you prefer. These FREE* sessions can be booked on a half-hourly basis. You can book a maximum of 2 sessions per week.

Tuesday 9.15am - 9.45am (with Peter)

Tuesday 12.30pm - 2pm (with Lynn)

Wednesday 10.30am - 12pm (Lynn)

Thursday 11.30am - 12.30pm (Sandar)

Friday 9am - 10.30am (Peter)

Tech Help Desk available during school terms only. Please call the office to organise your appointment time on 9885 7952.

Please bring the device that you want to talk about with you. Please bring any pass-codes that you have for any IT-related accounts.

Connecting Safely Online (4-Week Course)

Did you know that you can use your digital device (smart phone, tablet, iPad or computer) to connect online with friends, family or people sharing similar interests?

Social media allows you to interact with family and friends online. By joining social media platforms, you can share news and photos with family and friends who you may be unable to see in-person. There are also many online classes and forums you can join to meet new people and build an online community around your interests.

Join this 4-week course to learn how to safely connect with people online and learn how the virtual world can support you stay connected with your community.

All you need is one digital device (e.g. your smartphone, iPad, tablet, laptop or computer) and Ashburton Community Centre Membership.

Thursdays 10.30am - 11.30am

4 classes, FREE*, dates TBC. Please contact the office to express your interest.

FILM NIGHT



Global Film Night - Film and Discussion

Join us each month for a world movie in a welcoming environment and enjoy a casual conversation about the film and its themes. Films chosen are not mainstream and are designed to be thought provoking and expand our minds on people and the world around us.

Doors open at 6.30pm (for a 7pm start). Enter via rear entrance off Highgate Grove, please use the intercom for access.

Wednesdays 7pm - 9.30pm
(1st of the month)

A free event with tea, coffee and biscuits. Please visit our website to view the list of films for the year.

FOR TEENS



Dungeons and Dragons for Teens/Youth

Learn to play Dungeons & Dragons, a fantasy table top role-playing game. Create a character and go on fantastical adventures with your team to solve dilemmas, engage in battles, explore, gather treasure and knowledge. Lead by an expert Dungeon Master who is experienced in running D&D groups and also working with a diverse range of young people. Sessions will use designed/tailored age-appropriate adventures. This group is for teens (13 - 17 yrs), beginners welcome!

Thursdays 4.30pm - 6.30pm
10 classes \$250, starting Jan 30

Thursdays 7pm - 9pm
10 classes \$250, starting Jan 30

ROOM HIRERS

Here at the Centre we have a range of programs offered by room hirers. Please contact the organisations directly to find out more.



Spanish Language Course for Children & Teens by Maria Spanish School

Spanish for children from 5 to 12 years old and 13 to 17 years.

Contact Maria for cost and session details. To book: call 0420 468 820 or email spanishteacher.au@gmail.com. Find out more at: www.mariaspanishschool.com.au



Kids Public Speaking & Drama by Super Speak

Super Speak is Melbourne's award winning public speaking and drama program for kids. Your child can learn to communicate with confidence, purpose & skill whilst having fun!

Contact Super Speak directly to enrol in their classes run at the Centre on Tuesday evenings. For details, visit www.superspeak.com.au.



Wing Chun Kung Fu Classes by Wing Chun Melbourne

Discover traditional Ip Man Wing Chun in Melbourne! Join our friendly, safe classes and experience practical & direct self-defence techniques, sticking hands, footwork training, and much more. Start your journey and discover Wing Chun today!

Thursdays 7pm to 8:30pm
Cost: \$25.50 (as a 10 pass), \$34 for non-members. To find out more, visit wingchunmelbourne.com.au

Creative Art & Cooking Programs by Jas Inclusive Studios



Our all-inclusive creative arts and cooking programs are designed for young adults aged 18 to 30 with a disability - IQ range of 50 to 75. Participants are taught according to their individual learning style through Cooking, Physical movement, Dancing, Media/Photography, Drama, Visual arts, Costume design/Costume making, Book design/publishing and end of term excursions.

For all enquiries and bookings: www.jasinclusivestudios.com



Life Long Learning Ashburton by Hawthorn Community House

For older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, interesting presentations and much more.

Fridays (fortnightly) 1.30pm-3.30pm
Cost: \$70 or \$20 per term with a My Aged Care referral (4 sessions)

To book phone 9819 5758 or to find out more visit www.hch.org.au



Men's Circle by Realms of Men

'A man alone may find his voice, but with brothers, his voice creates a legacy.' The lost art of every ancient tribe, men's circle is a gathering place for men to connect, grow, learn and share. Not a therapy group, but very therapeutic. We witness each other and stand side-by-side with our brothers in whatever they are experiencing.

Mondays, 7:30-9pm, from Oct 21
Cost: Voluntary Contributions. 1st Circle Free to attend. For bookings and more details visit: https://bit.ly/mens_circle_ashburton

COMMUNITY SERVICES



Justice of the Peace Service

Walk in appointments only, no bookings required.

Mondays 1:30pm - 3pm
Mondays 6.30pm - 8pm*
Tuesdays 10.30am - 12pm
Thursdays 6.30pm - 8pm*

*enter via Highgate Grove

The Chatty Cafe at ACC

Brighten your day by dropping in for a cup of tea or coffee and a sweet treat at our chatty table. Join us every **Thursday** from 1.30pm to 2.30pm.



The Ashy Eco Hub

Located in the foyer, our Eco Hub is run by volunteers and brings together our sustainability initiatives including our community bookshelf, our Green Deck project, our container deposit donation point and it serves as a recycling collection point for a range of items. We currently collect the following items for recycling: plastic bread tags, batteries, glasses & hearing aids, wire coat hangers, eWaste (small items only), empty skincare & make-up packaging, corks, printer & ink cartridges.



We are also a container deposit donation point. You will find our donation bins at the front of our Centre. Your donations support the Ashburton Community Centre and Scouts Victoria.

