



ASHBURTON  
COMMUNITY  
CENTRE

MID TERM ENROLMENTS WELCOME!  
FREE TRIALS AVAILABLE

*what's on at the Ashburton Community Centre*

# Courses & Activities Guide

**JANUARY - JUNE 2023**

## NEWS & EVENTS

- 23 Jan** Centre re-opens
- 30 Jan** Term 1, 2023 Begins
- 1 Feb** Global Films
- 26 Feb** Ashburton Community Festival
- 1 Mar** Global Films
- 1 Apr** Ashburton-a-Fair
- 5 Apr** Global Films
- 6 Apr** Term 1 Ends
- 26 Apr** Term 2 Begins
- 3 May** Global Films
- 7 Jun** Global Films
- 23 Jun** Term 2 Ends
- 24 Jun** Ashburton-a-Fair
- 5 Jul** Global Films
- 8 Jul** BookFest Ashburton

*re-connect  
with your local  
community  
in 2023*

*find a class or activity  
just for you at the ACC*

## Visual Arts

### Acrylic Art for All Abilities

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

**Mondays** 10.30am - 12.30pm

9 classes, \$247.50, starting Jan 30

9 classes, \$247.50, starting Apr 24

### 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

9 classes, \$247.50, starting Jan 30

9 classes, \$247.50, starting Apr 24



### iPad Art using ProCreate

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

**Tuesdays** 2pm - 4pm

9 classes, \$247.50, starting Feb 7

8 classes, \$220, starting May 2

### Introduction to Watercolour

In this fun watercolour class designed for beginners or those with some experience, you will be introduced to a variety of watercolour techniques, ranging from traditional to contemporary watercolour styles. You will see a short demonstration and each person receives individual attention. From traditional to contemporary design, you will learn about colour mixing, brush technique, washes and blending.

**Tuesdays** 11.45am - 1.45pm

9 classes, \$247.50, starting Feb 7

8 classes, \$220, starting May 2

### Watercolour Painting and Mixed Media

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. Tutor: Natalie Fernandes.

**Tuesdays** 1pm - 3pm

8 classes, \$220, starting Jan 24

8 classes, \$220, starting May 2

### Botanical Watercolour Illustration

Lisa encourages students to be bold in their use of colour and contemporary design and teaches in a supportive and fun style. This class is suitable for beginners. Tutor: Lisa Gribbin

**Tuesdays** 9.30am - 11.30am

9 classes, \$247.50, starting Feb 7

8 classes, \$220, starting May 2

### 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. For more information about Echo, please visit her website at [www.chinesepaintingstudio.com.au](http://www.chinesepaintingstudio.com.au)

**Wednesdays** 10am - 12pm

10 classes, \$275, starting Feb 1

10 classes, \$275, starting Apr 26

### Art for All Abilities

A warm and inclusive art class for all people. If you are unsure of your own artistic capacity and would like a safe space to explore a range of tools and mediums to express yourself, this class is for you. During this class you will start with basic skills and tools such as graphite 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

9 classes, \$247.50, starting Feb 3

10 classes, \$275, starting Apr 28

### Life Drawing

Through experiential learning and exposure to various models, participants will develop their skills in observation and the structure of form. Various medium, time frames and poses will enable participants to familiarise themselves with the dynamics and demands of the human form.

Through this course we will touch on the areas of gesture, mass and scaffolding, contour, negative space, modelling and proportion. Tutor: Kate Money-Bond.

**Saturdays** 10am - 12pm

8 classes, \$274, starting Feb 4

8 classes, \$274, starting Apr 29

## FOR KIDS



### Mini Groovers

**(suitable for 18 months - 5 year olds)**

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

**Thursdays**, 9.45am - 10.15am

10 classes \$165 starting Feb 2

10 classes \$165 starting Apr 27

# CONNECT

Connect groups are our volunteer-run social groups supporting people with like-minded interests to connect with each other.

## Tuesday Evening Bookclub

Our newest bookclub, there are still spaces for new members to join us in this warm and inclusive bookclub. Books are chosen by the participants and sourced through the library.

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

## Novels at Night Book Group

Escape the house and come along to this new evening book group. Come and share your ideas and comments over refreshments. All welcome!

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

## Thursday Afternoon Bookclub

This long-standing group meet at the Ashburton Community Centre on a Thursday afternoon.

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

## The Ashy Bookclub

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 per session

## 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  
10 classes, \$50, starting Jul 11  
9 classes, \$45, starting Oct 3

**Mondays** 2.30pm - 3.30pm  
10 classes, \$50, starting Jul 11  
9 classes, \$45, starting Oct 3

## 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

## 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. Open to new members.

**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 and 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

## Acoustic Group

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

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

## Blues Music Jamming Session

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

**Fridays** (2nd & 4th of every month)  
8.00pm, \$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

## 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. Meet at the Centre.

**Wednesdays** 10am, FREE  
(voluntary gold coin donation at reception)

## Mah Jong Group (Western)

Sharpen your mind with this time honoured game of strategy. *Mah Jong lessons also available if you would like to learn, please contact the Centre for more details.*

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

## Love your Flowers Drawing Group

A regular informal get-together for both people who attended Drawing Flowers with Dina Theodoropoulos over the last 2 terms or people who would like to draw flowers in a friendly group environment.

**Saturdays** (first of the month)  
11am - 1pm, \$5 per session

## Nordic Walking Group

For those members who have completed the Nordic Walking for Beginners class, come and join a friendly Nordic Walking group to stay healthy and stay connected. Day and time to be confirmed.

*Please call the office to express your interest on 9885 7952.*



## Global Films Group - Film & Discussion Night

Join us at on the first Wednesday of the month to enjoy a world movie in a welcoming environment and a casual conversation about the film and its themes at the Ashburton Community Centre, 160 High St, Ashburton. Enter via the rear entrance off Highgate Grove, please ring the doorbell when you arrive.

**Wednesdays** (first of the month)  
6.30pm, FREE EVENT

*Hosted by Ashburton Community Centre and the City of Boroondara Library Service.*

# MOVE /

Stay fit and active by enrolling in one of our Move classes, from fun exercise classes to restorative yoga classes, there's something to suit everyone.

## 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, Wed & Thurs 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, \$125 starting Jan 30  
10 weeks, \$125 starting Apr 24

## Yoga Online Pass

Your Yoga Online Pass allows you to attend any (or all!) of the classes on every weekday. The classes will be running at the Centre and will be streamed at the same time to your home. Classes include -

- Yoga Hatha Continuing Mon & Tue, 9.30am
- Yoga and Pilates, Wed 9.30am
- Slow Flow Yoga, Thu 9.30am
- Yin Yoga, Thu 10.45am
- Yoga for All, Fri 10.15am

**Format: Online - Livestream**

### Mondays to Fridays

10 weeks, \$185 starting Jan 30  
10 weeks, \$185 starting Apr 24



## 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.

**Thursdays** 9.45am - 10.30am  
10 classes, \$220 starting Feb 2  
10 classes, \$220 starting Apr 27

## Balance Back to Exercise

*At the Centre, and live-streamed via our Stay Active Pass*

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** 9.30am - 10.30am  
9 classes, \$67.50 starting Jan 30  
10 classes, \$75 starting Apr 24

**Wednesdays** 9.30am - 10.30am  
10 classes, \$75 starting Feb 1  
10 classes, \$75 starting Apr 26

**Thursdays** 9.30am - 10.30am  
10 classes, \$75 starting Feb 2  
10 classes, \$75 starting Apr 27

## Exercise to Music (50+)

*At the Centre, and live-streamed via our Stay Active Pass*

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  
10 classes, \$75 starting Jan 31  
9 classes, \$67.50 starting May 2

**Fridays** 9:30am - 10:30am.  
9 classes, \$67.50 starting Feb 3  
10 classes, \$75 starting Apr 28

## Keep Fit (Strength & Conditioning)

*At the Centre, and live-streamed via our Stay Active Pass*

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  
10 classes, \$75 starting Jan 31  
9 classes, \$67.50 starting May 2

**Fridays** 9:30am - 10:30am.  
9 classes, \$67.50 starting Feb 3  
10 classes, \$75 starting Apr 28

## Line Dancing (Basic)

With simplified and easier routines, this class is perfect for those who are just starting out and would like to learn the basic steps of line dancing in a friendly environment. This is a slower-paced class and is the perfect class for those who prefer a more relaxed pace. If you are looking for something more challenging, or have done line dancing before, you might prefer our Line Dancing (All Levels). Tutor: Marie Pietersz.

**Tuesdays** 12.45pm - 1.45pm  
10 classes, \$110 starting Jan 31  
9 classes, \$99 starting May 2

## Line Dancing (All Levels)

A line dancing class for all levels of fitness and for anyone who would like to learn and practice line dancing. This class is a fun way to keep active. Have loads of fun while exercising your body & mind in a friendly & encouraging environment. Tutor: Marie Pietersz.

**Tuesdays** 2pm - 3pm (All Levels)  
10 classes, \$110 starting Jan 31  
9 classes, \$99 starting May 2

**Thursdays** 1pm - 2pm (All Levels)  
10 classes, \$110 starting Feb 2  
10 classes, \$110 starting Apr 27

## Mat Pilates

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

**Thursdays** 10.45am - 11.45am  
10 classes, \$165 starting Feb 2  
10 classes, \$165 starting Apr 27

# MOVE cont.



## Nordic Walking for Beginners

Nordic Walking is a form of fitness walking using specially designed poles and a learned technique, resulting in a low impact, high results and total body fitness that increases cardio fitness, burns more calories and activates 90% of muscles.

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 any beautiful local parks, ovals and trails all accessible within Ashburton.

**Tutor: Sam Au**

**Fridays** 9.30am - 11am  
6 classes \$99 starting Feb 3

## Nordic Walking (Intermediate)

The course is for those who have some experience with Nordic Walking and would like to explore further with Ulla Jones, one of our qualified Nordic Walking Instructors.

Ulla will be on hand to support you progress your Nordic Walking skills with instruction where required.

A great way to enjoy movement and connect with other people all whilst enjoying our lovely outdoors.

**Tutor: Ulla Jones**

**Tuesdays** 10.30am - 12pm  
Dates TBC

## 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** 10.45am - 11.45am  
9 classes \$67.50 starting Jan 30  
10 classes \$75 starting May 1

## Yoga - Hatha Continuing

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

**Mondays** 9.30am - 10.30am  
9 classes, \$148.50 starting Jan 30  
9 classes, \$148.50 starting May 1

**Tuesdays** 9.30am - 10.30am  
10 classes, \$165 starting Jan 31  
9 classes, \$148.50 starting May 2

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

## Yoga for All

A unique yoga class in that Laura, the qualified yoga instructor from Zalaheart Yoga, will work with the participants to build the class to suit each student's capacity. All levels.

**Fridays** 10.15am - 11.15am  
9 classes, \$148.50 starting Feb 3  
10 classes, \$165 starting Apr 28

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

## Yoga - Slow Flow

An all-levels class designed to get you moving in new ways and connecting with your breath. We will focus on building foundations to improve awareness of the body and mind. The class will promote subtle practices of mindfulness and stress reduction, as well as strength and flexibility. This supportive environment is where you will witness growth both on and off the mat. Tutor: Laura Goldstraw from Zalaheart.

**Thursdays** 9.30am - 10.30am  
10 classes, \$165 starting Feb 2  
10 classes, \$165 starting Apr 27

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

## 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, and props are used to assist the process of surrendering. Let gravity do the work as you allow for the softening of muscle and release of fascia to elongate and hydrate throughout the body. A practice of stillness that will take you deeper into a meditative state as you become more intimate with the physical, emotional and mental bodies. Tutor: Laura Goldstraw from Zalaheart. Open to all levels.

**Thursdays** 10.45am - 11.45am  
10 classes, \$165 starting Feb 2  
10 classes, \$165 starting Apr 27

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

## Yoga and Pilates

A balanced approach to exercise. Karyn will combine the gentle stretches of Yoga with the core-strengthening and postural improvement of Pilates. Beginners welcome. Tutor: Karyn Montgomery.

**Wednesdays** 9.30am - 10.30am  
10 classes, \$165 starting Feb 1  
10 classes, \$165 starting Apr 26

**Also available online (livestream)  
as part of our Yoga for All 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, \$165 starting Feb 1  
10 classes, \$165 starting Apr 26

## 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, \$220 starting Feb 6  
8 classes, \$220 starting May 1

### 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  
8 classes, \$220 starting Feb 10  
8 classes, \$220 starting Apr 28

### 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  
9 classes, \$198 starting Jan 30  
9 classes, \$198 starting May 1

## 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** 2.30pm - 3.30pm  
9 classes, \$148.50 starting Jan 30  
9 classes, \$148.50 starting May 1

#### **Intermediate**

**Wednesdays** 3.30pm - 4.30pm  
10 classes, \$165 starting Feb 1  
10 classes, \$165 starting Apr 26

#### **Advanced**

**Wednesdays** 2pm - 3pm  
10 classes, \$150 starting Jul 13  
10 classes, \$165 starting Apr 26

## General Interest

### 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, call 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 6 week course is a Writer's Group 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. This course also provides a great way to connect with others who are dedicated to preserving their experiences.

**Thursdays** 11am - 12.30pm  
10 classes, \$220 starting Feb 2  
10 classes, \$220 starting Apr 27

**Thursdays** 1.30pm - 3pm  
10 classes, \$220 starting Feb 2  
10 classes, \$220 starting Apr 27

### 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. Tutor: Barbara Boxhall

**Tuesdays** 1pm - 3pm  
6 classes, \$132 starting Jan 31  
6 classes, \$132 starting May 2

# ROOM HIRE

## Affordable spaces for hire at a welcoming, modern venue.

The Ashburton Community Centre has various facilities 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, centrally controlled air conditioning and heating, and ample light.

Our Centre features a shared break-out area with a kitchenette and tables, a microwave and fridge along with coffee and tea-making facilities. We also have a registered demonstration kitchen available for hire. The size and format of our rooms vary, suitable for groups of up to 10 in our smaller meeting room, through to catering for 30 seated lecture-style in our larger rooms. We are a wheelchair accessible centre. Our rooms are not available for parties or receptions.

Co-located with the Ashburton Library on vibrant High Street, we are surrounded by great cafes (perfect for a coffee break and for onsite catering options), we have access to lots of parking options, the Ashburton train station is close by and we have a bus stop right outside our door. We are also close to the Monash Freeway – and geographically, Ashburton is the centre of Melbourne!

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

More information, photos and room hire rates can be found on our website [www.ashburtoncc.org.au/room-hire](http://www.ashburtoncc.org.au/room-hire), or you can visit reception.



## Tech

### 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.

**Monday** 10am -12pm (with Josh)  
**Tuesday** 12.30pm - 2pm (with Lynn)  
**Wednesday** 10.30am - 12pm (Lynn)  
**Thursday** 9.15am - 10.15am (Peter)  
**Fridays** 9.45am - 10.45am (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.



### Get Connected Using a 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.

All you need is a smartphone and Ashburton Community Centre Membership (\$15p/a).

**Tuesdays** 10am - 11.30pm  
7 classes, FREE\*, starting Feb 21

### 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.

**Mondays** 1pm - 2.30pm  
6 classes, FREE\*, starting Feb 20

# OUR 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 and book your place.



## Spanish Language Course for Children & Teens by Maria Spanish School

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

**Saturdays** for 5-12 year olds  
dates TBC

**12pm- 1pm** Class 1: Students will learn about greetings and farewells, family members, personal information, fruits, animals, colours and numbers.

**1pm-2pm** Class 2: Students will learn about the alphabet, pronunciation, syllables, articles, verbs, adjectives, reading and writing.

**Cost** TBC

**NEW! Fridays** for 13-17 year olds

**5.30pm-6.30pm** All skill levels

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



## Introduction to Mindfulness by Openground

A 4-week course, 1.5 hours per week in mindfulness training. Guided by a dedicated, expert teacher:

- Mindfulness meditation and body awareness training
- An exploration of your own patterns and how to transform them
- Scientific rationale for the practice
- Access to audio app and 60-page course book
- A weekly email and ongoing individual support from your teacher

**Wednesdays** Dates TBC.

Bookings can be made through the Openground website - [www.openground.com.au](http://www.openground.com.au) or email [karenwalker@openground.com.au](mailto:karenwalker@openground.com.au)



## 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, Melbourne's lost architecture, a visit from the NGV curator and much more.

**Fridays** (fortnightly)

1.30pm - 3.30pm from Feb 17

Cost: \$70 or \$20 per term with a My Aged Care referral (4 sessions)

To book phone 9819 5758 between 10am and 3pm, Tuesday - Thursday or to find out more about the program visit [www.hch.org.au](http://www.hch.org.au)



## Whole Day Program by Jas Inclusive Studios

Jas Inclusive Studios is running a whole day program on Fridays that includes cooking, theatre class, dance, visual arts, physical movement and resilience classes.

"As parents of disabled young adults we understand the need for a quality program that delivers great outcomes!"

For all enquiries and bookings please contact Jas Inclusive Studios:

Jenny: 0404 894 309  
[educationalmoves@gmail.com](mailto:educationalmoves@gmail.com)

Lorrie: 0409 131 709  
[believestudios.lorrie@gmail.com](mailto:believestudios.lorrie@gmail.com)



## 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!

They offer weekly public speaking & drama group classes for children aged 6-14 across Melbourne. Our unique curriculum & methods have been developed over 25 years & delivered to more than 50,000 students since 2006.

Contact Super Speak directly to enrol in one of their classes run at the Centre on Tuesday evenings. Visit [www.superspeak.com.au](http://www.superspeak.com.au) for details.



## ALSO AT OUR CENTRE

You will also find programs and activities at our Centre run by -

- **Breathe and Birth**  
[www.breatheandbirth.com.au](http://www.breatheandbirth.com.au)
- **Sing Space**

*If you are interesting in running a program or activity at our Centre, please get in contact with our team, we'd love to hear from you.*



160 High Street, Ashburton 3147  
Office Hours: 9am to 2pm Weekdays  
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