



## 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.

## 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 enrol in any course longer than 2 classes. 2016 membership fees are \$10 (Adults) and \$5 (Children under 18 yrs). Memberships are valid until December 31st 2017.

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

## Health and Wellbeing

### 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  
Starting 17 Jul, ongoing \$7.00 per session

**Tuesdays** 9.30-10.30am  
Starting 18 Jul, ongoing \$7 per session

**Fridays** 9:30-10:30am  
Starting 21 Jul, ongoing \$7 per session  
No classes: Public and School Holidays

### Fun Fitness for the Brain & Body

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** 10am - 10.45am  
8 classes, \$110, starting 27 Jul  
8 classes, \$110, starting 19 Oct

### 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,  
Starting 18 Jul, ongoing \$7 per session

**Fridays** 10.45am - 11.45am  
Starting 21 Jul, ongoing \$7 per session  
No classes: Public and School Holidays

### Yoga Hatha with Mary

Integral Yoga for health and well being that is suitable for all ages. Asanas, pranayama and relaxation.

#### Beginners

**Tuesdays** 10.45am-11.45am  
6 classes, \$95, starting 1 Aug  
6 classes, \$95, starting 24 Oct

#### Continuing

**Mondays** 9.30am-10.30am  
10 classes, \$155, starting 17 Jul  
8 classes, \$125, starting 9 Oct

**Tuesdays** 9.30am-10.30am  
10 classes, \$155, starting 18 Jul  
8 classes, \$125, starting 10 Oct

### 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 18 Jul  
8 classes, \$120, starting 10 Oct  
Casual classes available, \$15 per session.

### 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** 12noon - 1.30pm  
10 classes, \$175, starting 19 Jul  
9 classes, \$155, starting 11 Oct

**Thursdays** 7.30pm-9.00pm  
10 classes, \$175, starting 20 Jul  
9 classes, \$155, starting 12 Oct

### Meditation and More

Learn a variety of practical, user-friendly meditative techniques for problem solving, relief of stress, discipline of the mind and heightened awareness.

**Wednesdays** 1.30pm-2.30pm  
6 classes, \$100, starting 2 Aug  
6 classes, \$100, starting 25 Oct

### 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

## SUGGESTION BOX

We're always looking for feedback and suggestions so please let us know if you've got some ideas on what you'd like to see at your Centre. You can call us weekdays on 9885 7952 or you can email [marketing@ashburtoncc.org.au](mailto:marketing@ashburtoncc.org.au)

## KEEP IN TOUCH

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

[www.ashburtoncc.org.au](http://www.ashburtoncc.org.au)

or like us on facebook:

[facebook.com/ashburtoncc](https://www.facebook.com/ashburtoncc)

# 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, \$140, starting 17 Jul

8 classes, \$140, starting 9 Oct

## 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, \$175, starting 18 Jul

8 classes, \$140, starting 10 Oct

## 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.

**Tuesdays** 7.00pm-9.00pm

10 classes, \$240, starting 18 Jul

8 classes, \$190, starting 10 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-12noon

9 classes, \$225, starting 22 Jul

9 classes, \$225, starting 14 Oct

## Chinese Painting with Echo Wu

Learn the different techniques used in Chinese brush painting, and its compositions. The course will start with basic stroke manipulation, 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.

Learn more about Echo here:

[www.chinesepaintingstudio.com.au](http://www.chinesepaintingstudio.com.au)

**Wednesdays** 10.00am - 12noon

10 classes, \$205, starting 19 Jul

9 classes, \$185, starting 11 Oct

## **NEW!** Transparent Glass Mosaics

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

**Saturday** 9.30am - 4.30pm

Workshop, 23 Sep \$110.00

# For Children



## Caroline's Little Stars

Music for Babies, Toddlers and Preschoolers from 8 months to 5 years. Singing and dancing, musical stories and much more! Sibling discount applies.

**Tuesdays** 10.45am - 11.30am,

10 classes, \$135, starting 18 Jul

9 classes, \$120, starting 10 Oct

**Wednesdays** 10.30am - 11.15am,

10 classes, \$135, starting 19 Jul

10 classes, \$135, starting 11 Oct

**Wednesdays** 11.30am - 12.15pm

10 classes, \$135, starting 19 Jul

10 classes, \$135, starting 11 Oct



## La Escuelita de Maria Spanish School

Spanish Classes for kids. Play, sing, dance and create while learning Spanish from a native speaker. Please note that parents are required to stay on premises whilst class is being conducted.

**Saturdays**

2 - 3 years: 8.10am - 9.00am

4 - 5 years: 9.00am-9.50am,

3 - 4 years: 10.00am-10.50am

6+ years: 11.00am - 12noon

8 classes, \$220, starting 22 Jul

8 classes, \$220, starting 14 Oct

(no class 4 Nov). Please contact the

office to book your place.

## Drawing and Thinking with Trish

Come along and develop your drawing skills. Drawing experience is not essential although it may be an advantage. Tutor, Trish Bourke.

**Fridays** 10.00am-12noon

8 sessions, \$150, starting 4 Aug

8 sessions, \$150, starting 13 Oct

**Fridays** 12.30pm-2.30pm

8 sessions, \$150, starting 4 Aug

8 sessions, \$150, starting 13 Oct

## 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 including succulents, sticks, nuts and seed pods. Create floral designs with a professional look that compliment current trends in homewares, furnishings and fashion. Tutor, Florist Michelle Barca

**Tuesdays** 10.00am-12.00pm

4 classes, \$175, starting 15 Aug

4 classes, \$175, starting 10 Oct

Cost includes all materials for your take home arrangement each week.



## Busy Bookworms

Bookclub classes for preschoolers (3 to 5 years), using amazing picture story books to inspire discussions, arts & crafts, music & movement, science investigations and exciting educational games. To find out more at visit [www.busybookworms.com.au](http://www.busybookworms.com.au) and call 0408 530 450 to book.

**Wednesdays** 9.15am-10.15am or

10.30am-11.30am

7 classes, \$154, starting 8 Feb

10 classes, \$220, starting 19 April

**Fridays** 9.15am-10.15am or

10.30am-11.30am

7 classes, \$154, starting 10 Feb

10 classes, \$220, starting 21 April



## **NEW!** Born to Soar

Born to Soar are providing educational learning opportunities for gifted students through Centres for Gifted and Talented (One Day Schools). Aligned to Australian Curriculum, create your own amazing journey with other like-minded children by becoming an ENTERSOAR or an ENTERITE. Explore your original thoughts during this face to face, one day per week, 8-week course.

For more details or to book visit Born to Soar online at [www.borntosoar.com.au](http://www.borntosoar.com.au)

## Floral Art

Learn how to produce a range of stunning arrangements like a professional. All styles of arrangements are covered. Beginners and experienced welcome. Requirements list provided.

**Thursdays** 10.00am-12.00pm

6 classes, \$115, starting 10 Aug

6 classes, \$115, starting 12 Oct

## Floortalks at Victorian Galleries 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.

Meet at 12.45pm for a 1pm start. Talks will last between 1 and 1.5 hours.

Venues: TBC

Dates: 21 Jul, 13 Oct

Cost: \$35 per session plus gallery fee.

For further details phone Catherine on 9421 3450 or contact our Centre.

# 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 18 Jul  
7 classes, \$130, starting 10 Oct

## Spinners and Knitters Group

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

**Wednesdays** (second and fourth of the month) 1:00pm - 3:00pm, \$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?

**Thursdays** 1.00pm-3.00pm  
\$5.00 per session

# Movies & Music

## Acoustic Jam Group

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

**Friday** (First and third 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)

**Friday** (Second and fourth 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

## 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. Contact us for details of the next film.

**Wednesdays** (first of the month)  
Doors open at 7pm for a 7.30pm start.  
\$10 per session. Contact the office to book.

## **NEW!** 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.

## Come and Try Session

Wednesday 16/8 2.00pm - 3.00pm, \$10

**Wednesdays** 2.00pm - 3.00pm  
4 classes, \$55, starting 30 Aug

# Languages

## French

Learn French from an experienced and welcoming French tutor. Suitable for beginners.

**Tuesdays** 7.00pm-9.00pm  
8 classes, \$180, starting 1 Aug  
8 classes, \$180, starting 10 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  
6 classes, \$125, starting 17 Jul  
8 classes, \$165, starting 9 Oct

## Spanish for Travellers

Gain communication skills and confidence to get by in a Spanish speaking country.

Topics include: Greetings and talking about basic personal information, giving and asking for directions, making reservations at a hotel, transport, shopping, food and ordering at a restaurant.

Wednesdays, 6.30pm to 8.00pm  
5 classes, \$200

## For dates or to book online, visit:

<https://weteachme.com/farolitospanish/1015025-spanish-for-travellers-ashburton>

# Cooking

## Men Making Meals

Start off with the basics and then learn how to cook a variety of simple dishes. Join blokes in the community in this interactive cooking class and eat what you prepare! Includes cost of food.

**Mondays** 10am-12.30pm  
5 classes, \$165. Please call the office if you are interested in joining this class.

## **NEW!** Fit Food Workshops

Be inspired to make healthier and simpler food choices. Evening and weekend workshops. Please call the Centre for more details and to register your interest.

## **NEW!** Kitchen Basics

For novice cooks or those wanting to improve their skills and confidence in the kitchen. Includes cost of food.

**Mondays** 10am-12.30pm  
5 classes, \$165. Please call the office if you are interested in joining this class.

## Missed the first class?

Some of our classes can be started mid-term if places are available. Contact us to find out if the course you are interested in has places by calling 9885 7952 or you can email us at [office@ashburtoncc.org.au](mailto: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.

# 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  
4 classes, \$20, starting 24 Jul  
4 classes, \$20, starting 9 Oct

## 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** 12:00pm-2.00pm  
4 classes, \$20

Please call the centre to be placed on our waiting list as a minimum of 4 students are needed for these classes.

## Mah Jong Group (Western)

Sharpen your mind with this time honoured game of strategy.

**Fridays** 12:30pm-4:00pm, \$5.00 per session

# 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

# Literature

## The Joy of Good Books

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

**Tuesdays** 1.00pm-3.00pm

*Book: 'The Winter's Tale' William Shakespeare*  
6 classes, \$105, 8 Aug

*Book: 'Antigone' by Sophocles*  
6 classes, \$105, 10 Oct



# Our 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!



## Seed Swap Table

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.

### 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.

**Growers Notebook:** Anyone involved in the Seed Swap is welcome to contribute to our Growers Notebook. Let us know your growing tips and feedback to help other local growers!

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. Happy Growing!

## 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 7.00am - 10:30pm,  
Saturday & Sunday 9:00am - 10:30pm by booking only.



### 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.



160 High Street, Ashburton 3147  
9am-2.30pm Mon to Fri  
(excluding public hols)

Phone (03) 9885 7952

Email [office@ashburtoncc.org.au](mailto:office@ashburtoncc.org.au)

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