

*What's on at the Ashburton Community Centre*

# Courses, Activities & Events

**JANUARY - JUNE 2024**



## KEY DATES

**29 Jan** Term 1 begins

**7 Feb** Global Films Night

**25 Feb** Ashburton Community Festival

**6 Mar** Global Films Night (special fundraising event for International Womens Day)

**23 Mar** Ashburton-a-Fair

**29 Mar** Term 1 ends

**3 Apr** Global Films Night

**15 Apr** Term 2 begins

**1 May** Global Films Night

**5 Jun** Global Films Night

**28 Jun** Term 2 ends

**29 Jun** Ashburton-a-Fair

**3 Jul** Global Films Night

**13 Jul** Bookfest Ashburton

## Visual Arts

### 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  
6 classes, \$173, starting Feb 12  
10 classes, \$289, starting Apr 15

### 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, \$231, starting Jan 29  
9 classes, \$260, starting Apr 22

### 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  
8 classes, \$231, starting Jan 29  
11 classes, \$318, starting Apr 16

### 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, \$260, starting Jan 30  
11 classes, \$318, starting Apr 16



### Watercolour, Gouache and Mixed Media

Follow a step-by-step approach towards painting with watercolour and gouache. The tutor demonstrates and the students follow along, painting at their own pace as well as painting independently while the tutor answers questions and gives input on students' work. We add interesting touches of mixed media to our watercolour and explore different subjects like still-life and landscapes and images from the imagination, through a slightly more expressive style of watercolour.

**NEW** Tutor: Jill Brailsford

**Tuesdays** 1pm - 3pm  
9 classes, \$260, starting Feb 6  
10 classes, \$289, starting Apr 16

### 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  
9 classes, \$260, starting Jan 31  
11 classes, \$318, starting Apr 17

### 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, \$260, starting Jan 30  
10 classes, \$289, starting Apr 18

#### Advanced

**Tuesdays** 9.30am - 11.30am  
9 classes, \$260, starting Jan 30  
11 classes, \$318, starting Apr 16

### 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

7 classes, \$202, starting Feb 9  
11 classes, \$318, starting Apr 19

### 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  
6 classes, \$105, starting Feb 3  
10 classes, \$175, starting Apr 13

# CONNECT

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



## 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

### The Ashy Bookworms

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

### NEW! Chapter Chat Bookclub

*To register your interest this new group contact the office.*

**Thursdays** (2nd of the month)  
7.30 - 9.30pm, \$5 per session

### T3 Bookclub

**Thursdays** (3rd of the month)  
1.30 - 3.30pm, \$5 per session

### Ashy Writers Club

Writing can be an isolating pursuit! 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

Learn to 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

**Thursdays** 5.30pm - 7.30pm  
Youth/Teen Group (13 - 17 yo).  
This group runs weekly.

### Drawing Flowers Connect Group

An open art studio where you can drop in to work on your art projects. Everyone is welcome. Materials not included. This connections group is run by our art tutor Dina Theodoropoulos. Dina runs Drawing Flowers - Doodle Style classes and workshops.

**Mondays** (second 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 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.

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

### 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

### NEW! Rummikub

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 turn drawing from tiles with the goal of using up all their tiles. Introductory session on 21st November at 1.45pm.

**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

### 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

### Acoustic Group

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

**Fridays** (1st & 3rd of the 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 the month)  
7pm - 9pm, \$5 per session

## Like to create a Connect group?

If there is a group or activity that you would like to see at the centre that we don't have, please get in touch. We always love to hear ideas on what to add to our program.

## 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

9 weeks, \$121.50 starting Jan 29

11 weeks, \$148.50 starting Apr 15

**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 Jan 29

Term 2: 10 classes, starting Apr 15

**Wednesdays** 9am - 10am

Term 1: 8 classes, starting Jan 31

Term 2: 10 classes, starting Apr 17

**Thursdays** 9.30am - 10.30am

Term 1: 8 classes, starting Feb 2

Term 2: 10 classes, starting Apr 18

## 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: 9 classes, starting Jan 30

Term 2: 11 classes, starting Apr 16

**Fridays** 9:30am - 10:30am

Term 1: 8 classes, starting Feb 2

Term 2: 11 classes, starting Apr 19

## 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** 10.45am - 11.45am

Term 1: 9 classes, starting Jan 30

Term 2: 11 classes, starting Apr 16

**Fridays** 10.45am - 11.45am

Term 1: 8 classes, starting Feb 2

Term 2: 11 classes, starting Apr 19

## 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

9 classes, \$207 starting Feb 1

9 classes, \$207 starting Apr 18

**Wednesdays** 11am - 11.45am

9 classes, \$207 starting Jan 31

11 classes, \$254 starting Apr 17

## 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

9 classes, \$156 starting Feb 1

7 classes, \$121 starting Apr 18

# MOVE cont.

## 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** 3.15pm -4pm  
4 classes, \$46 starting Apr 23  
4 classes, \$46 starting May 21

## Line Dancing - Beginners

With simplified and easier routines, this class is perfect for those with some Line Dancing experience. This is a slower-paced class and is the perfect class for those who prefer a more relaxed pace. For those with no Line Dancing experience a prerequisite of joining the beginners class is to complete the 4-week Line Dancing Introduction course. Tutor: Marie Pietersz.

**Tuesdays** 2pm -3pm  
9 classes, \$104 starting Feb 1  
11 classes, \$127 starting Apr 16

## Line Dancing

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.

**Thursdays** 1pm - 2pm (All Levels)  
9 classes, \$104 starting Feb 1  
10 classes, \$116 starting Apr 18

## 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 \$60 starting Jan 29  
10 classes \$80 starting Apr 15



## 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: Sam Au**

**Fridays** 9.30am - 11am  
6 classes \$104 starting Feb 9  
6 classes \$104 starting Apr 26

**Tutor: Ulla Jones**

**Tuesdays** 10.30am - 12pm  
6 classes \$104 starting Feb 6  
6 classes \$104 starting Apr 23

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

## 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  
8 classes, \$132 starting Jan 29  
10 classes, \$165 starting Apr 15

**Tuesdays** 9.30am - 10.30am  
9 classes, \$148.50 starting Jan 30  
11 classes, \$181.50 starting Apr 16

**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  
6 classes, \$99 starting Feb 16  
11 classes, \$181.50 starting Apr 19

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

## 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
- Slow Flow Yoga, Thu 9.30am
- Yin Yoga, Thu 10.45am
- Yoga for All, Fri 10.15am

**Format: Online - Livestream**

### Mondays to Fridays

9 weeks, \$175.50 starting Jan 29  
11 weeks, \$203.50 starting Apr 15

## 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** 10.15am - 11.15am  
6 classes, \$99 starting Feb 15  
10 classes, \$165 starting Apr 18

**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  
9 classes, \$156 starting Jan 31  
11 classes, \$215 starting Apr 17

## 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  
7 classes, \$202 starting Jan 29  
9 classes, \$260 starting Apr 22

### NEW! 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  
5 classes, \$145 starting Feb 17  
11 classes, \$318 starting Apr 26

### 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, \$231 starting Feb 2  
11 classes, \$318 starting Apr 19

### 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, \$184 starting Jan 29  
10 classes, \$231 starting Apr 15

## 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  
7 classes, \$121 starting Jan 29  
9 classes, \$156 starting Apr 22

#### Intermediate

**Wednesdays** 3.30pm - 4.30pm  
8 classes, \$139 starting Jan 31  
11 classes, \$191 starting Apr 17

#### Advanced

**Wednesdays** 2pm - 3pm  
8 classes, \$139 starting Jan 31  
11 classes, \$191 starting Apr 17

## 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 Jan 29  
10 classes, \$50, starting Apr 15

**Mondays** 2.30pm - 3.30pm  
8 classes, \$40, starting Jan 29  
10 classes, \$50, starting Apr 15

### 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).

*Dates and time TBC*

## 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  
*Dates TBC. Please contact the office to register your interest.*

**Thursdays** 1.30pm - 3pm  
9 classes, \$207 starting Feb 1  
10 classes, \$231 starting Apr 18

### 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, \$138 starting Jan 30  
6 classes, \$138 starting Apr 16

## Wellbeing

### NEW! Eliminating Stress in Your Life with Tapping & Meditation

The key to reducing stress and anxiety is at your fingertips. Learn easy-to-use tapping techniques to help you increase a sense of calm when you need it the most. Tapping, also known as Emotional Freedom Technique (EFT), is a simple practical tool for self-care and combines principles of acupressure, mindfulness, and cognitive reframing to support you feeling calmer and more empowered.

**Wednesdays** 10am - 10.45am  
6 classes, \$25  
*Dates TBC. Please contact the office to register your interest.*

# 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.

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 during our opening hours of 9am - 2pm weekdays.

## Tech Savvy for Seniors

### 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** 9.00am - 10am (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 an iPad or Tablet

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

If you would like to improve your skills and confidence in using your iPad or tablet this course is for you. This course has been designed by our digital mentors to respond to the needs of individuals in the class. Each week a different topic on how to make the most using your iPad/tablet 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.

Bring your own iPad/tablet but if you do not have one the Centre has a small number that we may be able to organise for your use in class.

**Tuesdays** 10am - 11.30pm  
9 classes, FREE\*, starting Apr 16

### 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  
8 classes, FREE\*, starting Feb 5  
7 classes, FREE\*, starting May 6

### NEW! Socialising Online

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. 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.

BYO digital device (e.g. smart phone, tablet, iPad, laptop computer etc)

**Thursdays** 1.30pm - 3pm  
4 classes, FREE\*, date TBC.  
*Please contact the office to register your interest.*

\*FREE for members of the Ashburton Community Centre.

# 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](mailto:spanishteacher.au@gmail.com). Find out more at: [www.mariaspanshishschool.com.au](http://www.mariaspanshishschool.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 one of their classes run at the Centre on Tuesday evenings. Visit [www.superspeak.com.au](http://www.superspeak.com.au) for details.



## Creative Art & Cooking Programs

by Jas Inclusive Studios

Jas Inclusive Studios runs whole day programs designed for young adults with a disability who have an IQ range of 50 - 75. Run on Mondays they include cooking, theatre class, dance, visual arts, physical movement and resilience classes.

For all enquiries and bookings: [www.jasinclusivestudios.com](http://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, Melbourne's lost architecture, a visit from the NGV curator 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](http://www.hch.org.au)

*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.*

# COMMUNITY SERVICES



## Justice of the Peace Service

A Victorian Justice of the Peace, can provide document witnessing and certification services to the community including: witnessing a statutory declaration (Victorian and Commonwealth), witnessing an affidavit, certifying a copy of an original document, Powers of Attorney, Affidavits, Advanced Care Directives, certain interstate and overseas documents and Family Law and migration-related documents.

Walk in appointments welcome, no bookings required.

**Mondays** 1:30pm - 3pm

**Tuesdays** 10am - 12pm

**Tuesdays** 6.30pm - 8pm\*

**Thursdays** 6.30pm - 8pm\*

\*enter via rear door off 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.

We have joined The Chatty Cafe Scheme and we are opening up our Centre to welcome anyone who would like to come in for a chat.

Join us every **Thursday** from 1.30pm to 2.30pm for casual conversation over afternoon tea.