



ASHBURTON  
COMMUNITY  
CENTRE

*what's on at the Ashburton Community Centre*

# Courses & Activities Guide

**JULY - DECEMBER 2023**

**MID TERM  
ENROLMENTS  
WELCOME!**

**FREE TRIALS  
AVAILABLE**

*Connect with  
your local  
community*

## NEWS & EVENTS

**5 Jul** Global Films

**8 Jul** BookFest Ashburton

**10 Jul** Term 3 Begins

**2 Aug** Global Films

**6 Sep** Global Films

**15 Sep** Term 3 Ends

**16 Sep** Ashburton-a-Fair

**2 Oct** Term 4 Begins

**4 Oct** Global Films

**1 Nov** Global Films

**2 Dec** Ashburton-a-Fair

**6 Dec** Global Films

**15 Dec** Term 4 ends

## 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  
10 classes, \$275, starting Jul 10  
10 classes, \$275, starting Oct 2

### 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 Jul 17  
10 classes, \$275, starting Oct 2



### Drawing Flowers Doodle Style

For students who have taken Dina's beginner classes or workshops. Participants will end up with a loose and illustrative style of drawings and the skills to continue to create long after they complete this course. Tutor: Dina Theodoropoulos

**Mondays** 7pm - 8pm  
4 classes, \$66, starting Aug 21

### Drawing Natives Doodle Style Workshop

Learn how to draw and apply colour to native flowers. No drawing experience is required

**Monday Aug 14** 7pm - 9pm, \$70

### 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  
10 classes, \$275, starting Jul 11  
10 classes, \$275, starting Oct 3

### 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  
10 classes, \$275, starting Jul 11  
10 classes, \$275, starting Oct 3

### Watercolour Painting and Mixed Media

In this class, we follow a step-by-step approach towards water-colour which is done with the tutor's input. The tutor demonstrates and the students follow along, painting at their own pace as well as being given time to paint independently while the tutor answers questions and gives input into the students work. Suitable for beginners and experienced painters. Tutor: Natalie Fernandes.

**Tuesdays** 1pm - 3pm  
10 classes, \$275, starting Jul 11  
10 classes, \$275, starting Oct 3

### 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 Jul 12  
11 classes, \$302.50, starting Oct 4

### 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  
10 classes, \$275, starting Jul 13  
11 classes, \$302.50, starting Oct 5

#### Advanced

**Thursdays** 9.30am - 11.30am  
10 classes, \$275, starting Jul 11  
10 classes, \$275, starting Oct 5

### 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  
10 classes, \$275, starting Jul 14  
10 classes, \$275, starting Oct 6

### 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  
9 classes, \$148.50, starting Jul 15  
9 classes, \$148.50, starting Oct 7

# CONNECT

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



## Mind Readers Bookclub

Join us in this warm and inclusive bookclub. Books are chosen by the participants and sourced through the library.

**Tuesdays** (3rd 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** (2nd 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** (1st 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** (1st of the month)  
7.30pm - 9.30pm, \$5 per session



## Mixed Media Studio Group

Our art space is open for you to come in and enjoy an afternoon of creative pursuits with other arty folk. Regardless of your ability or project type you are welcome to join this group.

**Wednesdays** (1st & 3rd of the month) 1.30pm-3pm, \$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.

**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

## 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 - 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 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)

## 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)  
8.00pm, \$5 per session

## 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.*

**Fridays** 12:30pm - 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.

**Tuesdays** 11.30am - 1pm, FREE  
(voluntary gold coin donation at reception)



## Global Films Group - Film & Discussion Night

Enjoy a world movie in a welcoming environment followed by a casual conversation about the film and its themes each month. 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 ACC 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 (some classes may be pre-recorded for Term 3 due to tutor availability)
- Exercise to Music, Tue & Fri 9.30am
- Keep Fit Strength & Conditioning, Tue & Fri, 10.45am

**Format: Online - Livestream**

### Mondays to Fridays

10 weeks, \$100 starting Jul 10

11 weeks, \$137.50 starting Oct 2

## 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 Jul 10

11 weeks, \$200 starting Oct 2

## 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 Jul 13

11 classes, \$242 starting Oct 5

## 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

10 classes, \$75 starting Jul 10

11 classes, \$82.50 starting Oct 2

**Wednesdays** 9.30am - 10.30am

10 classes, \$75 starting Jul 12

11 classes, \$60 starting Oct 4

**Thursdays** 9.30am - 10.30am

10 classes, \$75 starting Feb 2

10 classes, \$75 starting Oct 5

## Early Bird Pilates and Stretching

Start your morning with a gentle pilates and stretching class, a balanced approach to exercise. Karyn will combine the gentle stretches of Yoga with the core-strengthening and postural improvement of Pilates. Beginners welcome. BYO exercise mat. Tutor: Karyn Montgomery

**Wednesdays** 7.45am - 8.45am

10 classes, \$165 starting Jul 13

11 classes, \$181.50 starting Oct 4

## 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 Jul 10

10 classes, \$75 starting Oct 3

**Fridays** 9.30am - 10.30am

10 classes, \$75 starting Jul 14

11 classes, \$82.50 starting Oct 6

## 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** 10.45am - 11.45am

10 classes, \$75 starting Jul 11

10 classes, \$75 starting Oct 3

**Fridays** 10.45am - 11.45am

10 classes, \$75 starting Jul 14

11 classes, \$82.50 starting Oct 6

## 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 Jul 13

11 classes, \$181.50 starting Oct 5

## 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.

**Wednesdays** 12.45pm - 1.45pm

10 classes, \$110 starting Jul 12

11 classes, \$121 starting Oct 4



# MOVE cont.



## 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 \$99 starting Jul 21

6 classes \$99 starting Oct 13

**Tutor: Ulla Jones**

**Tuesdays** 10.30am - 11am

6 classes \$99 starting Jul 18

6 classes \$99 starting Oct 10

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



## NEW Yoga for Families

A lovely intimate class for a parent (or grandparent) and their child. The class is able to accommodate babies to toddlers (0-5) with a range of gentle yoga based activities, movements, balancing exercises, poses and breath-work.

**Thursdays** 9.15am - 10am

**FREE TRIAL July 20**, contact the office to book your place.

8 classes, \$132 starting Jul 27

**Fridays** 9.15am - 10am

**FREE TRIAL July 21**, contact the office to book your place.

8 classes, \$132 starting Jul 28

## 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.

**Wednesdays** 2pm - 3pm (All Levels)

10 classes, \$110 starting Jul 12

11 classes, \$121 starting Oct 4

**Thursdays** 1pm - 2pm (All Levels)

10 classes, \$110 starting Jul 13

11 classes, \$121 starting Oct 5

**NEW! Thursdays** 6.45pm - 7.45pm

**FREE TRIAL July 13** call the office to register to attend.

9 classes, \$99 starting Jul 20

## 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

10 classes \$75 starting Jul 10

11 classes \$82.50 starting Oct 2

## 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

10 classes, \$165 starting Jul 10

10 classes, \$165 starting Oct 2

**Tuesdays** 9.30am - 10.30am

10 classes, \$165 starting Jul 11

10 classes, \$165 starting Oct 3

**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

10 classes, \$165 starting Jul 14

11 classes, \$181.50 starting Oct 6

**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** 10.15am - 11.15am

10 classes, \$165 starting Jul 13

11 classes, \$181.50 starting Oct 4

**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 Jul 12

11 classes, \$181.50 starting Oct 4

**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 Jul 12

11 classes, \$181.50 starting Oct 4

## 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  
10 classes, \$275 starting Jul 10  
10 classes, \$275 starting Oct 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, \$275 starting Jul 14  
11 classes, \$302.50 starting Oct 6

### 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  
5 classes, \$110 starting Jul 10  
10 classes, \$220 starting Oct 2

## 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  
10 classes, \$165 starting Jul 10  
10 classes, \$165 starting Oct 2

#### Intermediate

**Wednesdays** 3.30pm - 4.30pm  
10 classes, \$165 starting Jul 12  
11 classes, \$181.50 starting Oct 4

#### Advanced

**Wednesdays** 2pm - 3pm  
10 classes, \$165 starting Jul 12  
11 classes, \$181.50 starting Oct 4

## 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  
10 classes, \$50, starting Jul 10  
10 classes, \$50, starting Oct 2

**Mondays** 2.30pm - 3.30pm  
10 classes, \$50, starting Jul 10  
10 classes, \$50, starting Oct 2

### 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 Jul 13  
11 classes, \$242 starting Oct 5

**Thursdays** 1.30pm - 3pm  
10 classes, \$220 starting Jul 13  
11 classes, \$242 starting Oct 5

### 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, \$132 starting Aug 8  
6 classes, \$132 starting Oct 10

### NEW! Creative Writing

In this course, participants will develop skills and build confidence in creative writing through writing exercises, practical techniques, feedback and encouragement. We will explore a range of techniques and discuss where ideas come from, how to build believable characters, how to structure a story, find a writing routine and find a unique voice.

**FREE TRIAL: July 10, 11.30am - 1pm**  
Call the office to register to attend.

**Mondays** 11am - 1pm  
9 classes, \$247.50, starting July 17  
10 classes, \$275, starting Oct 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.

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.

## FOR KIDS



### NEW! Drawing Classes For Kids (Comic Style)

Art classes for children from 8 to 12 years of age. Fostering creativity and artistic skills, where kids are encouraged to express their creativity using fine liners and Sharpies textas. Children will be introduced to the following elements: Line work, proportion, facial expression, panel layout & lettering. Note: \$15 materials pack Included

**Mondays**, 4.15pm - 5.15pm  
4 classes \$81 starting Aug 7

Also see our 'Yoga for Families' on page 5!

## 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** 12.30pm - 2pm (with Lynn)  
**Wednesday** 10.30am - 12pm (Lynn)  
**Thursday** 9.30am - 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.

### Get Connected Using a Laptop or Desktop Computer

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

If you would like to improve your skills and confidence in using your laptop or desktop computer then this course is for you.

This course has been designed by our digital mentors to respond to the needs of individuals in the class.

If you have your own laptop you can bring it along, however if your computer is a desktop you can still participate in these sessions.

**Tuesdays** 10am - 11.30pm  
9 classes, FREE\*, starting Jul 18

### 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  
9 classes, FREE\*, starting July 17  
10 classes, FREE\*, starting Oct 2

\*FREE for members of the Ashburton Community Centre.

# 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

**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.mariaspanshoolschool.com.au](http://www.mariaspanshoolschool.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

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 Mondays 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)



## GO4LIFE Exercise Classes by Renewed After 50

*Finding you have put on a few extra kilos this past year? Worried about your strength, and general fitness?*

Would you like to:

*Get back to a healthier, happier weight? Regain confidence in your fitness with more strength, a better cardio-respiratory system, coordination, stability, and balance? Have the freedom and fitness to live the way you want to live.*

Then this class is for you!

**Mondays** at 7:30am

**Cost:** A package of 10 classes is normally \$125. However, as an introductory offer buy 10 Classes for \$100 which also includes a copy of our book "Renewed After 50"

**Book online** at

[www.renewedafter50.com.au](http://www.renewedafter50.com.au)  
or call Graham on 0412 589 185



## 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.



*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

**Phone** (03) 9885 7952 **Email** [office@ashburtoncc.org.au](mailto:office@ashburtoncc.org.au)

**Facebook** [www.facebook.com/ashburtoncc](http://www.facebook.com/ashburtoncc)

**www.ashburtoncc.org.au**



Neighbourhood Houses  
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