

What's on at the Ashburton Community Centre

Courses, Activities & Events

JULY - DECEMBER 2024



KEY DATES

13 Jul Bookfest Ashburton

15 Jul Term 3 starts

7 Aug Global Films Night

28 Aug Annual General Meeting (AGM)

4 Sep Global Film Night

20 Sep Term 3 Ends

21 Sep Ashburton-a-Fair

2 Oct Global Films Night

7 Oct Term 4 starts

26 Oct Halloween on High

31 Oct Musical Medley at ACC

6 Nov Global Films Night

4 Dec Global Films Night

7 Dec Ashburton-a-Fair

17 Dec Term 4 Ends

CREATE /

Our create classes and tutor-led programs in a range of areas in visual art, suitable for beginners through to advanced students.

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, \$289, starting Jul 15
10 classes, \$304, starting Oct 7

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, \$260, starting Jul 22
9 classes, \$274, starting Oct 14

Introduction to Watercolour

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

Tuesdays 11.45am - 1.45pm
9 classes, \$260, starting Jul 23
9 classes, \$274, starting Oct 15

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 Jul 25
9 classes, \$274, starting Oct 17

Advanced Tuesdays 9.30am-11.30am
9 classes, \$260, starting Jul 23
9 classes, \$274, starting Oct 15

iPad Art using ProCreate

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

Tuesdays 2.30pm - 4.30pm
6 classes, \$182, starting Oct 29

Watercolour, Gouache and Mixed Media

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

Tuesdays 1pm - 3pm
10 classes, \$289, starting Jul 16
10 classes, \$304, starting Oct 8

Chinese Brush Painting

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

Wednesdays 10am - 12pm
10 classes, \$289, starting Jul 17
10 classes, \$304, starting Oct 9



Art for All Abilities

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

Fridays 10am - 12pm
10 classes, \$289, starting Jul 19
9 classes, \$274, starting Oct 11

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, \$158, starting Jul 20
8 classes, \$148, starting Oct 5



NEW! Pencil and Paint (6 weeks)

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

Wednesdays 7pm - 9pm
6 classes, \$182, starting Oct 23

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

NEW! Chapter Chasers Bookclub

Starts Aug 28! Contact us to book your place in this new group.

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

T3 Bookclub

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

NEW! Men's Bookclub

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

Older Blokes New Ideas

A group for all men aged 50 and over to meet each other in an informal, social environment to share their knowledge and experiences, guided by our experienced facilitator, Bill.

Mondays (1st & 3rd of the month)
10am - 11am - 12pm

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.

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

Table Tennis Group

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

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

Nordic Walking Group

For 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

Rummikub/Rummy Tiles

A fun easy-to-learn game based on elements of the card game Rummy and MahJong. Each game is for 3-4 people who take 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

Ashy Writers Club

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

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

Dungeons & Dragons

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

Wednesdays 6.30pm - 9.30pm

Group 1: 1st & 3rd of the month
Group 2: 2nd & 4th of the month

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

Craft, Coffee and Chat

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

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

Patchwork and Handcraft Group

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

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

Floral Art Group

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

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

Acoustic Group

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

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

Blues Jamming Session

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

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

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

Format: Online - Livestream

Mondays to Fridays

10 weeks, \$135 starting Jul 15
10 weeks, \$135 starting Oct 7

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, \$231 starting Jul 18
9 classes, \$218 starting Oct 10

Wednesdays 11am - 11.45am
10 classes, \$231 starting Jul 17
10 classes, \$242 starting Oct 9

Mat Pilates

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

Thursdays 10.45am - 11.45am
10 classes, \$174 starting Jul 18
10 classes, \$182 starting Oct 10

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 3: 10 classes starting Jul 15
Term 4: 10 classes, starting Oct 7

Wednesdays 9am - 10am
Term 3: 10 classes, starting Jul 17
Term 4: 10 classes, starting Oct 9

Thursdays 9.30am - 10.30am
Term 3: 10 classes, starting Jul 19
Term 4: 10 classes, starting Oct 10

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 Jul 16
4 classes, \$46 starting Aug 13
6 classes, \$83 starting Oct 22

Line Dancing (all levels)

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

Tuesdays 2pm - 3pm
10 classes, \$116 starting Jul 18
8 classes, \$110 starting Oct 22

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 3: 10 classes, starting Jul 16
Term 4: 10 classes, starting Oct 8

Fridays 9:30am - 10:30am
Term 3: 10 classes, starting Jul 19
Term 4: 10 classes, starting Oct 11

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 3: 10 classes, starting Jul 16
Term 4: 10 classes, starting Oct 8
Fridays 10.45am - 11.45am
Term 3: 10 classes, starting Jul 19
Term 4: 10 classes, starting Oct 11

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
10 classes \$80 starting Jul 15
10 classes \$80 starting Oct 7

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

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

Tuesdays 12pm - 1pm
6 classes, \$99 starting Aug 13
10 classes, \$182 starting Oct 8

MOVE cont.

Yoga - Hatha Continuing

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

Mondays 9.30am - 10.30am
10 classes, \$165 starting Jul 15
10 classes, \$182 starting Oct 7

Tuesdays 9.30am - 10.30am
10 classes, \$165 starting Jul 16
10 classes, \$182 starting Oct 8

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

Yoga for All

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

Wednesdays 9.30am -10.30am (with Catherine)
10 classes, \$165 starting Jul 17
10 classes, \$182 starting Oct 9

Fridays 9.30am-10.30am (with Laura)
10 classes, \$165 starting Jul 19
10 classes, \$182 starting Oct 11

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

Yoga - Stretch & Strengthen

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

Thursdays 10am - 11am
6 classes, \$99 starting Jul 25
10 classes, \$182 starting Oct 10

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 as we let gravity do the work as you allow for the softening of muscle and release of fascia to elongate and hydrate throughout the body. Tutor: Laura Goldstraw from Zalaheart. Open to all levels.

Fridays 10.45am - 11.45am
10 classes, \$165 starting Jul 19
10 classes, \$182 starting Oct 11

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



Nordic Walking for Beginners

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

Tutor: Ulla Jones

Tuesdays 10.30am - 12pm
6 classes \$104 starting Jul 16
6 classes \$109 starting Oct 8

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

Nordic Walking and Introduction to Tai Chi and Qigong

This course also provides an introduction to Tai Chi and Qigong exercise that complements Nordic Walking.

Tutor: Sam Au

Fridays 9.30am - 11am
6 classes \$104 starting Jul 19
6 classes \$109 starting Oct 25

Yoga Online Pass

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

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

Format: Online - Livestream

Mondays to Fridays
10 weeks, \$195 starting Jul 15
10 weeks, \$195 starting Oct 7

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, \$195 starting Jul 17
10 classes, \$205 starting Oct 9



ACC Outings

Join Rachelle, our dedicated Outings Coordinator on any one or more of our fun outings, aimed to connect you to local and further afield activities and friendly people. *Our July - December outings are:*

July

In-Centre Outing
My Favourite Bookclub/Author Talk
Wednesday July 3, 2pm - 3.30pm

August

High Tea at Gables on Finch
Wednesday August 28 11am - 1pm

September

Pharoah Exhibition + lunch in cafe
Monday Sep 16

Bookings now open

October

Local Lunch
Monday Oct 14
details TBC

November

Outing details TBC
Tuesday Nov 19

December

Sister Act Matinee Session
Wednesday 4th December
1pm - 3pm

Bookings now open

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, \$289 starting Jul 15
9 classes, \$274 starting Oct 14

French Intermediate Conversation

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

Fridays 1.30pm - 3.30pm
10 classes, \$289 starting Jul 19
10 classes, \$304 starting Oct 11

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, \$289 starting Jul 19
10 classes, \$304 starting Oct 11

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, \$267 starting Jul 15
6 classes, \$145 starting Nov 11

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, \$174 starting Jul 15
10 classes, \$182 starting Oct 7

Intermediate

Wednesdays 3.30pm - 4.30pm
10 classes, \$174 starting Jul 17
10 classes, \$82 starting Oct 9

Advanced

Wednesdays 2pm - 3pm
10 classes, \$174 starting Jul 17
10 classes, \$182 starting Oct 9

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 15
10 classes, \$50, starting Oct 7

Mondays 2.30pm - 3.30pm
10 classes, \$50, starting Jul 15
10 classes, \$50, starting Oct 7

Mah Jong (Western) lessons

Sharpen your mind with this time honoured game of strategy. Learn the rules and expand the hand you play (Western only).

Wednesdays 1pm - 3pm
4 classes, \$84 starting Oct 16

Arts & Literature

Your Life Stories - A Writer's Group

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

Thursdays 1.30pm - 3pm
10 classes, \$231 starting Jul 18
10 classes, \$242 starting Oct 10

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 Aug 13
6 classes, \$145 starting Oct 29

ROOM HIRE

Affordable spaces for hire at a welcoming, modern venue.

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

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

TECH SAVVY /

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

Get Connected Using a Laptop or Desktop Computer

Do you need to build your confidence, knowledge and basic skills using technology on your computer, tablet and smartphone, whilst staying safe on the internet? If you want to become more familiar with new technology and using your devices 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 will be selected. These sessions will show you how a particular facet of technology works, whilst participants are also encouraged to bring along their own queries for discussion.

These sessions will expose you to different areas and benefits that you may not have previously considered. You will be shown how to use the BeConnected resources in your own home to further your learning.

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

Digital Mentors: Lynn Norman and Peter Aarons

Tuesdays 10am - 11.30pm
10 classes, FREE*, starting Jul 16
8 classes, FREE*, starting Oct 8

Stay Connected

An Intermediate Class in Technology

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

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

Digital Mentor: Lynn Norman

Mondays 1pm - 2.30pm
10 classes, FREE*, starting Jul 15
8 classes, FREE*, starting Oct 7

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 10.30am - 12.30pm (Sandar)

Friday 9am - 10.30am (Peter)

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

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

Connecting Safely Online (4-Week Course)

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

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

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

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

Thursdays 10.30am - 11.30am
4 classes, FREE*, starting Aug 29
4 classes, FREE*, starting Oct 17

FILM NIGHT



Global Film Night - Film and Discussion

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. Films chosen are not mainstream and are designed to be thought provoking and expand our minds on people and the world around us.

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

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

FOR TEENS



Dungeons and Dragons for Teens/Youth

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

Thursdays 4.30pm - 6.30pm
7 classes \$175, starting Oct 10

Thursdays 7pm - 9pm
7 classes \$175, starting Oct 10

ROOM HIRERS

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



Spanish Language Course for Children & Teens by Maria Spanish School

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

Contact Maria for cost and session details. To book: call 0420 468 820 or email spanishteacher.au@gmail.com. Find out more at: www.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 their classes run at the Centre on Tuesday evenings. For details, visit www.superspeak.com.au.



Wing Chun Kung Fu Classes by Wing Chun Melbourne

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

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

Creative Art & Cooking Programs by Jas Inclusive Studios



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

For all enquiries and bookings: www.jasinclusivestudios.com



Life Long Learning Ashburton by Hawthorn Community House

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

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

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



Men's Circle by Realms of Men

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

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

COMMUNITY SERVICES



Justice of the Peace Service

Walk in appointments only, no bookings required.

Mondays 1:30pm - 3pm
Mondays 6.30pm - 8pm*
Tuesdays 10am - 12pm
Thursdays 6.30pm - 8pm*
*enter via Highgate Grove

The Chatty Cafe at ACC

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



The Ashy Eco Hub

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



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



ASHBURTON
COMMUNITY
CENTRE

160 High Street, Ashburton 3147
Office Hours: 9am to 2pm weekdays
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www.ashburtoncc.org.au



Neighbourhood Houses
Boroondara

