



WONGA PARK COMMUNITY COTTAGE

Unit 1, 9-13 Old Yarra Road, Wonga Park, 3115 (Mel.Ref map 24 G12)

Reg A0026760C ABN 54099451538

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www.wongaparkcommunitycottage.org.au

Office Hours: 9.00am to 4.00pm Monday-Thursday
9.00am to 12.15pm Friday



Co-ordinator: Linda Hay Assistant Co-ordinator: Louise Schweiger Reception: Irene Truskett

OUR PHILOSOPHY: Is to provide a meeting place that encourages friendliness, support, opportunity and choice. We endeavour to offer everyone a chance to grow and enrich their lives through the program's activities. We would like to encourage all ages in our community to take 2 hours each week to participate in a recreational or leisure activity. *Please help us to stay relevant by phoning requests.*

YOUR LOCAL
NEIGHBOURHOOD
HOUSE

SHORT COURSES & ACTIVITIES

TERM 1, 2012

From 1st February-30th March



Neighbourhood House
The heart of our community

ENROLMENTS FROM 1ST FEBRUARY, 2012

ENROLMENT DETAILS

After the above date, enrolments will be taken by phone/fax or mail until class is filled. To avoid disappointment enrol early, some have a waiting list. If you are not sure which class to choose, call in and look in our display cabinet!

Payment: Can be made by credit card, cheque or cash. **Concessions:** Are available for Health Care Card holders on request.

Cancellations: If we cancel a class all fees will be refunded in full and all participants will be notified.

Refunds: Only if sufficient notice is given and is subject to a \$10 admin. fee. No refunds are available after the class has started.

CHILDCARE AND OCCASIONAL CARE Our Childcare Centre is registered. Licence No. 2150. We offer occasional care for parents 'time out' or shopping etc. **Monday to Thursday 9.00am-1.00pm. and Fridays 9.00-12.00 noon.** (Depends on demand.) Cost is \$8.00 per hour for 1 child, 1/2 price for siblings. **Bookings essential - Permanent places to be paid in advance.** *Childcare is cheaper for those attending classes.... \$4.00 per hour for 1 child, siblings \$2.00 per hour.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> * Occasional Care * Boxing for Fitness * Cardio Kick to the Beat * Circuit Blast * Floristry (Day) * French Polishing & Modern Finishes/ Furniture Restoration * Infant Massage * It's All About Me * Pilates * Practical Kinesiology-First Steps * Relaxation & Meditation * Spanish for Beg. * Tennis Coaching * Tell Your Story * Weigh In, Walk and Weights * Wonga Walkers 	<ul style="list-style-type: none"> * Occasional Care * French * Fused Glass Experience * Gingerbread House for Easter * Hand Dyed Velvet Scarf (Night) * Italian (Day & Nt) * Leadlighting (Nt) * Men's Hobby Group * Mixed Media Art * New Year, New You! * Pilates Night * Rhythmic Bar Resistance * Silk Painted Scarf * Strong People Stay Young * Zumba 	<ul style="list-style-type: none"> * Occasional Care * Cheese Making * Dowsing * Floristry (Night) * French Polishing * Get More from your Digital Camera * Mindfulness & Meditation (Nt) * Money Management * Mosaics (Day) * Natter, Knit & Sew Group * Oil &/or Acrylic Painting Group * Sit and Stitch Group * Strong People Stay Young * The Basics of Selling on eBay * The Floral Country Calender * Wonga Belles Book Group * Creative Yoga, Dance & Mindfulness- children * First Aid 	<ul style="list-style-type: none"> * Occasional Care * Art Classes with Gert * Boxing for Fitness * Decorative Painting * Fused Glass Experience (Day) * Gingerbread House for Easter * Hand Dyed Velvet Scarf (Day) * Leadlighting Day * Live Your Life with Ease & Flow * Mosaics (Night) * Nia-Dance/Fitness * Patchwork (Day) * Patchwork Night * Pilates (Night) * Silk Painted Scarf * Speech Craft * Yoga (Night) * After School Mixed Media * Art Program for Primary School Children * Hey Dee Ho Music * Wonga Wombats 	<ul style="list-style-type: none"> * Occasional Care * 30/30 Aerobics & Core Strength Workout * Mindfulness and Meditation * Rhythmic Bar Resistance * Yoga (Day) 	<ul style="list-style-type: none"> * Cheese Making- Fetta, Mascarpone, Yogurt & Ricotta * Cheese Making- Camembert, Sour Cream, Cream Cheese & Ricotta * Dowsing for Health & Wellbeing * The Power of Crystals * Cider Making and other Fruit Wines * First Aid
<p>WOMEN'S HEALTH DAY MONDAY 27TH FEBRUARY</p>					<p>The Wonga Park Red Hat Society meet around the 15th of the month.</p>

KID'S ACTIVITIES



CHILDCARE AND OCCASIONAL CARE

Our Childcare Centre is registered with the Dept. of Education and Early Childhood Development. We offer occasional care for parents 'time out' or shopping etc. or at a reduced rate for people attending our classes.

Monday to Thursdays 9.00am-1.00pm

Fridays 9.00am-12.00 noon.

See front page for cost.

WEDNESDAYS:

NEW

CREATIVE YOGA, DANCE & MINDFULNESS FOR CHILDREN (Primary School age)

Nourishing the whole child. Building inner-resources and a healthy sense of self through movement, story, art and play.

Date: 15th Feb.-28th March

Time: 4.30-5.30pm

Tutor: Bridget Bygott

Cost: for 7 weeks \$79

THURSDAYS:

NEW

AFTER SCHOOL MIXED MEDIA

During this 7 week course your child will explore many aspects of mixed media, clay work, painting, collage, drawing and much more. A great way to build up friendships and share the fun of making artwork.

Date: 16th Feb.-29th March

Time: 4.00-5.30pm

Tutor: Adriana Christianson

Cost: for 7 weeks \$86 + Materials \$30

ART PROGRAM FOR PRIMARY SCHOOL CHILDREN

Explore your artist ability with Margaret. A variety of sessions are designed to explore and develop effective drawing & painting techniques.

Date: 9th Feb.-29th March

Time: 4.00-5.00pm

Tutor: Margaret O'Shannessy

Cost: for 8 weeks \$60 + Materials approx \$10

HEY DEE HO MUSIC

Welcome to **hey de ho music!** We invite parents (or care givers) to have fun with your children sharing the pleasure of music. The program is based on a variety of entertaining themes, involve singing, drama, movement to music, puppets & playing musical instruments.

Designed for **babies through to pre-school children** in a warm, friendly and non-threatening atmosphere. Opportunity for parents to socialise.

For those who haven't tried before COME AND TRY 1 LESSON FOR FREE

Date: 9th Feb.-29th March

Time: 9.30-10.15am

Cost: for 8 weeks \$104

"WONGA WOMBATS"

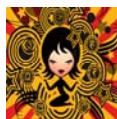
Structured activity group for **3-5 year olds only**. Run by a Qualified Childcare Worker and an assistant. Involves indoor and outdoor activities programmed specifically for this age group.

Date: 9th Feb.-29th March

Time: 1.45-3.45pm

Cost: for 8 weeks \$120

WOMEN'S HEALTH DAY



In Celebration of Manningham Healthy Lifestyle Week:

Healthy Lifestyles, Healthy Minds, Healthy Communities

MONDAY 27TH FEBRUARY

You are invited to join in our popular day. An opportunity for women to take "time out" and indulge yourselves, have some fun and experience something new!

8.00-8.50am "Relaxation and Meditation"

With Bridget Bygott

A great way to start the day.

8.00-9.00am Breakfast available

9.00-10.00am "What is Neurostructural Integration Technique (NST)?"

With Melanie Sproule-Carroll (Remedial Massage Therapist & Advanced NST Practitioner)

An information session on this incredibly effective therapy. Find out what it is and the extensive and varied conditions NST can assist your body to correct. The session will include a demonstration and a self treatment technique.

10.00-10.15am Morning tea

10.15-11.15am "Crystals and You"

With Petra Stampfer

Do you get sparkles in your eyes when you see crystals? How you can use and benefit from crystals and gemstones

11.15-12.15pm "Kinesiology & Reiki"

With Lyn Jordan (B Sc AKA)

This brief introduction will demonstrate how Kinesiology and Reiki can help you improve your health and wellbeing.

12.15-1.00pm Delicious lunch

1.00-2.00pm "We Become What We Eat"

With Celia Cornick (Bio Dynamic & Homeopathic Practitioner)

Do you think about the amazing things that happens to your food from the mouth to the gut?

OR

1.00-2.00pm "You and Your Health"

With Allyce Weightman (Health & Wellbeing Coach)

Ideas to reach your health and wellbeing goals.

2.00-3.00pm "Relaxation & Meditation"

With Mary Chandler

Let go of your stress and experience the calm.

OR

2.00-3.00pm "Essential Exercise"

With Diane Little (Fitness Australia)

Essential exercise to balance your busy day.

Learn techniques with weights, Thera bands and Pilates to benefit in everyday life.

COST: \$20 for the whole day including breakfast and lunch.

BOOKINGS ESSENTIAL. Book early to avoid disappointment.

We gratefully acknowledge the Sponsorship of Manningham City Council and local businesses for this day.

PLEASE NOTE THAT ALL THE ORGANISATIONS AT THE WONGA PARK COMMUNITY CENTRE WILL BE CLOSED ON CODE RED FIRE DANGER DAYS

WELCOME



A big welcome to everyone for Term 1 and a New Year! We hope you can find some workshops/courses to entice you to the Cottage.

Can't find what you are looking for? Let us know and we will endeavour to find a tutor.

We are always looking for new tutors, so if you are interested in sharing your skills please contact us. Our tutors are paid, so you can earn money at the same time as enriching community members.

Community Houses offer a balance of learning new skills in a friendly and supportive environment. We hope to see you soon.

ACCREDITED



FIRST AID with Revive 2 Survive RTO 21688

Provides you with an innovative and flexible delivery model to make your fully accredited training easy. This course covers all Level 2 practical competencies and some theory. Remaining theory and assessment to be completed at home. Prices include certificate.

HLTA301C Level 2 First Aid (6 hour course, Flexible Delivery)

CPR Practical Component First 2 hours

OPTION 1:

SATURDAY

Date: 18th February **Time:** 9.30am-4.00pm

Cost: Level 2: \$150 CPR: \$65

OPTION 2:

WEDNESDAY NIGHTS

Date: 15th & 22nd February

Time: 6.30-9.30pm

Cost: Level 2: \$150 CPR: \$65

MONDAY



BOXING FOR FITNESS

A popular course. The teenagers also love this one! Come and get really fit using boxing drills and release that tension as you see your body transform.

Date: 6th Feb.-26th March (Not 12/3)

Time: 6.00-7.00pm

Tutor: Kellie Hawker (Certified Trainer)

Cost: for 7 weeks \$84

CARDIO KICK TO THE BEAT

NEW

Have fun while relieving stress with this full on workout utilising skills from boxing, kickboxing and muai thai disciplines to the beat of the music. Non threatening, non contact and pre choreographed. Learn the moves safely and easily. A total body workout. Class suits all fitness levels. Please bring own mat.

Date: 6th Feb.- 26th March (Not 12/3)

Time: 7.15-8.15pm

Tutor: Penny May

Cost: for 7 weeks \$84

CIRCUIT BLAST

A mixture of cardio and strength training in a circuit style class. Different types of functional movements are used with a variety of equipment. A good class to start your new year off. Changing stations every 60-90 seconds. Class suits all fitness levels. Please bring own mat.

Date: 6th Feb.-26th March (Not 12/3)

Time: 8.15-9.15pm

Tutor: Penny May

Cost: for 7 weeks \$84

NEW

FLORISTRY (DAY)

Learn the art of floristry with Kellie who makes it fun and exciting. Lessons for term 1 are:

- * Valentine's Day Arrangement
- * Summer Fireplace Display
- * The Cottage Garden
- * The Flower Tree (Conical shape)
- * Autumn Tree
- * Autumn Pumpkin Arrangement



Date: 6th Feb.-26th March (Not 27/2 & 12/3)

Time: 1.00-3.00pm

Tutor: Kellie Good

Cost: for 6 weeks \$95 C\$86 + Materials list.

FRENCH POLISHING & MODERN FINISHES/FURNITURE RESTORATION (NT)

Ross shares his extensive knowledge of age and style of furniture with enthusiasm, as he helps you to achieve wonderful results. Class consists of traditional French Polishing, Wax Finishes, Oil & Exterior Finishes, Simulated work, Ebonizing, Lacquer Finishes. Perfect for everyday use eg. Coffee table, kitchen table, dining table—very durable, quick & easy finish.

Date: 6th Feb.-26th March (Not 12/3)

Time: 7.00-9.30pm

Tutor: Ross Wayth (over 30 years exp)

Cost: for 7 weeks \$84 C\$76

Plus \$25 materials from tutor.



INFANT MASSAGE

Come and learn infant massage with a qualified instructor. There are many benefits to infant massage including:

- * Soothing baby
- * Helping with colic/reflux
- * Strengthening immune system
- * Nurtures the beautiful bonding between parent and baby.

Ideal for dads to learn as well.

Included—tuition, oil for sessions and help sheet for home. Bring along towel and change mat.

Date: 13th Feb.-19th March (Not 27/2 & 12/3)

Time: 10.30-11.30am

Tutor: Barb Bridger

Cost: for 4 weeks \$90 per family.

"IT'S ALL ABOUT ME"

The continuation of the course funded by Women's Health East. *Investing in Women Grants Program.* For ongoing students.

Date: 13th Feb.-20th Feb.

Time: 9.30-11.30am

Tutor: Erica Boxall

Cost: for 2 weeks \$3 Registration fee.



The Jumping Creek Catchment Landcare Group meeting will be on Wed. 8th Feb. Call Tracey Wood on 9876 7383 for details.

PILATES (DAY)

A relaxing, low impact and unique body conditioning program using floor work, which teaches you to isolate, strengthen and train the deep inner muscles of the core. As you develop mind and body awareness through fluent, controlled and balanced movements you will increase flexibility, posture & stabilization that will benefit you in every day life.

Date: 6th Feb.-26th March (Not 12/3)

Time: 2.00-3.00pm

Tutor: Diane Little (Fitness Australia)

Cost: for 7 weeks \$77

PRACTICAL KINESIOLOGY-1ST STEPS

Kinesiology facilitates a person's own natural ability to recuperate by retraining the message in their neurology. It is a non-invasive holistic approach to working with the mental conflicts, emotional traumas and physical stressors within. Kinesiology facilitates the person's own wish to be healed and whole.

This short introductory course will show you how Kinesiology works. You will be introduced to the basic tool of Kinesiology – Muscle Monitoring. You will learn how to use this to identify the underlying cause of imbalances. You will learn how to reframe emotional issues with simple, yet effective techniques to create balance and harmony in your life. From here you will be on the way to releasing patterns that no longer serve you so that you can experience the fullness of a wholehearted way of living.

We will look at the physiological and psychological effects of stress, how stress is held in the body and some emotional stress release techniques. This will be a fun and practical workshop, designed to take you on your first steps down the path of Kinesiology.

Date: 13th Feb.-5th March

Time: 7.00-9.30pm

Tutor: Lyn Jordan (B Sc AKA)

Cost: for 4 weeks \$115

RELAXATION & MEDITATION

Take some time out to experience ways to relax. Meditation helps you to cope with the stresses of life and improve your wellbeing. Includes a variety of mental exercises and guided visualisations in a caring and supportive environment.

Date: 13th Feb.-26th March (Not 27/2 & 12/3)

Time: 1.00-2.00pm

Tutor: Mary Chandler (Psychologist)

Cost: for 5 weeks \$60 C\$54

SPANISH FOR BEGINNERS: TEENAGERS & ADULTS WELCOME

Enjoy learning the Spanish language and body language from a native. Interactive classes that will assist you whether you are planning to travel to Spain or South America. Perhaps you have heard about the benefits of learning a second language?

Date: 6th Feb.-26th March (Not 12/3)

Time: Beginners: 6.30-8.00pm

Intermediate: 8.00-9.30pm

Tutor: Aurora Chighine

Cost: for 7 weeks \$115 C\$105

TENNIS COACHING

For beginners to advanced- A balance of coaching techniques, social practice and fun.

Date: 6th Feb.-26th March (Not 12/3)

Time: 9.30-11.30am

Coach: Peter Dellavedova

Cost: for 7 weeks

W.P.Tennis Club Members \$70 C\$63

Non Tennis Club Members \$84 C\$76



TELL YOUR STORY

Life is something to celebrate and share.

In this interactive class we will explore your journey and record your story using scrapbooking and different papercraft mediums.

Date: 5th March-26th March (Not 12/3)

Time: 9.30-11.30am

Tutor: Erica Boxall

Cost: for 3 weeks \$45+ materials approx \$5wk

NEW

WEIGH IN, WALK AND WEIGHTS

A great course to start a new exercise program! Includes regular diet tips and weekly weigh in to keep you motivated.

Date: 6th Feb.-26th March (Not 12/3)

Time: 9.15-10.15am

Tutor: Diane Little (Fitness Australia)

Cost: for 7 weeks \$77

WONGA WALKERS

A chance to walk in a group on a regular basis, enjoying the beautiful local environment.

Date: 6th Feb.-26th March (Not 12/3)

Time: 9.15am start

Cost: \$5 Registration fee per term

TUESDAY



FRENCH FOR BEGINNERS

Enjoy learning to speak French for everyday situations and travel.

Date: 7th Feb.-27th March

Time: Complete Beginners: 9.30-11.00am

Ongoing Beginners: 12.00-1.30pm

Tutor: Marianne Maltig (Experienced teacher)

Cost: for 8 weeks \$96 C\$87

FRENCH INTERMEDIATE

Enjoy building on your knowledge of French and improve your listening and speaking skills and delve into the structure of the language.

The course can be adjusted to students level of knowledge. Bienvenue! All welcome.

Date: 7th Feb.-27th March

Time: 2.00-3.30pm

Tutor: Marianne Maltig

Cost: for 8 weeks \$96 C\$87

FUSED GLASS EXPERIENCE (NIGHT)

Working with beautiful coloured glass, cut to shape dichroic glass as embellishments. Create pendants, earrings, bracelet, rings or sweet sounding windchimes. Materials cost from tutor as follows:-pendants from \$10, earrings \$10 pair, bracelets from \$15, rings from \$5. Dichroic glass priced separately.

2nd week: Assemble fired pieces choosing from bails, cord, chain, ring findings etc.

Tutor supplies araldite, findings from \$1.

See display in reception;

Date: 21st Feb.-28th Feb.

Time: 7.30-9.00pm

Tutor: Pam Earl

Cost: for 2 weeks \$22 C\$20 + Materials

GINGERBREAD HOUSE for EASTER (NIGHT)

Transform delicious gingerbread into a fairytale house, with icing, sweets etc. Silicone house mould available for purchase from tutor on the night.

Date: 20th March

Time: 7.00-9.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Kit \$30

Includes board, GH pieces, icing, lollies, cellophane wrap and ribbon.

NEW

HAND DYED VELVET SCARF (NIGHT)

Shimmering velvet turns to an array of colours.

Date: 27th March

Time: 7.00-9.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Materials

NEW

ITALIAN FOR BEGINNERS (NIGHT)

A new evening class with the help of native Italian tutor Tonina. With face-to-face interactive classes, students will have fun learning this beautiful language in a relaxed environment. Engage in learning the foundations of the language as you develop new conversation, writing and grammar skills. Come along if you are planning to travel or if you are a student requiring extra tuition. Hoping to see you. Arriverderci!

Date: 7th Feb.-27th March

Time: 7.30-8.45pm

Tutor: Tonina Lombardi

Cost: for 8 weeks \$96 C\$87

ITALIAN FOR COMPLETE BEGINNERS

Join Sue in her popular day classes. Starting with the basics—numbers, dates, times, days of the week, how to get transport, ordering food and buying etc. learnt in a variety of fun ways.

Date: 7th Feb.-27th March

Time: 11.00-12.30pm

Tutor: Sue Owens

Cost: for 8 weeks \$110 C\$100

ITALIAN FOR BEGINNERS (ONGOING)

Sue continues this class for ongoing students and for those who have knowledge of this beautiful language.

Date: 7th Feb.-27th March

Time: 1.00-2.30pm

Tutor: Sue Owens

Cost: for 8 weeks \$110 C\$100

LEADLIGHTING &/OR COPPERFOILING (NIGHT)

For beginners or more advanced. Learn how to make a small stained glass window panel, then choose your own project from lamps, door panels, beautiful sun-catchers, mirrors and jewellery boxes etc.

Date: 7th Feb.-27th March

Time: 7.15-9.45pm

Tutor: Dianne Downton

Cost: for 8 weeks \$110 C99 Materials list.



MEN'S HOBBY GROUP

Bring your own project, materials, tools and ideas. Enjoy working in the company of other men. Tea and coffee provided.

Date: 7th Feb.-27th March

Time: 9.30-11.30am

Leader: Geoff Smith

Cost: for 8 weeks \$5 per week

NEW

MIXED MEDIA ART FOR ADULTS

If you think you are not artistic and you can't even draw a straight line—but you really love art, consider joining this class, where we have rulers for straight lines in a very relaxed and encouraging class atmosphere. In these 7 week sessions we will create all sorts of artwork in different media—clay, mosaic, paint, collage and drawing.

Date: 14th Feb.-27th March

Time: 1.15-3.15pm

Tutor: Adriana Christianson

Cost: for 7 weeks \$109 C\$99 + Materials \$30

NEW YEAR, NEW YOU!

More energy, more confidence, more fun!

* Attitude is everything

* Whole body health

* Menu planning and food shopping

* 7 steps to more energy

* Feel good naked

* Design the life you want

Date: 14th Feb.-20th March

Time: 9.15-10.15am

Tutor: Allyce Weightman (Health & Wellbeing Coach)

Cost: for 6 weeks \$105



PILATES (NIGHT)

See Monday description

Date: 7th Feb.-27th March

Time: 8.15-9.15pm

Tutor: Diane Little (Fitness Australia)

Cost: for 8 weeks \$88

“RHYTHMIC BAR RESISTANCE - THE ULTIMATE WORKOUT!”

See Friday description

Date: 7th Feb.-27th March

Time: 9.00-10.00am

Tutor: Sanett Van Der Merwe (Fitness Aust.)

Cost: for 8 weeks \$96

SILK PAINTED SCARF (NIGHT)

Transform a plain piece of silk with vibrant dyes. What are your favourite colours? So quick & easy it's hard to believe. A scarf is an ideal present or wear to enhance your outfits.

Date: 6th March

Time: 7.00-9.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Materials

STRONG PEOPLE STAY YOUNG

(NIGHT) Low impact exercises with hand weights suitable for men and women. Scientifically proven to improve bone density, muscle strength and balance. Prevents osteoporosis, aids in body toning and weight loss.

Date: 7th Feb.-27th March

Time: 7.15-8.15pm

Tutor: Diane Little (Fitness Australia)

Cost: for 8 weeks \$88



ZUMBA (DAY)

'Join the party and ditch the work out. Zumba classes combine dance and fitness to get your body movin' and groovin' to the latest Latin inspired beats. Fun for all levels of fitness and dance ability. Lets get our booty shaking and body groovin.'

Date: 7th Feb.-27th March

Time: 2.00-3.00pm

Tutor: Leanne Budge (Certified Zumba Instructor)

Cost: for 8 weeks \$96

WEDNESDAY

NEW

CHEESMAKING—CAMEMBERT, SOUR CREAM, CREAM CHEESE & RICOTTA

Cheeses to made on this day are:- Camembert, sour cream & cream cheese. You will take home your own 3 products with you. We will also make Ricotta to eat on the day. This will be a full day course and cheese can be made using Cow, Goat or Sheep's milk- (if you wish to bring your own), this will need to be pasteurized on the day. Otherwise all materials are supplied. Please bring lunch to share. *This workshop will be held off site in Monbulk*

Date: 22nd February

Time: 9.00am-4.00pm

Tutor: Pete the Permie

Cost: for 1 day \$100

DOWSING FOR HEALTH & WELLBEING See Saturday description

Date: 21st March

Time: 7.00-10.00pm

Tutor: Petra Stampfer

Cost: for 1 week \$65 Includes manual.

FLORISTRY (NIGHT)

Learn the art of floristry with Kellie who makes it fun and exciting. Lessons for term 1 are:

* Valentine's Day Arrangement

* Summer Fireplace Display

* The Cottage Garden

* The Flower Tree (Conical shape)

* Two-tiered Posy Bowl

* Autumn Tree

* Autumn Pumpkin Arrangement

* Base Focal Wreath

Date: 8th Feb.-28th March

Time: 7.00-9.00pm

Tutor: Kellie Good

Cost: for 8 weeks \$120 C\$108+ Materials list

FRENCH POLISHING & MODERN FINISHES/FURNITURE RESTORATION

(DAY) See Monday night description.

Date: 8th Feb.-28th March

Time: 9.30-12.00 Noon

Tutor: Ross Wayth (over 30 years exp.)

Cost: for 8 weeks \$96 C\$87

Plus \$25 materials from tutor.

GET MORE FROM YOUR DIGITAL CAMERA

NEW TIME

Do you have a compact Digital Camera or a digital SLR and would like to learn more about your camera and it's capabilities? This short course will help you understand the basics of photography. You will learn to control shutter speed, aperture, lighting, focus and framing to get the best possible photos each time. A digital camera is required for this course and a portable computer would be valuable but not essential.



Date: 15th Feb.-7th March

Time: 7.30-9.30pm

Tutor: Ron Fuhrer

Cost: for 4 weeks \$53 C\$48

NEW TIME

MINDFULNESS AND MEDITATION (NT)

A new class time! Bridget introduces techniques to integrate the Art of Meditation into daily living. Drawing upon Yogic and Qi Gong practice the breath and creative visualization to deepen ones practice.

Date: 8th Feb.-28th March

Time: 6.00-7.15pm

Tutor: Bridget Bygott

Cost: for 8 weeks \$88

MONEY MANAGEMENT

NEW

Just what is needed right now to get your finances in order. In this workshop learn some practical advice for reducing debt, budgeting to pay your bills on time, increasing your cash flow and setting savings goals. This session will help you cope with the pressures of your financial world.

Date: 14th March

Time: 7.30-9.30pm

Tutor: Ben Graham-Nellor (from BGN Financial Management)

Cost: for 1 session \$5

The "Wonga Belles Book Group" are an Eastern Regional Libraries Book Group and meet at the Community Cottage on the 1st Wednesday of the month at 8pm Contact Lynda Hickling on 9722 1755

MOSAICS (DAY)

Join in the fun and laughter of these classes. A fabulous variety of projects to inspire you! Suitable for beginners and advanced.

Date: 8th Feb.-28th March

Time: 1.00-3.00pm

Tutor: Adriana Christianson (Prof. Artist)

Cost: for 8 weeks \$123 C\$111 Material list

NATTER, KNIT & SEW GROUP

Everyone is made welcome to this friendly group. Bring your knitting, tapestry etc.

Date: 1st Feb.-28th March

Time: 12.30-3.00pm

Cost: \$3.00 per week

OIL &/OR ACRYLIC PAINTING GROUP

Beginners welcome. Members are encouraged to develop their own styles and talents in a friendly, informal setting.

Date: 1st Feb.-28th March

Time: 9.30-11.30am

Leader: John Freeman

Cost: \$5 per week



SIT AND STITCH GROUP

Do you need some help or motivation to start or finish a project? Maybe you want to learn a new skill? Whether you are experienced or a beginner come and join this friendly, informal group of stitchers, patchworkers, embroiderers and beaders.

Date: 1st Feb.-28th March

Time: 9.30-12.00 Noon

Leader: Sheryl Turton

Cost: \$6 per week



STRONG PEOPLE STAY YOUNG (DAY)

See Tuesday night description

Date: 8th Feb.-28th March

Time: 2.00-3.00pm

Tutor: Diane Little (Fitness Australia)

Cost: for 8 weeks \$88

THE BASICS OF SELLING ON EBAY

Teaches you to be successful on eBay and how to:

- * Open a Seller Account
- * Do research and create listings
- * Create listings with great descriptions
- * Set pricing
- * Open and use a Paypal account
- * Monitor your listings
- * Complete transactions
- * Will also cover buying on eBay

Date: 21st March

Time: 7.00-10.00pm

Tutor: Rod McLaren (Accredited eBay instructor with 8 years experience).

Includes course notes on CD.

Cost: for 1 session \$45

NEW

THE FLORAL COUNTRY CALENDER

Learn the art of silk ribbon and strand embroidery. Learn new stitches as we work on this lovely floral piece. You will be given a pattern to work from and your own stitch guide. Each month of the year on this floral calendar will take you through a minimum of 12 stitches, sampler style. By the time you've learnt the stitches you will be ready to begin the border of this piece. This is where you will get to practice your stitches that you have learnt. By the time you've finished you will have created a beautiful wall hanging. *See display in the Cottage.*

Date: 15th Feb.-28th March

Time: 1.00-3.00pm

Tutor: Kellie Good

Cost: for 7 weeks \$109 C\$99

THURSDAY

ART CLASSES WITH GERT

Gert was lucky enough to grow up and train in Holland. In these classes he is keen to share his extensive knowledge and expertise, whether you would like to do portraits from life, landscapes or life drawing etc. Covering mediums charcoal, pencil, pastels, watercolour, guache, acrylic, oil and pen and ink or pen and wash.

Date: 9th Feb.-29th March

Time: 1.00-3.00pm

Tutor: Gert Grift

Cost: for 8 weeks \$48 + Materials list

BOXING FOR FITNESS

See Monday night description.

Date: 9th Feb.-29th March

Time: 6.00-7.00pm

Tutor: Kellie Hawker (Certified Trainer)

Cost: for 8 weeks \$96

DECORATIVE PAINTING

Learn how to paint native flora, landscapes and birds etc. onto canvas or wood. Suitable for beginners or advanced.

Date: 9th Feb.-1st March **4 weeks**

And/or 8th March-29th March **4 weeks**

Time: 1.00-3.00pm

Tutor: Pat Freeman

Cost: for 4 weeks \$40 C\$36 Materials list.

FUSED GLASS EXPERIENCE (DAY)

See Tuesday night description.

See display in reception.

Date: 23rd Feb.-1st March

Time: 1.00-2.30pm

Tutor: Pam Earl

Cost: for 2 weeks \$22 C\$20 + Materials

GINGERBREAD HOUSE FOR EASTER

(DAY) See Tuesday night description

Date: 29th March

Time: 1.00-3.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Kit \$30

Includes board, GH pieces, icing, lollies, cellophane wrap and ribbon.

NEW

HAND DYED VELVET SCARF (DAY)

Shimmering velvet turns to an array of colours.

Date: 15th March

Time: 1.00-3.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Materials

LEADLIGHTING &/OR

COPPERFOILING (DAY)

See Tuesday night description

Date: 9th Feb.-29th March

Time: 9.30-12.00 Noon

Tutor: Dianne Downton Materials list

Cost: for 8 weeks \$110 C99

NEW

LIVE YOUR LIFE WITH EASE AND FLOW

We all experience stress from time to time.

Sometimes it feels like we're just running from one stress to another. These can be big or small or not even that obvious. For some of us stress shows itself in subtle ways. It may be a feeling of uneasiness or worry—butterflies in the stomach. For others it can just plain overwhelm. No matter how it shows itself for you it's important to take notice of these feelings. There is a lot you can do to manage your stress so that it doesn't affect your health. Learn some strategies to help

Date: 22nd March you overcome & relieve

Time: 12.00-3.00pm your stress related issues

Tutor: Lyn Jordan

Cost: for 1 session \$50

MOSAICS (NIGHT)

Adriana will share her expertise and inspire you to make your chosen piece of artwork.

Suitable for beginners and advanced.

Date: 9th Feb.-29th March

Time: 7.00-9.00pm

Tutor: Adriana Christianson (Prof. Artist)

Cost: for 8 weeks \$123 C\$111 Material list



NIA -DANCE/FITNESS

NEW TIME

A holistic fitness practise blending elements from nine movement forms. Shimmy and dance your way to Joy and Health, increase endurance, mobility and balance. Discover your creativity and self-expression!

Date: 9th Feb.-29th March

Time: 9.30-10.30am

Tutor: Sabine Withers (*Certified Nia Instructor*)

Cost: for 8 weeks \$104 **COME AND TRY - NEW PARTICIPANTS 1/2 PRICE ON 9th**

PATCHWORK GROUP (DAY)

Are you a beginner or an experienced quilter? All skill levels are catered for in this friendly group. Bring along your project or your new materials and Sheryl will inspire you to make a successful project.

Date: 2nd Feb.-29th March

Time: 9.30-12.00 Noon

Leader: Sheryl Turton

Cost: \$6 per week



PATCHWORK (EVENING)

Always admired patchwork quilts? Sheryl will guide you through all the steps.

Date: 2nd Feb.-29th March

Time: 7.15-9.45pm

Leader: Sheryl Turton

Cost: for 9 weeks \$54

PILATES (NIGHT)

See Monday description.

Date: 9th Feb.-29th March

Time: 7.15-8.15pm **INTERMEDIATE**

8.15-9.15pm **BEGINNERS**

Tutor: Diane Little (Fitness Australia)

Cost: for 8 weeks \$88

SILK PAINTED SCARF (DAY)

See Tuesday night description.

Date: 16th February

Time: 1.00-3.00pm

Tutor: Pam Earl

Cost: for 1 session \$15 C\$14 + Materials

SPEECH CRAFT

Ever wanted to learn to speak like a professional? Then speech craft is the course for you. Learn to convey your message powerfully using your voice and gestures in a fun and nurturing environment.

Date: 16th Feb.-22nd March

Time: 7.30-9.00pm

Tutor: Annette Felicissimo & Linda House (from Croydon Yarra Valley Toastmasters)

Cost: for 6 weeks \$68

YOGA (NIGHT)

Ease the body, stretch and loosen, relax, breathe and enjoy. A way to tranquillity and wellbeing through the gentle and powerful movements and postures for beginners and adv. Limited numbers

Date: 9th Feb.-29th March

Time: 6.00-7.15pm

Tutor: Bridget Bygott

Cost: for 8 weeks \$88



FRIDAY

30/30 AEROBICS & CORE STRENGTH WORKOUT NEW 30 minutes easy aerobic moves to improve cardiovascular fitness followed by 30 minutes of exercises to improve core strength. This class is designed to assist with maintaining and strengthening your lower back and tummy and improve posture. Please bring own mat.

Date: 10th Feb.-30th March
Time: 1.30-2.30pm
Tutor: Penny May
Cost: for 8 weeks \$96



MINDFULNESS AND MEDITATION (DAY) See Wednesday Night description

Date: 10th Feb.-30th March
Time: 11.00-12.00 Noon
Tutor: Bridget Bygott
Cost: for 8 weeks \$88

RHYTHMIC BAR RESISTANCE - THE ULTIMATE WORKOUT!!

Complete workout using power bars, dumbbells and elastics. Targeting all areas of the body! Build bone density and muscle health. Concentrating on core strength keeping the back strong!

Date: 10th Feb.-30th March
Time: 9.30-10.30am
Tutor: Sanett Van Der Merwe (Fitness Aust.)
Cost: for 8 weeks \$96 Bring a mat.

YOGA (DAY)

Ease the body, stretch and loosen, relax, breathe and enjoy. A way to tranquillity and wellbeing through the gentle and powerful movements and postures for beginners and advanced.

Date: 10th Feb.-30th March
Time: 9.30-10.45am
Tutor: Bridget Bygott
Cost: for 8 weeks \$88

ACKNOWLEDGEMENTS

Wonga Park Community Cottage Inc acknowledges the support of these organisations



SATURDAY

CHEESE MAKING - FETTA, MASCARPONE, YOGURT AND RICOTTA

Cheeses to be made on this day are:- Fetta, Mascarpone and Greek style yogurt. You will take home your own 3 products with you. We will also make Ricotta to eat on the day. Cheese can be made using Cow, Goat or Sheep's milk- if you wish to bring your own, this will need to be pasteurized on the day. Otherwise all materials are supplied. Please bring lunch to share.

This workshop will be held off site in Monbulk
Date: 3rd March
Time: 9.00am SHARP-4.00pm
Tutor: Peter the Permie
Cost: for 1 day \$100

CHEESMAKING- CAMEMBERT, SOUR CREAM, CREAM CHEESE & RICOTTA NEW

See Wednesdays description

Date: 10th March
Time: 9.00am-4.00pm
Tutor: Peter the Permie
Cost: for 1 day \$100



DOWSING FOR HEALTH & WELLBEING

Dowsing (Radiesthesia) is the action of a person called the dowser using a dowsing rod, dowsing stick or divining rod- an art and a science that allows you to expand your abilities beyond three-dimensional limitations. In the past mostly to find water- it is greatly expanded and now encompasses almost every aspect of human life. Here are the 9 reasons why everyone must learn dowsing:- Take responsibility for your health and wellbeing. Detect 'Electromagnetic Radiation' EMR in your house/workplace. Render harmful radiation of your mobile phones or WI FI. Detect Geopathic Stress causing ill health and discomfort. Learn to balance and harmonise harmful energies. Test food, herbs or medicines for their compatibility with your body system. eg find the right essence, crystal, dosage.

Date: 3rd March
Time: 10.00am-1.00pm
Tutor: Petra Stampfer
Cost: for 1 session \$65 Includes manual

THE POWER OF CRYSTALS

Harnessing crystal energy to revitalise your life. The beauty, magic and power of crystals have fascinated humankind throughout the ages. Learn how crystals can work for you! Topics covered are:- How do minerals differ and work? The power and energy they hold and what they can be used for. When to cleanse and charge crystals and the different methods. Various methods to choose the right crystals for you at a time. In what ways can crystals benefit me. Practical experience the loving powerful energies of crystals. Crystal Essences. Gain a deeper understanding of the value of crystals.

Date: 17th March
Time: 10.00am-5.00pm
Tutor: Petra Stampfer
Cost: for 1 day \$107 Includes manual

CIDER MAKING & OTHER FRUIT WINES

We will look at how easy it is to make good apple cider at home with equipment you may already have and how you can turn almost any fruit glut into a delicious fruit wine with simple recipes and the same simple brewing equipment. We will also look at basic fermentation and the apple varieties you could use to make great French & English Cider or Perry, and taste some 3 years old-strictly over 18 years old

This workshop will be held off site in Monbulk
Date: 31st March
Time: 10.00am-4.00pm
Tutor: Pete the Permie
Cost: for 1 day \$100

The Red Hat Society in Wonga Park- Meet around the 15th of the Month. Phone the Cottage for details.

A world wide organisation for women organised in the spirit of the poem "Warning" by Jenny Joseph, which starts with the line "When I am an old woman I shall wear purple with a red hat which doesn't go.." and concludes "But maybe I ought to practice a little now? So people who know me are not too shocked and surprised when suddenly I am old, and start to wear purple."

COURSE ENROLMENT FORM

WONGA PARK COMMUNITY COTTAGE INC
 Old Yarra Road, Wonga Park 3115

SURNAME _____ **FIRST NAME:** _____

ADDRESS: _____ **POSTCODE:** _____

PHONE: _____ **MOBILE:** _____ **EMAIL:** _____

COURSE NAME: _____ **START DATE:** _____ **TIME:** _____ **FEE \$** _____

COURSE NAME: _____ **START DATE:** _____ **TIME:** _____ **FEE \$** _____

COURSE NAME: _____ **START DATE:** _____ **TIME:** _____ **FEE \$** _____

_____ **TOTAL PAYMENT \$** _____

CHILDCARE REQUIRED? YES/NO _____ **CHILD'S NAME:** _____ **DOB** _____
