



Courses & Activities

Term 4 2018

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New

Ferment 101

This class will explain why fermented food is so good for you, why it is safe and the wide variety of ferments available. You will learn with tutor Narelle Lucas of Wild Earth Mother to make four simple ferments on the day and take them home so you can continue to ferment for years to come. Create your own unique Sourdough Mother and Yoghurt Mother that will last a lifetime if you care for her properly. Make Sparkling Booch, a fantastic sugar free alternative to cordials and lacto-ferment your own pickles. Anyone can make these and get well on the way to a healthier lifestyle. *A light lunch including breads, preserves and pickles will be provided* *Please bring a jar with lid, thermos, cooler and yoghurt maker if you have one.*

When | Saturday 10th November 10am-1pm
Cost | \$100
Enrolments essential: 5261 2583



14 Price Street, Torquay, 3328 (PO Box 433)

Inquiries and Bookings (unless otherwise indicated):
 Tel 03 5261 2583

My Budget - Create a budget and banking structure you can manage

Get ready to enjoy an afternoon with a group of like-minded women to discuss managing your finances with a little bit of pizzazz! Run by Kirby Smith, founder of Women's Financial Education, a financial literacy initiative based right here in Torquay. The workshop will address: The ultimate banking structure, The five key spending categories, Setting your ultimate budget, and Strategies for smarter spending. By the end of the workshop you will have an understanding of what budgeting really is and how it can re-shape your future. You will have an almost complete budget and the tools and knowledge to finalise it later. Importantly, you will gain insight into you and/or your families spending habits, where more discipline is required and we will bring to life how this can allow you to reset achievable savings and lifestyle goals for the future.
This workshop provides information and resources of a general nature (not personal advice).

When | Wednesday October 24th 1-3pm
Cost | Gold Coin Donation
Enrolments essential: 5261 2583



M.A.P.s

MORNING ACTIVITY PROGRAM FOR KIDS & PARENTS

Little da Vincis: Mondays 9.30-10.00am for 3-5 yrs - Painting, drawing, cutting and pasting. Lots of fun craft activities, prepare to get messy!

Bells & Beats: Tuesdays & Thursdays 9.30-10am for 0-5 yrs - Packed full of fun and energetic action songs and activities to get your little ones singing and moving.

Music & Movement: Tuesdays 10.30am-11am for 0-5 yrs - An innovative, sensory program in which children sing, dance & stretch. Explore fun ways of connecting to your body, breath & with nature (no loud music).

Move, Groove and Sing!: Wednesdays 9.30-10am for 0-5 yrs - Songs, music, movement, dance & fun with activities.

MAP Monthly Get Together: 1st Wednesday of the month 10am-11.30am join us for a chat, cuppa and play!

All sessions are \$3 per child—just turn up! Term time only. PRAMS OUTSIDE PLEASE. Facilitators needed!

Welcome to our Term 4 courses and activities programme where we are celebrating our 25th anniversary. I'd like to say a huge thank you to all our tutors past and present who have helped make Spring Creek Community House a great place to learn. The overwhelming message is you are never too old to:

- Learn a new skill
- Get a qualification
- Tutor
- Connect and have fun!

Would you like to work in the community or residential setting with the elderly or disabled? We are seeking **expressions of interest** with a view to running; CHC33015 Certificate III Individual Support (Aging, Home and Community).

Accredited Training

Certificate IV in Education Support (CHC40213)

This qualification reflects the role of workers in a range of education settings, including public and independent schools and community education settings, who provide assistance and support to teachers and students under broad based supervisions as integration aides or teachers' aides. You are required to obtain a current clear Victorian Police Check and Working with Children Check card.

Venue | Spring Creek Community House, Wednesdays starting 17th October

Fees | Funded \$950 / Concession \$588 Full Fee - \$3800. Fees include all text books and admin costs (Police Check and WWC not included).

Enrol | Bellarine Training & Community Hub 5255 4294



Lifestyle

Surfside Singers

This singing group is open to anyone, beginner or experienced, who loves to sing. Teaching basic singing technique and part-singing skills through a variety of musical styles.

When | Tuesdays 5.30-7.00

Contact Erika Turner 0402 434 464

Zumba & Zumba Gold

Zumba is a fusion of Latin dance, music and rhythm with a full body aerobic workout which burns calories and gets you fit without even realising it!

When | Mondays 5pm-5.45pm Zumba Gold (lower intensity class) and Zumba 6pm-7pm

Cost | \$10 per class, 6 class pre-paid card \$50, 10 class pre-paid card \$80

No booking required.

The Art of Listening

Family, neighbours, friends, workmates and customers often need to be heard. We will explore with tutor Jan Cheatley: What constitutes a good listener, Ways I can improve my listening and responses, Creative listening techniques, The value of really hearing.

When | 23rd and 30th October 10am-12pm

Cost | \$40



Yoga for Wholeness

Classes combine a balance of Asana (postures), Pranayama (breath), Meditation and Relaxation. Drawing together the aspects of Body, Mind and Spirit. For new and current Yoga practitioners.

When | Fridays 9.15am-10.30am term time

Cost | \$12 casual

Enquiries Bryan 0457 911 563
Enquire about new evening class

How to Budget

Are you struggling to make ends meet or save for a rainy day? Book a one on one session with our budget queen. *This service provides general information and resources, not advice.*

Electricity Comparison Service

Are you shocked by your bills? Book a one on one session to see if there are cheaper alternatives!

Tuesdays 10am-1pm, no charge

Registration: 5261 2583



New Community Kitchen

Cook delicious, nutritious, affordable meals ALL

WELCOME! Meals are planned around a weekly budget and menu. Participants are involved in all stages; Budgeting, Meal Planning, Shopping, Cooking, Eating and Socialising.

1st and 3rd Tuesday of the month 1pm-3pm - enquiries 5261 2583



Sunday Community Meditation Group

Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.

When | Every Sunday 10am to 11am. Term time only

Cost | Gold coin donation

Call/text Nikki on 0400 497 024

Women's Sharing Shed Torquay

WSST meets Friday fortnightly 1-3pm term time; learn new life skills, have a friendly cuppa! Look out for the WSST flag on the fence!

Enquiries: 0421 995 684 or wsst@torquaycommunityhouse.org.au



Pilates Floor Classes with a difference

Combining Pilates and Yoga each class focuses on abdominals, pelvic floor muscles and all major muscle groups. The classes, designed to promote muscle tone, flexibility, and general wellbeing, **are suitable for all age groups and level of fitness.**

Saturdays term time
9.30-10.30am, \$100 for ten weeks or \$15 casual
Bookings 0439 984 008

Children / Youth

Guitar 4 Kids

Lessons are aimed at introducing your child to music basics and playing guitar in a fun and easy going way. Sarah is a qualified music teacher with over fifteen years experience.

When | Mondays, Wednesdays and Thursdays
Cost | \$12.50 for half hour (payment by term)
Contact Sarah 0466 113 138

Arts & Crafts

Sewing with Maz

Do you have a sewing machine collecting dust? Would you like to learn how to sew or improve your skills? Look no further! We start right at the beginning, from threading your machine to completing many projects.

Adult Classes - \$35/session

Monday Beginners
Starts October 8th 6:30-8:30pm

Tuesday Intermediate
Starts October 9th 6:30-8:30pm

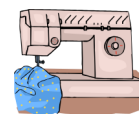
Thursday Intermediate
Starts October 11th 6:30-8:30pm

Kid's Classes—\$25/session

Monday Intermediate
Starts October 8th 4:00-5:30pm

Wednesday Beginners
Starts October 10th 4:00-5:30pm

Message 'Sewing with Maz' on Facebook or call Maz on 0439867322 for more info or to register.



Computers & Technology

Word Beginners

Learn how to create and format documents in Microsoft Word with tutor Fred Preston. We will look at the Word environment, templates, menus and shortcuts, ribbons and buttons, Using the Keyboard and many other features!
Tuesdays 6pm-8.30pm starts 23rd October (6 wks) \$150

Excel Beginners

Learn how to create and format Excel documents including Sum functions and Cell formatting.
Wednesdays 6.00pm-8.30pm 5 weeks starts 24th October (not 31st Oct) (\$125)

Introduction to iPad

Learn to navigate through screens, control the settings and make the best use of contacts, maps, email, calendar and key apps with our popular tutor Paul Jones.
Mondays 1-3pm 5 weeks starting October 15th \$105
Enrolments/enquiries 5261 2583



Young Wolves: Tutoring Maths and Literacy

Grades 5 & 6, free 40 minute tutoring sessions in Maths and Literacy.
When | Tuesdays and Thursdays (Term Time) 4.00 pm - 6.00 pm
Cost | Free
Registration/enquiries: 5261 2583



The Lab

The Lab welcomes ASD (Autism Spectrum Disorder) children between the ages of 9 and 17 with a knack for all things technological! With a great social atmosphere for budding programmers, digital artists and general techno-geeks looking for a safe place to learn or just have fun playing Minecraft or dungeons and dragons style gaming.
When | Mondays 4.30-6.30pm
Cost | \$20 per session
Contact justin@thelab.org.au to enrol and for further details

Fabric Bowl Covers & Face Wipes

Basic Sewing skills are all you need to make these items. Reduce your waste footprint with reusable/washable products.
\$15pp. Monday 19th November 1.30-3.30pm

Beeswax Wraps

Working in small groups learn how to make your own bees wax wraps. Participants will take home wraps of various sizes and learn how to fold a bees wax pocket. \$15pp Monday 12th November or Saturday 24th November 1.30-3.30pm



Enrolment essential 5261 2583



Tech Help

Do you need help with your phone/laptop? Jezza can help!
When | Wednesdays 9.30am-1pm
Cost | \$10
Register for a 40 minute one on one appointment 5261 2583
Contact 5261 2583



Craft Club for Tween & Teens

Join this weekly craft club and learn a range of traditional crafts with a modern twist. \$25 per session with all materials included. For session dates and to enrol, please visit www.anothercraft.com.au or call Leonie 0406 959 874

When | Tuesdays 4-5pm
Cost | \$25 per session

Advertised commencement dates are subject to change - (postponing rather than cancelling) Whilst every effort is made to advise clients of variations, always enquire with us to establish the current situation

Telephone: 5261 2583

Office Hours: 9am to 3.30pm

Monday to Thursday

Email:

administration@torquaycommunityhouse.org.au

Web Site:

www.torquaycommunityhouse.org.au

ENROLMENT AND PAYMENT OPTIONS:

IN PERSON, ONLINE, CASH, CHEQUE, MONEY ORDER, EFTPOS OR CREDIT CARD

ENROLMENT NOT CONFIRMED UNTIL RECEIPT OF PAYMENT

Cancellations will incur a 10% administration fee and no refund is payable if cancellation is received less than 5 working days prior to the commencement date. Special circumstances may be taken into consideration. If Spring Creek Community House deems it necessary to cancel the course, a full refund will be payable.

PROGRAMME DISCLAIMER

Spring Creek Community House aims to produce a high quality activities program. The courses and activities on offer are a mix of Community House programs and private venue hire. The views of tutors and content of courses do not necessarily reflect the values of the House.

WHERE TO FIND US ...



Community Groups, Support and Referral Services Available at SCCH

Arts & Crafts

Quirky Craft

Come and join our group; bring your craft, work on projects together and take part in special workshops. Every Wednesday 10.30am-12pm (1st Wednesday of month at Amitie)

Sit and Sew

This group welcomes all who would like to get together for a sew and a chat!

When | 2nd and 4th Tuesday of the month 1.30-3.30pm

Cost | \$3 per session

Studio 14

Join this friendly & informal group; Mondays **Life Drawing (\$15)** 7.15-9.15pm, **Acrylics (\$10)** with **Jan Dick** on Tuesdays, Watercolours on Thursdays with **Pat McKenzie (\$12)** 1.00pm - 3.30, Friday Art with **Jan Dick (\$10)** 1pm-3.30pm. \$10 membership each term (except Life Drawing) and tutor fee per session.

Painting with Parkinson's

This art therapy program is fun, therapeutic and social and with art activities designed to help people living with conditions like Parkinson's, MS, Early Onset Dementia and Acquired Brain Injury. This session is led by Art Therapists.

When | Mondays weekly term Time 10.45am-12.45pm

Cost | \$10 per session all materials included



Enrolments 5261 2583

A.A. (Alcoholics Anonymous)
Wednesdays 7.30-8.30pm

BOOK CLUB

3rd Tuesday of month 7.30-9.00pm

COMMUNITY KITCHEN

Mondays 10am-1pm, 5261 2583

FOOD AID DROP OFF POINT

TECH HELP

JUSTICE OF THE PEACE
By appointment

MORNING ACTIVITY PROGRAM for kids

QUIRKY CRAFT/SIT N SEW

SPRING CREEK COUNSELLING

STUDIO 14

SURF COAST LEGAL AID By appointment only 5261 2583

TAX HELP

U3A SURFCOAST

WOMEN'S SHARING SHED TORQUAY

YOUNG WOLVES

We are seeking Expressions of Interest for details of any Self Help Groups you may need or feel should be established in Torquay.

Please be advised that anyone who requires mobility assistance on a visit to the house will need to have their carers remain with them.

We'd like to thank Matchworks for kindly sponsoring this programme since 2005

