

# Stevenson House

Caroline Springs | Neighbourhood House Program January – March 2019



## SCHOOL HOLIDAY FUN

### **FREE – Garden Crafts with Bunnings**

Wednesday, 16 January 2019  
10am – 11:30am

Make a small terrarium to take home and care for. Suitable for ages 6-13.



### **FREE – Meditation for Kids**

Monday, 21 January 2019  
10am – 11am @ Caroline Springs library

Meditation promotes mental, physical and emotional balance



### **Cooking Dumplings (Cost - \$9)**

Monday, 21 January  
10:30am – 12pm

Learn how to cook dumplings with Koi.  
Suitable for ages 8-15.



### **Robotic Programming (Cost - \$25 each)**

Thursday, 24 January  
Ozobots: 10:30am – 12pm (ages 4 – 8 years)  
Lego EV3: 1pm – 3pm (ages 8+ years)

See [meltonlearning.com.au](http://meltonlearning.com.au) for more details



Enrol Online at [meltonlearning.com.au](http://meltonlearning.com.au)

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## Textiles

Sewing for Everyone	Come and join a class that will suit all levels of sewing ability. From beginners to more experienced, or for those who may just be looking for a little help with a project.  Learn how to read patterns, sew zips, buttonholes, hems and other sewing techniques all in a fun and friendly environment.  Participants will work on different projects tailored to their skill level.	Monday 4 February – 1 April (No class 11 March) 7pm – 9pm	\$96 plus materials (8 classes)
		Wednesday 6 February – 3 April 7pm – 9pm	\$108 plus materials (9 classes)
		Friday 8 February – 5 April 10am – 12pm	\$108 plus materials (9 classes)
Social Sewing Group	Do you want some company whilst you work on a sewing project? Join this group of like-minded people. Experienced sewers only.	Tuesday 29 January – 2 April 10am – 1pm	Free
Springs Stitchers	Join in to indulge in knitting, patchwork, dressmaking, crocheting, tapestry, cross stitching, sewing, or just want to sit and chat. <b>Brenda - stitchersgroup@gmail.com</b>	Second and Fourth Thursday 7:30pm – 9:30pm	\$5 annual insurance and \$5 per session
More Time for Card Making	Any new or unfinished card making projects. Come and join a group of enthusiastic people for a day of card making. Bring your own projects. BYO lunch if necessary. <b>Jacqueline 0401 666 672</b>	Friday TBC  10am – 3pm	\$5 BYO project and equipment

## Cooking & Food

Thai Cooking	In this hands-on Thai cooking course you will learn to create traditional Thai dishes from fresh ingredients.	Thursday 14 February – 28 February 6pm - 9pm OR Friday 15 February – 1 March 12pm - 2pm	\$60 (3 Classes)
*NEW Pizza Club	Invite Dads and their children to come together and cook pizzas using fresh produce	Friday 8 March 6pm - 7.30pm	Free
*NEW Preserving Tomatoes with Maria	Learn how to bottle and preserve tomatoes. Use them to make a delicious homemade tomato sauce.	Saturday 2 March 11am – 2pm	\$15 (includes all ingredients)

### Refunds (Neighbourhood Programs)

If participants withdraw from a program, a refund will only be considered where the participant provides special circumstances in writing, 5 working days prior to the start date of the program.

- If, at its discretion, Melton City Council decides to allow a refund, an Administration Fee of \$10 will be retained.
- Refunds will not be given should a participant miss a session or sessions, nor will the session/s be made up by the tutor.

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## Children

Art 4 Krafty Kids (5-7 year olds)	Children will develop skills and confidence in drawing, painting, craft and sculpture. <i>Children must be accompanied by a carer, who will need to stay in class.</i>	Thursday 7 February – 28 March 4pm – 5:30pm	\$88 / \$80 (8 classes)
Art 4 Kids (8-12 year olds)	Children will experience and develop skills in a number of different art forms. Classes are designed for fun and to build children's confidence. <i>Bring your own art smock.</i>	Monday 4 February – 1 April (no class 11 March) 4pm – 5:30pm	\$88 / \$80 (8 classes)
Creative Crafts for Kids (7-13 year old)	Create amazing craft using many different forms and techniques - from crocheting and knitting to using a glue gun.	Tuesday 5 February – 26 March 4pm – 5:30pm	\$88 / \$80 (8 classes) plus materials
Sewing for Teens (12–15 year olds)	No experience required to learn basic sewing techniques. Suitable for kids 12 -15 years old. <i>Sewing machines provided.</i>	Friday 8 February – 5 April 4pm – 6pm	\$108 (9 classes) Plus materials
Cooking for Kids	Children will learn how to cook simple recipes using fresh ingredients in a fun environment.	Wednesday 13 February– 6 March 4pm – 6pm	\$68 (4 classes)

## Wellness/Fitness

Women's Yoga - All levels	Improve your health and well-being by toning your muscles, increasing suppleness, improving concentration and relieving stress.	Monday 4 February -1 April (no class 11 March) 11:45am -12:45pm OR 1pm – 2pm	\$80 / \$70 (8 classes)
Yoga for Seniors	Especially for seniors. The small class size allows each individual to increase their flexibility and strength at their own pace.  (No weekly payment option offered for Monday class at Stevenson House due to demand)	Monday 4 February -1 April (no class 11 March) 10:30am - 11:30am	\$40 (8 sessions)
		Thursday 11 October – 13 December 5pm - 6pm	\$5 per class
Energy Healing	Pranic healing is a non-touch energy healing system that can help alleviate physical and emotional ailments	Wednesday (fortnightly) 13 February -27 March 7pm - 9pm	Free
Meditation Classes	Sahaja Yoga Meditation promotes mental, physical and emotional balance.  <b>Held at Caroline Springs Library</b>	Monday 4 February – 1 April 10am – 11am	Free
Stevenson Walkers	Join our walking group. Meet new people whilst getting active. Suits all ages and abilities, prams welcome. Stop in for a cuppa afterwards.	Tuesdays 9 October – 18 December 9am – 10am	Free

## ENROLLING IN A PROGRAM

BOOK ONLINE  
MORE INFORMATION

meltonlearning.com.au  
9747 7272 or 9747 7200    melton.vic.gov.au/stevensonhouse

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## Other

Gardening Group	Meet like-minded people interested in growing their own fruit, vegetables and herbs. Suitable for all gardening abilities.	Wednesday (1 <sup>st</sup> , 2 <sup>nd</sup> 4 <sup>th</sup> and 5 <sup>th</sup> week only.) 30 January – 3 April 10:30am – 12:00pm	Free
Seniors group	Connect with other, do gentle exercises, fun activities and experience wellness.	Thursday (fortnightly basis) 14 February -28 February 10.30am -12.00pm	\$5.00 a week.
*NEW Beginners English Class	Learn and improve your confidence in speaking, reading and writing English.	Friday (School Term) 9.30am-12.30pm ENROL- 9363 5137	Free
*NEW Cuppa, Chat n' Share	Are you feeling a little isolated or like to make new friends? Come and join us for cuppa and chat.	Thursday – fortnightly. 14 February – 28 March 10.00am – 11.30am	Free

### Harmony Day Poster Competition Saturday 16 March 2019



Design a poster that celebrates harmony and diversity in our community.

There will be prizes in two categories:  
Under 7's and 8 – 12 year olds.

Winners will be announced at Council's Harmony Day Celebration, Saturday 16 March 2019

- Posters must be submitted at the Caroline Springs or Melton Library by Wednesday 6 March 2019.
- Nomination forms can be picked up from your local Neighbourhood House or the Libraries.
- Size of poster must be A4 or A3 only. Judges' choice is final.
- For further information p.9747 7200 and ask to speak to someone from the Neighbourhood House team.

### International Women's Day Wednesday, 6 March 2019



Melton's Neighbourhood Houses will be hosting a morning tea in celebration of International Women's Day

Hear from inspirational speakers and enjoy some entertainment and activities.

Stay tuned for further details.

### Preserving Tomatoes with Maria

Saturday, 2 March 2019  
11am – 2pm



Learn to bottle and preserve tomatoes.  
Use to make a delicious homemade sauce.  
See page 2 for more details