

# EAST COBURG COMMUNITY HOUSE : TERM TWO PROGRAM

**MONDAYS**  
**Co-working Spaces**  
 10 am – 1 pm and 2 pm – 4 pm  
 \$2 per session

**Care for our Carers**  
 10 am – 12 pm  
 \$2 per session

**Anxiety Disorders Support Group**  
 7.30 – 9.30 pm  
 FREE

**TUESDAYS**  
**Soup School**  
 10.30 am until the soup's cooked  
 FREE

**Free Soup for Lunch**  
 12.30 pm  
 FREE

**U3A French**  
 10.45 am – 12.15 pm  
 Enquiries to U3A Moreland  
**Phone:** 0481 229 481

**Co-working Spaces**  
 10 am – 3 pm  
 \$2 per session

**Sewing and Crafts**  
 1 – 3 pm  
 \$2 per session

**Nicholson Writers Group**  
 1.30 – 3 pm  
 2, 16, 30 May and 13 June  
 \$2 per session

**Sewing and Crafts**  
 6.30 – 8 pm  
 \$2 per session

**English Speaking & Listening**  
 6.30 – 7.30 pm  
 \$2 per session

**SPECIAL EVENTS**  
**Home Fire Safety**  
 9 May  
 11.30 – 1pm  
 FREE (includes lunch)

**Making Marngrook Reconciliation week event**  
 Tuesday 30 May  
 6.30 pm  
 \$5

## Community Kindness Program

Would you like to perform an act of kindness?  
 Some people in our community need your support to join in.  
 Donate the cost of a program and we will find someone to give it to.

**For more information contact your Community House.**

**The Trans Umbrella**  
 Tuesday 6 June  
 6.30 – 8.30 pm  
 \$5

**Art is for Everybody, or... is it?**  
 Tuesday 27 June  
 6.30 - 8.30 pm  
 FREE

**WEDNESDAYS**  
**U3A Computers**  
 10 am – 12 pm  
 Enquiries to U3A Moreland  
**Phone:** 0481 229 481

**Starting Your Own Business: Live your Passion**  
 10.30 am – 12 pm  
 \$5 (\$2 concession) per session

**Playgroup**  
 12 – 2 pm  
 \$2 per session

**Dance Mix for Kids**  
 2 – 3 pm, under 5 years  
 3.45 – 4.45 pm, for 5 – 8 years  
 5 – 6 pm, for 9 – 12 years  
 \$90 (\$72 concession)

**Photography Workshop**  
 6.30 – 8pm  
 \$135 (\$108 concession)

**SPECIAL EVENTS**  
**Permablitz**  
 Wednesday 26 April  
 7 – 9 pm  
 FREE

**Avoiding Disagreements With Your Neighbours**  
 Wednesday 3 May  
 7.30 – 9pm  
 \$5

**Building Good Relationships With Your Child's Teacher**  
 Wednesday 24 May  
 7.30 – 9 pm  
 \$5

**Coburg Islamic Community Mosque Tour**  
 Wednesday 10 May  
 6 pm  
 FREE

**THURSDAYS**  
**Kids Create**  
 10 – 11 am

**Co-working Spaces**  
 10 am – 3 pm  
 \$2 per session

**Spanish – Upper Intermediate**  
 7 – 8:30 pm  
 \$135 (\$100 concession)

**Beginners Textiles: Upcycling**  
 6 – 8 pm  
 \$5 per session

**SPECIAL EVENT**  
**Finding Work Workshop**  
 Thursday 23 March  
 7.30 – 9pm  
 \$2

**FRIDAYS**  
**Open Studio**  
 9.30 – 12.30 pm  
 \$10 per session

**WEEKENDS**  
**Adult Yoga**  
 Saturdays  
 9 – 10 am  
 \$90 (\$72 concession)

**SPECIAL EVENTS**  
**Active & Healthy Peer Support Group - Diabetes Type 11**  
 Saturdays  
 6 May, 3 June and 1 July  
 12 – 2 pm  
 \$2

**Concentric Coburg: Community Walk**  
 Sunday May 7  
 11am – 12.30 pm  
 FREE

## Who pays the concession rate?

Student, Pension and Health Care Card.

Refugees and Asylum seekers are welcome to attend at no cost.

If you are experiencing financial difficulties and would like to attend an activity, please call.

## Keep You Warm: Coats and Blankets for Refugees

A drive for winter donations for the Asylum Seeker Resource Centre (ASRC). Coburg Community Houses are collecting clean, good quality blankets, coats and jackets until **1 June** when they will be delivered to the ASRC.

# COBURG COMMUNITY HOUSES PROGRAM TERM TWO 2017 24 APRIL – 24 JUNE

ARTS  
 SUSTAINABILITY  
 WELLBEING  
 COMPUTERS  
 LANGUAGES  
 COMMUNITY  
 CONNECT

## CONTACT US:

**East Coburg Community House**  
 32 Nicholson Street, East Coburg  
**Phone:** 9913 5472

**Email:** eastcoburgch@moreland.vic.gov.au

**Web:** [moreland.vic.gov.au/neighbourhood-houses](http://moreland.vic.gov.au/neighbourhood-houses)  
**Facebook:** [www.facebook.com/coburgcommunityhouses](http://www.facebook.com/coburgcommunityhouses)

**Newlands Community House**  
 20 Murray Road, Coburg North  
**Phone:** 8528 2332

**Email:** newlandsch@moreland.vic.gov.au



The Coburg Community Houses are committed to providing access supports you may require to participate. Both houses are wheelchair accessible but Newlands is a newer building and is far easier for wheelchair users. Both houses have one independent hearing loop available. If you require an Auslan interpreter or have any access requirements, please let us know two weeks before your chosen activity on 9913 5472.

**Large print program available on request.**

Coburg Community Houses acknowledges the traditional owners of the land in which we work, the Wurundjeri people. We recognise their continuing connection to land, waterways and community. We pay our respect to them and their culture, and to their Elders past, present and future.

**Newlands Community House**  
 Monday, Tuesday, Thursday  
 and Friday  
 9.30 am – 4.30 pm

**East Coburg Community House**  
 Monday – Thursday  
 9 am - 4 pm

**Coburg Community Houses Staffed Office Hours:**

**Please note:**

- Sessions may be cancelled if enough enrolments have not been received by **WEDNESDAY 19 APRIL, 2017**
- Enrolments are essential for paid activities.
- We do not currently have EFTPOS facilities.

**OR call 9913 5472**

**[www.moreland.vic.gov.au/newlands-house](http://www.moreland.vic.gov.au/newlands-house)**

**Enrol online via our website:**

# NEWLANDS COMMUNITY HOUSE : TERM TWO 24 APRIL – 24 JUNE 2017

## MONDAYS

**Family Music**  
9.30 – 10.30 am

Everyone is musical! Come along with your children to have fun with musical instruments.  
**\$3 per family per session**

**Meditation Session**  
11 am – 12 pm

Get your week off to a good start with a guided meditation session.  
**\$2 per session**

**Home Fire Safety**  
Monday 1 May  
2.30 – 3.30 pm

Get ready for winter. Attend this presentation by Melbourne Fire Brigade on smoke detectors, heaters, fire plans and more.  
**RSVP appreciated.**  
**FREE**

**Kids Create**  
1.30 – 2.30 pm

Art and craft activities for kids under 5 years, come along and meet other families in this casual, child-led space.  
Tea and coffee provided.  
**\$2 per session**

## TUESDAYS

**Adult Yoga**  
Morning 9.30 – 10.30 am  
Evening 6 – 7 pm

Strengthen your body and mind through Yoga practice.  
**\$90 (\$72 concession) per term**

**Co-working Spaces**  
9.30 am – 12.30 pm

Bring your own laptop or use our computers and Wi-Fi.  
**\$2 per session**

**Walking Group – Bushwalk**  
Tuesday 2 May  
9.30 am – 2.30 pm

Hop on the bus for a bushwalk out of town. Bring your own picnic lunch.  
**Limited numbers.**  
**Bookings essential.**  
**FREE**

**Walking Group**  
9 May onwards  
9.30 – 10.30 am

Meet at the Community House for a walk along Merri Creek.  
**FREE**

**Soup School**  
10.30 am until the soup's cooked

Learn how to make a delicious, cheap and nutritious soup and enjoy it for lunch at the Community House.

**Bookings Essential**  
Phone: 8528 2332  
**FREE**

**Computer Skills**  
11 am – 2 pm

Learn a new skill each week including how to use online services such as Centrelink, banking, shopping, paying bills, Facebook, Pinterest and Instagram.  
**\$2 per session**

**Free Soup for Lunch**  
12.30 pm

Enjoy a home cooked soup from the Community House kitchen.  
**FREE**

**Art Gallery Tour**  
Tuesday 18 April  
9.30 am – 1.30 pm

A tour of Heide Gallery. Bring your own picnic lunch.  
Limited numbers  
**Bookings essential.**  
**\$7 per person**

**Art Class**  
2 May onwards  
11 am – 1 pm

Explore your creativity using different art materials. No experience necessary.  
**\$5 per session**

**Culture Jam Zine Making**  
1.30 – 2.30 pm

Learn how to make a zine that unites us by exploring our cultural backgrounds. A zine is a home-made, low tech, non-commercial publication made on a photocopier. Add your story to the zine by either joining our workshops, emailing us your story or dropping it in the designated box at Newlands Community House.

**The zine will be launched on Tuesday 20 June.**  
**FREE**

**Junior Coding Club**  
4 – 5 pm

Learn the basics of computer programming using Scratch to build computer games and animations. All children must be accompanied by an adult or guardian.  
**\$40 (\$32 concession) per term** or bring your own laptop with mouse  
**\$22.50** – please select 'Junior Coding Club with own laptop' when booking

**Kids Theatre**

4 – 5 pm, Ages 6 – 8 years  
5 – 6 pm, Ages 9 – 11 years  
Kids will use play and imagination to create a theatre performance.  
**\$90 (\$72 concession) per term**

**Spanish - Beginners**  
6 – 7.30 pm

Improve your Spanish by conversing with a native Spanish speaker. Basic language experience required.  
**\$135 (\$108 concession) per term**

**Avoiding Disagreements with your Neighbours**  
Tuesday 2 May

7.30 – 9 pm  
An interactive workshop that provides useful tools to help have difficult conversations with neighbours or others.  
**RSVP appreciated.**  
**\$5 per person**

**Building Good Relationships with your Child's Teacher**  
Tuesday 23 May

7.30 – 9 pm  
An interactive workshop that provides useful tools to help parents build a rapport with their child's teacher. Tea, coffee and snacks provided.  
**RSVP appreciated.**  
**\$5 per person**

**The NDIS and Me...**  
Tuesday 6 June

6.30 – 8.30 pm  
In Moreland the NDIS (National Disability Scheme) rolls out in 2018. Come and hear people from other parts of Melbourne who are already navigating the NDIS talk about their experiences.  
**RSVP appreciated.**  
**FREE**

**Culture Jam Zine Launch AND Mid-year Party**  
Tuesday 20 June  
5 – 7 pm

Join us to celebrate winter and the combined achievements of the Coburg Community Houses, together with the Launch of the completed Zine including our cultural stories and illustrations. Refreshments and warm food provided.  
**RSVP appreciated.**  
**FREE**

## WEDNESDAYS

**Finding Work Workshop**  
Wednesday 31 May  
9.30 am – 12.30 pm

Facilitated by an experienced careers counsellor, this workshop is for anyone looking for work or thinking about going back to work. We will cover job search, job applications and interviews.  
Presented by RMIT Skills and Job Centre.  
**RSVP appreciated.**  
**FREE**

**Open Table**

Wednesdays 3 May and 7 June  
12.30 – 2 pm  
Meet your neighbours for a free and fair food community lunch.  
**RSVP appreciated.**  
**FREE**

## THURSDAYS

**Co-working spaces**  
9.30 am – 12.30 pm

Bring your own laptop or use our computers and Wi-Fi.  
**\$2 per session**

**Tai Chi for Beginners**  
10 – 11 am

Learn 12 basic forms of Tai Chi to help improve balance and encourage mental relaxation.  
**\$81 (\$68 concession) per term**

**Tai Chi Advanced**  
11 am – 12 pm

Further develop your Tai Chi practice.  
**\$81 (\$68 concession) per term**

**Sewing and Crafts**  
12.30 – 2.30 pm

Learn to sew and use recycled remnants to make original pieces. Bring along whatever you are working on or use the materials provided.  
**\$2 per session**

**Beginners Guitar for Kids**  
4 – 5 pm

Kids can learn to play guitar in a small group setting. Guitars supplied if required.  
**\$90 (\$72 concession) per term**

**Beginners Guitar for Adults**  
5.15 – 6.15 pm

Learn to play guitar in a small group setting. Guitars supplied if required.  
**\$90 (\$72 concession) per term**

## FRIDAYS

**Playgroup for Toddlers**  
9.30 – 11.30 am

Families come together to chat, play and make friends in a relaxed and welcoming space with an experienced pre-school educator.  
**\$70 per family per term**

**Park Play Date**  
4 – 5 pm

Get your kids playing in a park for fun and fitness. Join your neighbours in Cox Reserve for a football, cricket, baseball or soccer game. Adults are required to stay and encouraged to participate.  
**Equipment provided.**  
**\$2 per session**

## SATURDAYS

**Rainbow Babies Music**  
9 – 10 am  
29 April, 13 and 27 May, 10 and 24 June

A combination of rhymes, songs and stories for parents and their babies. Share the delights, wonders and challenges of parenting with other queer families.  
**\$50 (\$40 concession) per term**

**Rainbow Babies Playgroup**  
10 – 11.30 am

29 April, 13 & 27 May, 10 & 24 June  
Playgroup for queer families with children 0 – 3 years of age.  
**\$2 per family per session**

**Winter Recital**  
Saturday 17 June  
2 – 5 pm.

A piano concert by students from Allegra Music School. All welcome.  
**RSVP appreciated.**  
**\$2 per person**

**OUR SPECIAL ONE OFF EVENTS ARE LISTED IN BOXES**  
Please RSVP by calling: 8528 2332