



Balla Balla
community centre

Program Guide

Term 1 2023
1 February to 6 April



Balla Balla Community Centre
7-9 Selandra Blvd, Clyde North VIC 3978
www.ballaballa.com.au



CASEY
CONNECT
& LEARN
MEMBER

Balla Balla Community Centre



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About Balla Balla






Balla Balla Community Centre aims to provide a positive friendly environment, where we listen to and support people. Our activities connect and strengthen the community to move forward through learning.

Everyone is welcome at the Centre, so please come in and talk to our friendly staff and volunteers to find out what programs and activities we offer, and find out how you might get involved.

Office Hours

Monday to Friday 9.00am – 3.00pm
(Excluding Public Holidays)

Contact Us

-  5990 0900
-  admin@ballaballa.com.au
-  www.ballaballa.com.au
-  [7-9 Selandra Blvd, Clyde North](#) 

*Balla Balla Community Centre
Inc. is proudly supported by
the City of Casey, and the
Victorian State Government*



How to Enrol

QR Code: Click on QR code to book for a program

In Person: Visit the Community Centre

Phone: 5990 0900 (Payment via EFTPOS)

Online: www.ballaballa.com.au/programs

Email: admin@ballaballa.com.au



Membership Fee

Balla Balla Community Centre is an Incorporated Association. All participants involved in programs/activities and events are required to be members of the Centre.

The Annual Membership of \$5pp assists with the day-to-day running costs of the Centre and is non-refundable. For membership enquiries, phone us on 5990 0900.

Course Fees

Full course fees are due when enrolling. Please contact the Program Coordinator if you are experiencing financial hardship or disadvantage and wish to join any programs that we are offering.

Cancellations

The Centre may at times cancel a class if the minimum class numbers are not achieved. If this occurs, you will be contacted in advance, and all fees paid will be refunded.

Refunds

A full refund will be given if notification is received 5 (five) working days prior to commencement of course. Less than 48 hours notice will result in NO REFUND being given. No refunds or discounts for missed classes. If a class is cancelled due to Covid restrictions an alternative option will be provided.



Community Events

Open Day at Our New Location

We are excited to now be in our new location of 7-9 Selandra Boulevard, Clyde North. You are invited to join with us to celebrate our Open Day. There will be a lot of fun activities for adults and children: free food; live music; reptile encounter; face painting; henna tattoos; community art projects; rides; and more.

This is a great opportunity to get to know your centre with free 'Come & Try' activities.

Saturday 25th March 12.00pm – 3.00pm
Free

Harmony Day

Join us to celebrate Australia's cultural diversity on Harmony Day. Harmony Day is a time to reflect on the importance of respecting each other and celebrating our differences.

We invite you to bring a plate to share at our Harmony Day lunch

Tuesday 21st March 12.00noon - 1.30pm
Bring a plate to share

International Women's Day

The 2023 theme for International Women's Day is 'Embrace Equity'—create a fair and equal world where we embrace equity to forge harmony and unity, and to help drive success for all.

Join us for an African Drumming session followed by a morning tea to celebrate International Women's Day. Drumming connects us to natural rhythms and nature and group drumming helps to create a potent sense of community.

Wednesday 8th March 10.30am – 12.30pm
Free (Bookings essential)

Neighbour Day

Neighbour Day is a day we celebrate community, and encourage people to connect with those who live in the neighborhood. Neighbours are important and these social connections make us feel better as it helps to prevent loneliness and isolation. Join us for a free lunch.

Monday 27th March 11.00am - 1.00pm
Free (Bookings essential)

Health & Wellbeing

Stretch & Strength Training - Living Longer, Living Stronger

Guided by a Casey RACE qualified instructor - each session you will go through exercises to help improve overall strength, endurance and core strength, using body weight, exercises and resistance bands. This structured program will aim to develop balance, flexibility and coordination and assist in activities for everyday life. Great opportunity to meet new people.

Mondays 1.00pm-2.00pm

Starting 6th February for 8 weeks
\$40.00 (Funded)

Wednesdays 1.00pm-2.00pm

Starting 8th February for 9 weeks
\$45.00 (Funded)

Cuppa & Chat

Join our friendly and informal group for a weekly cuppa and chat. Keep up to date with the activities, groups and events at Balla Balla Community Centre. Form friendships and connections with local community members. All welcome.

Tuesdays 10.00am-11.00am

Starting 7th February for 9 weeks
\$3.00 per session (Funded)

Zumba

This class is guided by a Casey RACE qualified instructor. Have fun and get fit at the same time. Do you want to burn calories and blast away fat? Do you want to de-stress, improve co-ordination, boost your heart health and meet others wanting to improve their fitness levels? Zumba is aimed at all ages and fitness levels.

Tuesdays 7.00pm-8.00pm

Starting 7th February for 9 weeks
\$70.00 (Funded)

Yoga

Yoga is an ancient practice that incorporates gentle exercise, breath control and meditation. The health benefits of regular yoga practice may include lowering blood pressure, improved posture and circulation, and a sense of wellbeing.

Sessions will be run by a qualified Yoga instructor. Wear loose, comfortable clothing. Bring your own mat and blanket.

Thursdays 5.30pm-6.45pm or 7.00pm-8.15pm

Starting 2nd February for 10 weeks
\$80.00 (Funded)

Meditation

Meditation is about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your feelings or thoughts, you're learning to observe them without judgment. Eventually, you may start to better understand them, and work towards gaining the ability to reduce the stress and anxiety that life can throw at you.

Beginner and experienced meditators welcome.

Mondays 7.00pm-8.00pm

Starting 6th February for 8 weeks
\$24.00

Wednesdays 11.00am-12.00pm

Starting 1st March for 6 weeks
\$20.00 (BYO yoga mat)

Heart Foundation Walk & Talk Group

Walk & Talk is a free weekly walking group that meets at Balla Balla every Tuesday. Enjoy great self-paced walks, meet new people in your area and get fit. Stay on after to enjoy a coffee and a chat. Bring along a water bottle and jacket.

Tuesdays 9.30am-11.00am

Starting 7th February for 9 weeks
Free

Tai Chi Beginners & Intermediate

Tai Chi is a gentle, low-energy physical exercise - the slow movement strengthens muscles, conditions tendons and ligaments in the ankles, knees, hips and spine.

Our Beginners class will introduce you to the Tai Chi movements in a gentle manner. Wear loose, comfortable clothing and runners.

Beginners

Wednesdays 11.30am-12.30pm

Starting 1st February for 10 weeks
\$60.00 (Discounted cost)

Intermediate

Wednesdays 9.30am-11.00am

Starting 1st February for 10 weeks
\$70.00 (Discounted cost)

Mens Discussion Group

A relaxed and informal gathering for men. It's a group of blokes over 50 who meet for a coffee and a chat, discussing issues of interest and concern, with plenty of laughs. New men always welcome.

Tuesdays 9.00am-12.00pm

Starting 14th February, then every second and fourth Tuesday of the month
\$5.00 per session

EACH

EACH can assist in addressing issues such as anxiety, stress and fear that relates to a deterioration in wellbeing and mental health. EACH can provide a pathway for recovery through a Wellness plan and coaching, which is done in conjunction with any current support service you have.

Thursdays 1.00pm-3.00pm

Immunisations 2023

A free service for children, adolescents and adults eligible for vaccines under the National Immunisation Program.

**First Wednesday of every month
4.30pm-7.00pm**

**Second Tuesday of every month
1.30pm-2.30pm**

**Third Thursday of every month
9.30am-11.30am**

Book online: [casey.vic.gov.au/
immunisation-dates-times](http://casey.vic.gov.au/immunisation-dates-times)

Vaccinations are free
for those eligible

Grace Recovery Hub

An inclusive and stimulating music, arts and crafts group for NDIS participants to make friends and be creative.

This program is held on Thursdays. Please contact Febin Phillip 0435 456 608 for more information.

GROW Peer Support Group

Struggling with Stress? Anxiety? Depression? You are not alone. Find acceptance, understanding & practical help in a supportive Grow group. Grow groups provide understanding, friendship, and practical help in a small group setting, to help improve and maintain mental wellbeing.

For more information phone the Grow Community Centre on 1800 558 268.

Thursdays 10.30am-12.30pm
Free (Voluntary donations accepted)

ERMHA 365

Commonwealth Psychosocial Support. Mental Health Support with a focus on practical help and strategies for daily living. To discuss the services and how to access them please phone 1300 376 421 or email cpsgroups@ermha.org.

For more information about immunisation contact City of Casey Customer Service on (03) 9705 5200, your Maternal & Child Health Nurse, or visit: www.casey.vic.gov.au/immunisation-dates-times

Special Interest



Intro To Creative Writing

Do you dream about being a published author, journalist or scriptwriter?

Turn your passion for writing into your perfect job. This 8 week pre-accredited course will pathway you into other opportunities like editing, script writing, marketing, further studies and of course becoming the well read author you have dreamed about. This program is facilitated by local published author, Rod Grigson.

Fridays 10.00am-12.30pm

Starting 10th February for 8 weeks
\$25.00

This course is Learn Local endorsed and delivered in partnership with Doveton Neighbourhood Learning Centre.

Writing Group - The Scribe Tribe

This writing group is designed for writers to engage in sharing their experiences with other like-minded writers. Facilitated by a local published author and creative writing expert, you will be invited to share your writing and to have your work openly reviewed and improved within the group. Join this active group with published authors to inspire and motivate you. The Writers of Balla Balla have recently published their second Scribe Tribe anthology of short stories and poetry.

Tuesdays 1.00pm-3.00pm

Starting 7th February and then alternate Tuesdays
\$4.00 per session

Be Connected - Free Digital Training

Be Connected supports older Australians to thrive in a digital world. Gain basic digital skills in a small, friendly group environment. Perfect for anyone who wants to increase their skills and confidence using PC's and laptops, Android tablets and phone and iPhones and iPads.

Android Phones and Tablets

Thursdays 10.30am-12.00pm

Starting 16th February for 4 weeks
Free

iPhones and iPads

Thursdays 10.30am-12.00pm

Starting 16th March for 4 weeks
Free

PC's and Laptops

Tuesdays 1.00pm-3.00pm

Second and fourth Tuesday of the month
(14th and 28th February and
14th and 28th March)
Free



Gain basic digital
skills in a small,
friendly group
environment.



Australian Government

Be Connected
Every Australian online.

**Network
Partner**

Education & Employment

Casey Job Advocates

Looking for work or education? Need help? The Casey Job Advocates provide free support for Casey job seekers including help to find work and providing connections to career advice services. Everybody is eligible for this free service located at Balla Balla Community Centre.

Tuesdays 12.00pm-3.00pm (weekly)

Wednesdays 12.00pm-2.00pm (fortnightly)

To connect with a Casey Job Advocate, please email your contact details to jobadvocate@casey.vic.gov.au.

Alternatively, fill in a short form sharing the support you'd like, and a Job Advocate will be in touch. Request free support via <https://bit.ly/3igXxBg>.

First Aid Training

Courses offered have practical hands-on experience and are set in an enjoyable and relaxed environment. To suit the needs of your organisation, courses are offered weekly on a Thursday or Saturday.

For more information on courses offered and bookings contact (03) 9850 6665, info@accreditedfirstaidcourses.com.au or www.accreditedfirstaidcourses.com.au.

Melbourne College of Further Education

Certificate 3 in Early Childhood Education and Care CHC30121

Start a purposeful career working with children! This qualification reflects the role of educators who support children's wellbeing and development.

Diploma of Early Childhood Education and Care CHC50121

Looking to take the next step in your early childhood career?! Educators at this level are responsible for designing and implementing curriculum that meets the requirements of an approved learning framework. Diploma requires completion of Certificate 3 in Early Childhood Education and Care first.

Certificate 3 in Individual Support CHC33015

Want to give back to your community?! This course is designed for those who want to care for people that need extra assistance. Learn how to become an individual support worker who possesses a keen sense of compassion and personal empathy combined with strong communication skills. Our course is designed for students wanting 2 different streams of individual support; Ageing and or Home and Community Care (HACC)

Contact 1300 368 883 for details, dates, times & cost of the above courses.

Parents Next

ParentsNext will support you to build your skills and confidence to achieve your career goals.

A dedicated ParentsNext coach will support you to:

- Identify your education & employment goals
- Create a plan to achieve your goals
- Manage work or study with your family responsibilities
- Access activities and services in your local community
- Increase your educational qualifications
- Volunteer opportunities may also be available to you.

ParentsNext will at Balla Balla Community Centre Mondays, Wednesdays & Thursdays.

Please call Malia Ula-Tusitala on 0459 332 442 for more information.

Certificate IV in School Based Education Support CHC40221

February 1st 2023, 10.00am-2.00pm

Please call Phillips Institute on 1300 558 837 or email info@phillips.edu.au for more information.
www.phillips.edu.au

atWork Australia (Disability Employment Services)

9.00am-5.00pm

Free support people with disability and medical conditions into employment. Please call Shukriya Faizzadah on 0455 668 363 for more information.

Faith-Based Groups

SAOGCOS Clyde Church
Clyde Connect
Dandenong Gospel
Lifespring Church
Gen 12 Youth & Young Adults Groups

Seata Puni 0434 382 872
Mr. Jared French 0414 433 615
Mr. Shejin Antony 0403 614 824
Jeswin 0434 192 331
Celina 0416 307 344



Cooking

Healthy Cooking Program for All Abilities

Learn about budgeting, shopping and healthy cooking. This program is suitable for all abilities (including NDIS participants) and is held on Friday mornings. To learn more please phone 1300 558 368 and ask for Dee Davey.

Healthy Cooking on a Budget

This 8 week course, is designed for those interested in learning about healthy eating on a budget. Covering everything from safe food handling, food hygiene, kitchen basics, prep techniques, extensive cooking skills and food storage.

Please bring an apron and a container. This program may include ingredients containing gluten, nuts and dairy.

Mondays 10.00am-12.30pm

Starting 6th February for 8 weeks
\$80.00 (Includes all ingredients)
This course is Learn Local endorsed.

Vegetarian and Vegan Workshops

Are you a vegan/vegetarian and tired of the same recipes and meals? Would you like to cook dishes that will be tasty and popular family menu items for you and your loved ones? Learn to use vegetables, legumes, beans, rices and spices to make a variety of nourishing and delicious main dishes that will even tempt non-vegetarians.

Please bring an apron and a container.

Wednesdays 7.00pm-9.00pm

Starting 15th February for 3 weeks
\$60.00 (Includes all ingredients)

Slices and Tray Bakes

Slices & tray bakes are always delicious treats. Learn how easy they are to make, with so many recipe variations. They can easily be stored in the refrigerator or freezer for later use. They make the perfect treat to feed a crowd or to take to a bake sale or your family gatherings.

Please bring an apron and a container.

Wednesdays 7.00pm-9.00pm

Starting 15th March for 2 weeks
\$70.00 (Includes all ingredients)



The Arts

Art For Adults

Do you want to unleash your inner artist but don't know how to begin? Learn the basic techniques and tips with local artist Payam.

Try your hand at either Watercolour painting or Drawing where you will be shown methods and approaches to assist you to express your artistic side.

Wednesdays 5.00pm-7.00pm

Starting 1st February for 10 weeks
\$125.00 (Materials list provided on enrolment)

Craft Group

Do you enjoy knitting, crocheting working on craft projects? This self-run craft group enjoy working on their individual projects in the company of others. They exchange ideas, learn new skills and form friendships. If you enjoy crafting and want to share your crafting skills and ideas please bring along your current project and join us.

Thursdays 10.00am-11.30am

Starting 2nd February for 9 weeks
Free

Balla Balla Ukes

Come along to our ukulele club and join experienced local musicians in a fun and supportive environment. Beginners including children are welcome.

Beginners (1.00pm-1.45pm)

Learn the basic chords so you can start playing.

Group Jam (2.00pm-3.00pm)

Have fun jamming and singing with the group.

Workshops (3.00pm-3.45pm)

Hone and perfect your existing skills.

Performance Rehearsals (4.00pm-5.00pm)

Practise for upcoming shows.

Sundays 1.00pm-5.00pm

Starting 5th February
then first and third Sunday of the month
\$5.00 per session



Boomerang Bag Project

Boomerang Bags is a grassroots, community driven movement tackling plastic pollution at its source. Join us on a weekly basis to make these sustainable bags that we can then donate on to local support organisations who would normally use plastic bags. It does not matter if you can't sew.

All materials will be supplied. Bring a sewing machine if you have one.

Tuesdays 10.00am - 12.00pm
starting 7th February

Justice of the Peace Service

Services include:

- Witnessing a Statutory Declaration
- Witnessing an Affidavit for use in court
- Certifying a True Copy of an original document
- Attesting the execution of a document
- Witnessing a Power of Attorney

Monday to Friday 12.00pm-3.00pm and
Tuesdays 3.00pm-6.00pm



Children & Families

Balla Balla Bubs

0-12 months

Balla Balla Bubs Playgroup is ideal for first time mums. We will encourage you to explore sensory play, tummy time, singing and reading to your precious bundle of joy during their first year. Make friendships that can last a lifetime. Balla Balla Bubs is led by an Early Learning Educator.

Thursdays 11.30am-12.30pm

Starting 2nd February for 10 weeks
\$40.00 (Includes playgroup insurance)

Facilitated Playgroup - Lets Explore

1-4 years

Balla Balla Playgroup is led by an Early Learning Educator and each week presents a new, engaging learning opportunity, including craft activities, singing and dancing, sensory play, story time and more. A great group for you to meet and form friendships with others in the community.

Suitable for ages up to 4 years old.

Thursdays 9.30am-11.00am

Starting 2nd February for 10 weeks
\$50.00 (Includes playgroup insurance)

Get Your Art On - Children's Art

8-12 years

Our Children's Art program aims to enrich, stimulate and develop a Child's confidence in creating unique artworks. Our experienced teacher will guide your child exploring colour theory, sketching, crafts, canvas art, self-portraits, how to display motion in art and so much more.

Mondays 5.00pm-6.30pm

Starting 6th February for 8 weeks
\$96.00

Stem Buddy Coding & Robotics Education

A hands on coding and robotics program for children where students learn simple to advanced programming language and have their robot up and moving within minutes. No prior coding experience required.

For further information about this program please call Ashish Grover on 0416 662 756.

Sparkz Tutoring

As Naplan is early in 2023, Sparkz Tutoring are conducting special Naplan Workshop classes run by experienced Teachers with extensive knowledge. Please contact Savi on 0426 078 423 to book your spot.

Saturdays 2.30pm-4.30pm
Starting 14th January

Chess6 - Weekend Chess Classes

5-12 years

Chess lessons, end of term tournaments and Annual Awards Ceremony. Contact Vineetha 0430 666 727.

Classes held Saturdays



Safe Seats Safe Kids

Correctly fitted and used child car restraints and booster seats play an important part in protecting children from serious injury and death in the event of a crash. To ensure that the maximum level of protection is provided for your children, it is important that the restraint they are travelling in is correctly fitted. This program will provide free child car restraint fittings and safety checks that meet the highest standards of quality at Balla Balla Community Centre each week on Thursdays.

Pre-bookings are essential:
www.safeseatssafekids.com.au

**Protecting children
from serious injury.**