

# NEWLANDS COMMUNITY HOUSE : TERM TWO PROGRAM

**MONDAYS**  
**Family Music**  
 9.30 – 10.30 am  
 \$3 per family

**Meditation Session**  
 11 am – 12 pm  
 \$2 per session

**Kids Create**  
 1.30 – 2.30 pm  
 \$2 per session

**SPECIAL EVENT**  
**Home Fire Safety**  
 1 May  
 2.30 – 3.30 pm  
 FREE

**TUESDAYS**  
**Adult Yoga**  
 9.30 – 10.30 am OR  
 7 – 9 pm  
 \$90 (\$72 concession)

**Co-working Spaces**  
 9.30 am – 12.30 pm  
 \$2 per session

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

**Computer Skills**  
 11 am – 2 pm  
 \$2 per session

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

**Free Soup for Lunch**  
 12.30 pm  
 FREE

**Art Class**  
 2 May onwards  
 11 am – 1 pm  
 \$5 per session

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

**Junior Coding Club**  
 4 – 5 pm  
 \$40 (\$32 concession)

**Kids Theatre**  
 4 – 5 pm, Ages 6 – 8 years  
 5 – 6 pm, Ages 9 – 11 years  
 \$90 (\$72 concession)

## 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.**

**Spanish - Beginners**  
 6 – 7.30 pm  
 \$135 (\$108 concession)

**SPECIAL EVENTS**  
**Art Class**  
 Heide Gallery Tour  
 Tuesday 18 April  
 9.30 am – 1.30 pm  
 \$7

**Walking Group-Bushwalk**  
 2 May  
 9.30 am – 2.30 pm  
 FREE

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

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

**The NDIS and Me...**  
 6 June  
 6.30 – 8.30 pm  
 FREE

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

## WEDNESDAYS

**SPECIAL EVENTS**  
**Open Table**  
 3 May  
 and 7 June  
 12.30 – 2 pm  
 FREE

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

**THURSDAYS**  
**Co-working Spaces**  
 9.30 am – 12.30 pm  
 \$2 per session

**Tai Chi for Beginners**  
 10 – 11 am  
 \$81 (\$68 concession)

**Tai Chi Advanced**  
 11 am – 12 pm  
 \$81 (\$68 concession)

**Sewing and Crafts**  
 12.30 – 2.30 pm  
 \$5 per session

**Kid's Clay Art**  
 4 – 5 pm  
 \$90 (\$72 concession)

**Beginners Guitar for Kids**  
 4 – 5 pm  
 \$90 (\$72 concession)

**Beginners Guitar for Adults**  
 5.15 – 6.15 pm  
 \$90 (\$72 concession)

**FRIDAYS**  
**Playgroup for Toddlers**  
 9.30 – 11.30 am  
 \$70 per family per term

**Park Play Date**  
 4 – 5 pm  
 Equipment provided  
 \$2 per session

**SATURDAYS**  
**Rainbow Babies Music**  
 29 April  
 13 and 27 May  
 10 and 24 June  
 9 – 10 am  
 \$50 (\$40 concession)

**Rainbow Babies Playgroup**  
 29 April  
 13 and 27 May  
 10 and 24 June  
 10 – 11.30 am  
 \$2 per family per session

**SPECIAL EVENT**  
**Winter Recital**  
 Saturday 17 June  
 2 – 5 pm.  
 \$2

## 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

Facebook: 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.

**Coburg Community Houses Staffed Office Hours:**  
 East Coburg Community House  
 Monday – Thursday  
 9 am – 4 pm  
 Newlands Community House  
 Monday, Tuesday, Thursday  
 and Friday  
 9.30 am – 4.30 pm

**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.

**Enrol online via our website:**  
[www.moreland.vic.gov.au/newlands-house](http://www.moreland.vic.gov.au/newlands-house)  
**or call 9913 5472**

# EAST COBURG COMMUNITY HOUSE : TERM TWO 24 APRIL – 24 JUNE 2017

## MONDAYS

### Co-working Spaces

10 am – 1 pm

2 – 4 pm

Bring your own laptop or use our computers and Wi-Fi.

**\$2 per session**

### Care for our Carers

10 – 11 am

A support group for people living with loved ones with epilepsy or mental health issues. Meet other carers and discuss how to make life a little easier.

**\$2 per session**

### Anxiety Disorder Support Group

7.30 – 9.30 pm

Please call 9913 5472 for more information.

**\$5 (\$2 concession) per session**

## TUESDAYS

### 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: 9913 5472**

**FREE**

### Free Soup for Lunch

12.30 pm

Enjoy a home cooked soup from the Community House kitchen.

**FREE**

### Home Fire Safety

Tuesday 9 May

11.30 am – 1 pm

Get ready for winter. Attend this presentation by Melbourne Fire Brigade on smoke detectors, fire plans and more. Lunch included.

**RSVP appreciated.**

**FREE**

### Co-working Spaces

10 am – 3 pm

Bring your own laptop or use our computers and Wi-Fi.

**\$2 per session**

### U3A French

10.45 am – 12.15 pm

Enjoy a thematic approach to French with emphasis on conversation in everyday situations.

**Enquiries to U3A Moreland**

**Phone: 0481 229 481**

### Sewing and Crafts

1 – 3 pm

Learn to sew or share your crafts in a friendly and social atmosphere. Sewing machines are provided.

**\$2 per session**

### Nicholson Writers Group

2, 16, 30 May and 13 June

1.30 – 3 pm

Bring your creative writing along to our friendly group for support and constructive feedback. You may also bring along a favorite book to share and explore with the group. No experience necessary.

**\$2 per session**

### Sewing and Crafts

6.30 – 8 pm

Learn to sew or share your crafts in a friendly and social atmosphere. Sewing machines are provided.

**\$5 (\$2 concession) per session**

### English Speaking and Listening

6.30 – 7.30 pm

Practice speaking and listening to English in a friendly environment. Please call 9913 5472 for more information.

**\$2 per session**

### Making Marngrook

Reconciliation Week Event

Tuesday 30 May

6.30 pm

The origins of Australian rules football are to be found in the game of Marngrook which was played by Indigenous communities using the Marngrook, a football made from possum skin. Yorta Yorta artist and educator Bernadette Atkinson will talk about the Indigenous history of the game and demonstrate the making of the Marngrook. Light refreshments provided.

**RSVP appreciated.**

**\$5 per person**

### The Trans Umbrella

Tuesday 6 June

6.30 – 8.30 pm

A panel discussion unpacking minority gender identities in our community including trans gender, non-binary, gender neutral, gender fluid and agender to name a few. Facilitated by Russ Pirie.

**RSVP appreciated.**

**\$5 per person**

### Art is for Everybody, or... is it?

Tuesday 27 June

6.30 – 8.30 pm

What can I do to ensure my art workshops, performances and events are inclusive of people with disability? Join inclusive arts practitioners to learn some great practical strategies.

**RSVP appreciated.**

**FREE**

## WEDNESDAYS

### U3A Computers

Fortnightly commencing 26 April

10 am – 12pm

Introduction to smart phones/tablets/computers.

**Enquiries to U3A Moreland**

**Phone: 0481 229 481**

### Starting Your Own Business;

Live your Passion

10.30 am – 12pm

An opportunity to explore your idea and learn about the key components in setting up and growing your business. Join us for the 9 week journey.

**\$5 (\$2 concession) per session**

### Playgroup

12 pm – 2pm

Play and make friends in a relaxed space. Toys available. Suitable for children under 5.

**\$2 per session**

### Dance Mix for Kids

2 – 3 pm, under 5 years

3.45 – 4.45 pm, for 5 – 8 year-olds

5 – 6 pm, for 9 – 12 year-olds

Have you ever wanted to try a dance style but not sure where to start? An opportunity to try out 3 different dance styles over 3 weeks each. Includes ballet, jazz and hip-hop.

**\$90 (\$72 concession) per term**

### Photography Workshop

6.30 – 8pm

Get to know your camera through various creative explorations with a professional photographer. Suitable for beginners with manual function in their cameras.

**\$135 (\$108 concession) per term**

### Permablitz

Wednesday 26 April

7 – 9 pm

A consultation session for your ideas to create an inviting, sustainable and productive garden space for all. Refreshments provided.

**RSVP appreciated.**

**FREE**

### Avoiding Disagreements with your Neighbours

Wednesday 3 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**

### Coburg Islamic Community Mosque Tour

Wednesday 10 May

6 pm

A talk about and tour of the Coburg Mosque. All ages welcome. Refreshments provided.

**Bookings essential.**

**FREE**

### Building Good Relationships with your Child's Teacher

Wednesday 24 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**

## THURSDAYS

### Kids Create

10 – 11 am

Art and craft activities for children under 5, come along and meet other families in this casual, child-led space.

Tea and coffee provided.

**\$2 per session**

### Co-working Spaces

10 am – 3 pm

Bring your own laptop or use our computers and Wi-Fi.

**\$2 per session**

### Beginner's Textiles: Upcycling

6 – 8 pm

An introduction to textile repair and upcycling with an emphasis on reducing clothing waste. Sewing machines provided or bring your own.

**\$5 (\$2 concession) per session**

### Spanish – Upper Intermediate to Advanced

7 – 8:30 pm

Practice and improve your Spanish through exercises and conversation with a native Spanish Speaker.

**\$135 (\$100 concession) per term**

### Finding Work Workshop

Thursday 18 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**

## FRIDAYS

### Open Studio

9.30 - 12.30 pm

The Open Studio is an exciting new opportunity for artists with a disability. It is a place to learn new techniques and create quality artworks in a supported studio environment.

**\$10 per session**

## WEEKENDS

### Adult Yoga

Saturdays

9 – 10 am

Establish calm, increase flexibility and strength through a meditative physical practice.

**\$90 (\$72 concession) per term**

### Active and Healthy Peer Support Group - Diabetes Type II

Saturdays

6 May, 3 June and 1 July

12 – 2 pm

A community group for people living with diabetes.

Facilitated by Diabetes Victoria.

**\$2 per person, per session**

### Concentric Coburg

Sunday 7 May

11 am – 12:30 pm

Join other members of the community for a walk around East Coburg to connect with a familiar place in a new way. Part of the Jane's Walk Weekend of International Citizen-led walks, connecting Coburg to Columbia, California and Copenhagen.

The walk will start and end at East Coburg Community House, travelling at a relaxed pace on accessible paths.

**RSVP appreciated.**

**FREE**

**OUR SPECIAL ONE OFF EVENTS ARE LISTED IN BOXES**

**Please RSVP by calling: 9913 5472**