



TERM
04
2020

Program Guide

Outlook is with you during COVID-19 restrictions

We continue to offer online programs to keep you engaged and learning while the Centre is closed. Make the most of your time at home by joining in and getting involved until the Centre reopens.

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Outlook
community centre

How to enrol in a program

Online

www.outlookvic.org.au

Email

communitycentre@outlookvic.org.au

Payment

Online with PayPal using your PayPal account or credit card
Inter bank transfer (email the Community Centre to initiate transfer)
Credit Card (phone 0427 911 935)
More payment options will be available when COVID-19 restrictions ease and the Centre reopens.

Funding acknowledgement

We would like to acknowledge financial support from Adult, Community and Further Education Board, Cardinia Shire Council and Department of Health and Human Services.



Cancellations and refunds

If the Centre cancels a class because minimum numbers are not met, students will be advised and all fees refunded in full. If you withdraw from a class more than 7 days before the advertised commencement date, a refund less an administration charge will be made. No refund will be given if you withdraw from a class less than 7 days before the advertised class start date.

Outlook Community Centre is an inclusive and accessible organisation



Community Centre membership

On hold while Centre is closed due to COVID-19 restrictions.

It is Centre policy that everyone who takes part in programs and activities becomes a member of the Centre. The membership is an annual fee from January to December, and assists with the day-to-day running costs and other Centre expenses. Membership is payable upon your first enrolment for the calendar year. Obtain by visiting the Centre or via our website.

Individuals	Families
\$10 per annum	\$15 per annum



24 Toomuc Valley Road
Pakenham VIC 3810

P 0427 911 935 while Centre closed
due to COVID-19 restrictions
5940 4728 when Centre reopens

E communitycentre@outlookvic.org.au

outlookvic.org.au



Dear Outlook Community,

We hope that you have all kept healthy and safe during the COVID-19 outbreak. This year we have all been challenged to live in this strange COVID-19 world of lockdowns and social changes. Everyone has faced different tests and has their own story. We have accomplished a lot, whether it be learning to live in isolation, shopping online, wearing a mask, or communicating with our loved ones using technology we are very grateful to have. We haven't been able to go out for a cup of tea or coffee with our friends or be part of the groups that bring us such joy. We learned to appreciate the little things that we took for granted and appreciate the value of life itself. Like many organisations, the Outlook Community Centre team was sent home to work and we needed to look for new ways to engage with you all to make your lives better. Our priority was to help you connect with your friends and loved ones, so our first online class introduced was a Zoom course. 193 of you over 19 courses stepped out of your comfort zone and gave it a go. We learned together that Zooming online was fun and easy. And so, it began, we converted and introduced more programs to be home-based for you and it is going great! We all love to be face-to-face but it is a great compromise and has shown that we can adapt in a changing environment.

Home-based courses using interactive Zoom you, our community have participated include;

- nbn and National Scams Awareness
- Ageing in Your Own Home sessions with COTA and My Aged Care
- Meditation
- Easy Exercise and Relaxation
- Garden Club
- Book Club - Discussion Group
- Introduction to Zoom
- Microsoft Office Online Essentials
- Microsoft Office Online - The Next Step
- Canva - Online Design Made Easy
- Xero Accounting
- Get Tech Savvy for Seniors
- Spanish
- Italian
- Numeracy and Literacy

You all deserve a pat on the back and a high five! Well done!

There are some of our groups that need to be face-to-face and we miss you all dearly. As soon as restrictions ease, we will email you details of commencement to get you back on board to start the fun up again. We are finding the email mail outs have given us the opportunity to add home-based programs that are not in the Term Program which you may find interesting, at short notice. You never know what we might come up with! Please feel free to send the emails around to others that may be interested in a course as we always welcome new friends! If they wish to receive our emails simply drop us an email at communitycentre@outlookvic.org.au For Term 4 we will continue to monitor the COVID-19 restrictions and adapt the program accordingly. We will keep you informed of any changes and update our website.



What is an Online Course?

An online course is a course which is home-based using interactive Zoom to connect and interface with your tutor.

All you need is a computer, iPad/tablet or smartphone with an internet connection.

We email you the Zoom link prior to course commencement to connect with the session. The email will contain instructions on how to connect with Zoom, so you do not need any experience with Zoom.

How do I book in for an Online Course?

While the Community Centre is closed under COVID-19 restrictions, bookings primarily online via our website. We look forward to the day we can see you face-to-face.

- Open up your internet browser and type www.outlookvic.org.au/community-centre or internet search Outlook Community Centre.
- Select Book Courses Online from the Community Centre tab along the top of the page on your computer or from clicking on the plus sign on you phone or tablet.
- Select the Category of the course you wish to book. e.g. Computers
- Find the course you would like to book into and click on BOOK NOW
- Proceed to book into the course. You will be asked to fill in some details to enrol.
- Click on PayPal to make payment using your credit card. Note: you do not need a PayPal account. After your booking has gone through you will receive a receipt of your enrolment. If you are new to Outlook you will receive another email to ask for some more details.
- That is all you need to do. We will call or text you to remind you of the course start date and send you the email with the Zoom link.

Online Course



Make the most of the internet
Get more out of life online
19 - 25 October

Get Online Week is an annual celebration of digital inclusion. During this week there will be a range of courses on offer to showcase how digital technology can aid us in everyday life activities via Zoom.

During this time of isolation digital technology is such an important part of peoples lives, there is no escaping so join us and embrace it.

Activities provided include: Health and Nutrition Information Session, Question time with Jordan Crugnale, nbn Optimisation Information Session, nbn Scams Awareness Session, Be Connected and our interactive Pasta Making class.

Supported by Good Things Foundation.



Be Connected

Every Australian online.

Computers

Cardinia Shire volunteer discount subsidy may apply to these programs

Microsoft Excel Intermediate

Online Course

Home-based course using Zoom.

Extend your knowledge of Microsoft Excel with this intermediate level course that covers more advanced topics such as conditional formatting, a range of essential functions, building complex formulas (including names), data filling techniques plus page setup, worksheet tips, custom number formatting, tables, charting objects and the Quick Analysis tools.

Fridays commencing

30 October for 8 sessions

10.30am - 12.30pm

Cost \$40 plus \$30 textbook

Canva - Online Design Made Easy

Online Course

Home-based course using Zoom.

You will learn to quickly and easily create attractive, high impact social media and marketing designs. During the session we will create a sample Facebook post, promotional poster and business card.

Thursdays commencing

19 November for 2 sessions

10.00am - 12.30pm

Cost \$15

Microsoft Office Online - The Next Step

Online Course

Home-based course using Zoom.

This course extends beyond what was covered in the Office Essentials course, delving deeper into the free online Apps, particularly Word, Excel and PowerPoint, but also Sway, Forms and OneNote. The course is ideal for those who completed our Microsoft Office Online Essentials training, or people who have a Microsoft account and a basic understanding of OneDrive and Office Online.

Wednesdays commencing

14 October for 8 sessions

9.30am - 11.30am

Cost \$40 (includes course notes)

Xero Accounting

Online Course

Home-based course using Zoom.

Learn the essentials of the Xero cloud-based accounting system. This hands-on course covers setup, sales and purchase functions, banking and reconciliation options, reports, plus key payroll and activity statement setting.

Wednesdays commencing

28 October for 7 sessions

6.00pm - 8.00pm

Cost: \$40 (includes course notes)

Cardinia Shire Volunteer Subsidy

Cardinia Shire offers a subsidy on eligible computer and accredited courses offered at the Centre. This subsidy is available for people who volunteer in Cardinia Shire and are undertaking courses that assist them in their volunteer position.

Contact the office for information.

Cardinia Shire volunteer discount subsidy may apply to these programs

Computer Maintenance and Internet Safety

Online Course

Home-based course using Zoom.

We rely more and more on technology in everyday life, therefore gaining an understanding of computer maintenance and tools is paramount. Learn how to protect yourself, your computer and privacy on the internet and discuss some security concerns when using your computer.

Thursday and Friday
22 and 23 October
10.00am - 12.30pm
Cost \$10

Get Tech Savvy for Seniors

Online Course

Home-based course using Zoom

Keep up to date with the digital world with these hands-on informal classes, where you can ask questions about computing technology that frustrate you or make you curious. Whether you are a beginner or already have some experience, you will gain skills and confidence to easily use technology for socialising, accessing important services or organising your life. Classes cover computers and iPads.

Beginners
Wednesdays commencing
7 October for 10 sessions
11.00am - 12.30pm
OR
Intermediate
Thursdays commencing
8 October for 10 sessions
11.00am - 12.30pm
Cost FREE
Supported by Be Connected.

Everyday Computers

Online Course

Home-based course using Zoom

You perhaps have used a computer occasionally but would like to know more about their workings? Gain confidence in using them by learning how they can aid you in everyday life activities.

Mondays commencing
28 September for 8 sessions
(No class 2 November)
1.00pm - 3.00pm
OR
Thursdays commencing
29 October for 8 sessions
10.00am - 12.00pm
Cost \$40

iPads

Online Course

Home-based course using Zoom

Getting the most out of your iPad, from beginner to beyond. Learn how to set up your iPad and use its in-built features for productivity and fun. Connect to the internet and communicate with the world. Download and manage Apps, take photos, send emails, and much more.

Fridays commencing
6 November for 6 sessions
10.30am - 12.30pm
Cost \$40



A Community Ambassador from the nbn Community and Stakeholder Engagement team in Victoria will be running the following information sessions.

Online Course

nbn '101'

Home-based session using Zoom.

- What is nbn and the status of the rollout
- What it means for the members and how to connect
- How the nbn affects your existing landline phone and medical alarms
- Power outages
- Scams to be wary of

Thursday 15 October
1.30pm - 3.00pm
Cost FREE

nbn Scams Awareness

Home-based session using Zoom.

- How to protect yourself and identify different types of nbn-related scams
- What common scams sound like and relevant examples
- What to do and who to contact if you think you have been involved in a scam

Thursday 22 October
1.30pm - 3.00pm
Cost FREE

nbn Optimisation

Home-based session using Zoom.

- How to select the best plan for your household (speed choices)
- How working from home can affect your internet requirements (talk bandwidth)
- Simple steps that can improve your connection inside your house / apartment / office building (talk modems, wifi boosters)

Monday 19 October
10.30am - 12.00pm
Cost FREE

Be Connected

There's never been a better time to get online and build your confidence.

We offer free access to computers, iPads and the internet, free support and one-on-one training with an expert volunteer tutor. Learn the basics of getting online safely.

Please email
communitycentre@outlookvic.org.au
with your contact details to
arrange an appointment.



Be Connected

Every Australian online.

Easy Exercise, Relaxation and Meditation

Online Course

Home-based course using Zoom.
Have you found yoga too strenuous in the past? Rejuvenate the whole of your being. In this class you will work within your own ability. Gentle flowing movements will strengthen your body, create greater flexibility, relax and calm your mind. Learn the importance of correct breathing and to take time out to relax and meditate.

**Tuesdays commencing
6 October for 10 sessions
(No class 3 November)
7.00pm - 8.30pm
Cost \$130**

**OR
Wednesdays commencing
7 October for 11 sessions
10.0am - 11.30am
Cost \$143**

Meditation

Online Course

Home-based course using Zoom.
Enjoy inner peace and personal transformation. This guided meditation journey will be calming and insightful. Wear comfortable clothing. A journal, pen and blanket are optional.

**Tuesdays commencing
13 October for 8 sessions
(No class 3 November)
9.30am - 10.30am
Cost \$96**

Are you a Tutor and would like to contribute in a Community setting?

We are currently seeking Tutors across all categories to contribute to developing the skills and providing new experiences for our Community. If you like to share your experiences in a friendly and supportive environment Outlook Community Centre could be the place for you.

If you would like to join us please email us at communitycentre@outlookvic.org.au with an outline of your experience, talent and the course you would like to offer.

Italian Level 1

Online Course

Home-based course using Skype.
This course follows on from the Beginners Italian course. Through interactive learning activities, this course will guide you to develop your communication skills, as well as being introduced to the Italian culture. As part of the learning process some work on grammar, vocabulary and pronunciation will enable you to use Italian in a range of situations.

**Wednesdays commencing
14 October for 9 sessions
7.15pm - 9.15pm
Cost \$144**



Spanish Language

Online Course

Home-based course using Zoom.
This class is for those who already know the basics of Spanish. We will be expanding on the use of verbs and adjectives and introducing the basics of past and present tenses. Gain an understanding of the culture and customs of this beautiful language, whilst developing conversation skills, grammar and pronunciation.

**Tuesdays commencing
29 September for 9 sessions
(No class 3 November)
7.00pm - 8.30pm
Cost \$144**

Book Club - Discussion Group

Online Course

Home-based sessions using Zoom.
Talk about a specific book with a group of like-minded people in your community. These sessions are fun and relaxing. Books and friendship supplied.
First Wednesday of the month
7 October, 4 November, 2 December
7.00pm - 9.00pm
Cost \$15 for 3 sessions

Gardening Group

Online Course

Home-based sessions using Zoom.
Would you like to know more about plants and how to make them grow? You don't have to have a garden to belong to this group – just a love of gardens. Join us for information sharing, problem solving and swapping cuttings.
Fridays fortnightly
Commencing Friday 2 October
10.30am - 12.00pm
Cost FREE

Armchair Travel of the Outback

Online Course

Home-based sessions using Zoom.
Have you ever wanted to go to or learn more about the Outback of Australia? In these relaxed sessions you will not only learn about interesting places to visit, but also get an understanding of the geology, flora and aboriginal history. There will also be the opportunity to ask questions.
Monday and Tuesday
26 October and 27 October
11.15am - 12.15pm
Cost FREE

Create Online E-Cards

Online Course

Home-based session using Zoom.
In this session you will learn how to create and personalise e-cards for your friends and family wherever they are online. Whether they are celebrating a birthday, anniversary or you are sending seasons greetings, it's a great way to let someone special know that you are thinking of them.
BYO USB with photos you wish to use.
Tuesday 10 November
10.00am - 12.00pm
Cost FREE

Music Discussion Group

Online Course

Home-based sessions using Zoom.
Do you love music? This group brings people together to discuss music at various levels. Whether the discussion centres around music styles, artists, bands, instruments – the choice is yours. This is a group for everyone with the aim of broadening people's minds to the different and diverse styles of music. Join us and check it out, you'll be glad you did.
Tuesdays fortnightly
Commencing 13 October
11.00am - 12.00pm
Cost FREE

Recreational Boat Licence

Face-to-face sessions at the Centre dependent on COVID-19 restrictions.
Gain the competency to obtain a general Victorian Boating and PWC licence. Meet the requirements of the State Authorities. No pre-study required. You receive a certificate on the day to take to VicRoads to purchase your licence.
Cost \$130 (Please choose one session)
Tuesday 22 December
5.30pm - 9.00pm OR
Thursday 5 November or 3 December
5.30pm - 9.00pm OR
Friday 18 December
5.30pm - 9.00pm OR
Saturdays 10 October or 24 October or 21 November or 12 December
8.30am - 12.00pm



Taking Expressions of Interest for 2021 at Outlook

The Café aims to bring together people living with dementia and their loved ones in Pakenham and surrounding areas. Join us for a cuppa and cake, rediscover memories and create new ones. The Café is a nurturing space that offers enrichment, support and understanding. Where you can share experiences with others living with the challenges of dementia.

Register your interest by sending an email to communitycentre@outlookvic.org.au or complete form on website www.outlookvic.org.au/expressions-of-interest



Interactive Pasta Making from Scratch

Online Course

Home-based session using Zoom.

Have you ever wondered why pasta in a fancy restaurant tastes so much better than the pasta you buy in the shops to cook at home?

Pasta is not hard to make, it isn't expensive and whilst it will take a bit of elbow grease to roll it out, it will taste SOOO good! A great class for all ages, economical and healthy eating.

Pauline will guide you through the process of making your choice of fresh fettuccine, linguini, tagliatelle, or farfalle (bowties), fusilli (spirals), conchiglie (shells), or orecchiette (little ears). Includes a quick introduction to filled pasta shapes such as ravioli and tortellini.



Be Connected

Every Australian online.

Monday 19 October
3.00pm - 5.00pm
Cost FREE
(Limited places)

Health and Nutrition Information Session

Online Course

Home-based session using Zoom.

Now more than ever it is important to look at how we can manage and sustain a healthy diet. In this session you will learn about the different food groups, what food and drink labels mean, what are the good and bad fats and how much sugar should be consumed. This session will be presented by Joanna, a qualified Dietician.



Be Connected

Every Australian online.



Tuesday 20 October
1.30pm - 3.00pm
Cost FREE
(Limited places)

Have You Ever Wanted to Learn More About Our Environment?

Online Course

Home-based session using Zoom.

Join Michael Schilling from the Australian Greens to learn about issues affecting our local community:

- Recycling
- Climate change
- General environment
- Questions and Answers

Saturday 17 October
2.00pm - 3.00pm
Cost FREE

Question Time with Jordan Crugnale MP

Online Course

Home-based session using Zoom.

Jordan Crugnale MP is your State Labor Member for Bass. The electorate covers areas such as Pakenham, Lang Lang and Koo Wee Rup.

Are there some pressing issues that you would like some answers to or need some clarification?

Join us for this informative Questions and Answers Session.

Topics covered include:

- Jordan's journey
- COVID-19
- Aged Care
- Transport
- Exciting things happening and planned for the area

Wednesday 21 October
2.00pm - 2.45pm
Cost FREE

Getting Job Ready

Online Course

Home-based session using Zoom.

In this course you will learn how to secure that dream position by gaining an understanding of:

- Where to find that perfect job?
- Tips for resume writing
- How to prepare for an interview
- Interview techniques
- Communication Skills
- What employers are looking for
- How to build resilience in this ever changing world of uncertainty.

Tuesdays and Fridays
13 October - 6 November
for 8 sessions
10.00am - 12.30pm
Cost \$20

What would you like to see at Outlook in 2021?

This is your Community Centre. We are always open to ideas on what courses we offer and we would love to hear from you. Is there a course which you would like us to provide, be it something we have offered in the past or something completely new? If you think it's a good idea, others will too!

Please email us at outlookvic.org.au/community-centre or complete Expression of Interest form on Outlook website www.outlookvic.org.au/expressions-of-interest

Ageing in Your Own Home

Home-based sessions using Zoom.

Session 1: The start of the journey

Wednesday 11 November 10.00am - 12.00pm

Session 2: Assessment and service provision

Wednesday 18 November 10.00am - 12.00pm

Session 3: Navigating financial aspects

Wednesday 25 November 10.00am - 12.00pm

It is highly recommended that you attend the first session, and ideally all of them.

Cost FREE, however, bookings essential.

My Aged Care Navigator - Free Information Morning

Do you or someone you know need help to understand and navigate the system relevant to home care packages?

Find out more about:

- What services are available and who provides them?
- What you are eligible for and how to apply?
- What will happen next?

A free, confidential service that gives you independent information about home care packages and how to access them.

Face-to-face. Home-based session using Zoom if the Centre is closed for COVID-19 restrictions.

Wednesday 2 December
9.30am - 12.30pm

Online Course



The Aged Care Navigator Trial is delivered in partnership with COTA Vic and Outlook Community Centre as part of a consortium led by COTA Australia and funded by the Australian Government. For more information go to www.AgedCareNavigators.org.au

FREE Legal Advice

Bookings essential.

- Do you have a legal issue that you would like some advice on?
- Not sure which is the best way to proceed?
- Expert advice available from local Lawyers.

FREE 15 minute telephone appointments available.

Please email communitycentre@outlookvic.org.au

FREE Library

On hold whilst COVID-19 restrictions are in place.

The Community Centre has a wonderful collection of books available for your use. We encourage you to drop in and browse. Feel free to borrow or donate books for others to share and enjoy.

9.00am-4.00pm Monday-Friday

Cardiopulmonary Resuscitation (HLTAID001)



The first five minutes are crucial in saving a life. Gain the knowledge and skills necessary to maintain breathing and circulation following a cardiac arrest.

Saturday 28 November OR
Thursday 3 December
9.30am - 12.00pm
Cost \$70 per session

Provide First Aid (HLTAID003)

Gain the skills and knowledge required to provide a first aid response to a casualty in a range of situations. Includes CPR.

Saturday 28 November OR
Thursday 3 December
9.30am - 4.30pm
Cost \$175 per session

Provide an Emergency First Aid Response in an Education and Care Setting (HLTAID004)

For educators, support staff and carers working within an education and care setting who are required to respond to a first aid emergency, including asthma and anaphylaxis.

Saturday 28 November OR
Thursday 3 December
9.30am - 4.30pm
Cost \$175 per session

Some homework prior to classes.
USI number required.

Responsible Serving of Alcohol (RSA Vic)



Increase your opportunities for employment in the hospitality industry. All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria.

Face-to-face at Outlook
Monday 30 November
12.30pm - 4.30pm
Cost \$80

Home-based session using Zoom
Thursday 1 October
6.00pm - 10.00pm
Cost \$75

Training and assessment provided by CFT International RTO provider No. 21120

Food Safety Level 1



Choose one of the following certificates:

- SITXFSA001 Hospitality and Retail
- HLTFS001 Community and Health
- FBPF001 Food Processing

Nationally recognised for hospitality and retail, community and health and food processing sectors.

Monday 30 November
5.00pm - 9.00pm
Cost \$95

Home-based session using Zoom.
This course is available throughout the term. Please contact us for further details.

Training and assessment provided by CFT International RTO provider No. 21120

USI number required.

Who is assisting me?

Whether we are in the Community Centre or working from home, it is all hands on deck to coordinate classes and behind the scenes administration that is required to run the service smoothly. We want you to have the best experience as you learn so are here to lend a helping hand whenever you need it. If you need assistance with anything at all just ask. While the centre is closed we can be contacted by phone 0427 911 935 or email via communitycentre@outlookvic.org.au Leave your phone number and a message and we will call or email you back before you know it. When the centre reopens you are welcome to email us or phone 5940 4728. We look forward to seeing your faces soon and welcoming our wonderful office volunteers Jane, Glenys, Vicki, Gayle, Rhonda and Carol back on board when the Centre reopens. We miss you all dearly.



Alison Ryan

Alison is our Community Centre Manager and has been with Outlook for 10 years. She has a long background in the neighbourhood house/community centre sector and community development. She loves everything about her job, especially getting to know all the people who come to the Centre, including our fantastic volunteers. Alison loves photography, learning Spanish, reading, and of course spending time with her family.



Taryn Bone

Taryn is our Community Centre Coordinator who organises the courses to go into the term course guide. She also looks for new course ideas, looks after our tutors, monitors enrolments, organises marketing and does lots of behind the scenes administration work. Her background is in Administration, Education and the Disability Sector. She is passionate about supporting and bringing the Community together.

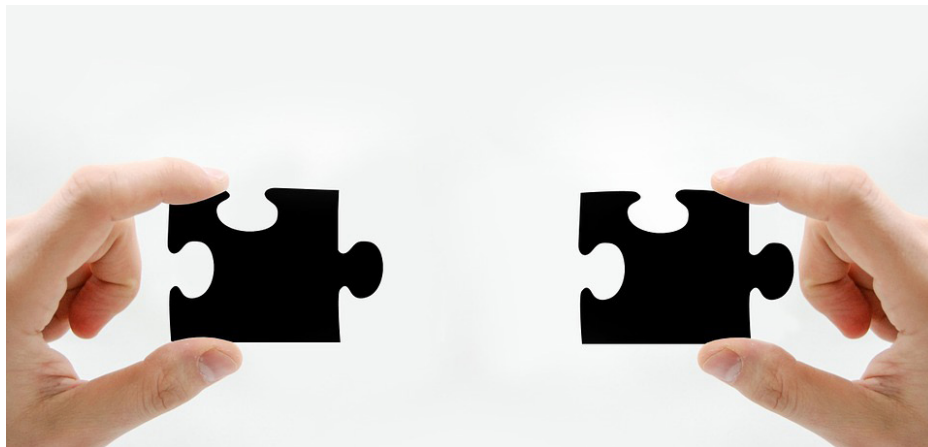
Taryn loves spending time with her family, swimming and getting creative.



Kerryn Hart

Kerryn is our Room Hire Assistant who coordinates the hire of rooms for private functions and businesses. Although demand for rooms and venue hire is expanding, she is also involved in other activities such as setting up rooms, customer service and administration. She joined Outlook as she loves to meet and work with community members.

Kerryn loves camping, the outdoors, living sustainably, knitting and spending time with her husband and adult daughters.



Leah Clinkard

Leah is our Marketing Assistant who constructs the term program and generates other marketing material such as mail outs, Facebook posts and anything else the Centre may require. She pitches in to help with many other administration tasks as needed and assists at Reception when the Centre is open. Her background is in Retail Merchandise and Marketing.

Leah loves to listen to music, walk her Blue Heeler Drover and to shop online. She enjoys a quiet life at home with her family.

The classes below are on hold due to COVID-19 restrictions which have temporarily closed the Community Centre. You are welcome to register your interest by emailing communitycentre@outlookvic.org.au We will email those on our mailing list if they become available in Term 4.

Functional Fitness

Improve balance, agility and muscle strength. Train your body to make it easier and safer to perform everyday activities. Suitable for all ages and abilities. Chair-based and standing.

Pilates Low Impact Strength Training for Over 50s

Builds strength and balance to promote better health. Gentle exercises to enhance your life and assist you to regain the strength you once had. Suitable for all levels of fitness.

Line Dancing

Fun classes for beginners and the slightly more experienced. Dances are taught by walking through the steps and then applying them to music.

Cardinia Wanderers

Get some exercise whilst exploring different places each week. These walks are over 5km.

Toomuc Valley Walkers

Walk your way through local parklands to improve fitness. Group caters for walkers of all levels.

Men's Strength Training for Over 50s

Safe simple and highly effective exercises to improve balance, strength, functional mobility and your independence. Suitable for all levels of fitness.

Tai Chi

Tai Chi is suitable for people of all ages and levels of physical fitness. Movements integrate physical and breathing exercises, in accordance with Chinese Traditional Medicine, for mental cultivation of serenity and concentration.

New Vogue Ballroom and Latin Dancing

An exciting beginner's class where you will learn New Vogue, Ballroom and Latin Dancing in a fun and friendly environment.

Marketplace Walkers

Pakenham Central Marketplace is a great place to walk because it is a sheltered indoor space, free from traffic and bad weather. Suitable for all ages and abilities.

Saturday Walking Group for Seniors

A local walk which includes a stop at the coffee shop for a cuppa and a chat with your fellow walkers.

The classes below are on hold due to COVID-19 restrictions which have temporarily closed the Community Centre. You are welcome to register your interest by emailing communitycentre@outlookvic.org.au We will email those on our mailing list if they become available in Term 4.

All Together Choir

Love singing? This community choir is made up of people from all walks of life who enjoy singing. No previous singing experience needed. A variety of wonderful performance opportunities are available.

Cardinia Bicycle User Group (BUG)

A recreational bike group who enjoy cycling and making friendships. Ride lengths vary so there is something to suit everyone from beginners to experienced. Rides are every Saturday morning and first Sunday of the month.

Friendship Friday

Meets weekly for outings, movies, lunches, shows and attractions. If you like to get out and about and are looking for fun and friendship, then this is the group for you.

Knit and Knatter

Learn how to knit or crochet, or pass your skills on to others. Suitable for new or experienced knitters.

Ukulele U-Bute Group

A fun and joyful group that loves sing-a-longs and jamming with a Ukulele. For those with previous Ukulele experience.

Art Club

This class explores a variety of art mediums such as drawing, sculpture, collage, mosaic and painting in a fun and supportive environment. New projects to try each week or BYO own project.

Card Games and Mahjong Social Groups

Exercise your brain and have some fun with others who love playing games! These groups are informal, friendly and non-competitive.

Intermediate Guitar

Improve your skills and understanding of the world's most popular instrument. For those with some basic experience playing the guitar, it's a relaxed and friendly fun group, playing diverse tunes from many genres.

Men's Discussion Group

A group of blokes over 50 who meet for a coffee and a chat, to discuss issues of interest and concern, with plenty of laughs. An opportunity to meet new people in a friendly and welcoming atmosphere.

Women's Friendship Group for Over 60s

For those who love a coffee, a chat and want to make new friends. This group enjoys craft activities, guest speakers and going on excursions.



Need a venue for your next meeting or training?

Outlook
community centre

Outlook Community Centre has small and medium training rooms available for businesses or community groups. Each room has a kitchenette, audio visual capabilities and white board.

The Centre can also cater to larger groups, allowing greater social distancing, in our Function Hall with separate kitchen or Multipurpose room with kitchenette.

More details of our rooms and facilities can be found on our website: www.outlookvic.org.au under community centre/venue hire.

0458 230 788
all2dance.ds@gmail.com
www.all2dance.com.au

All 2 Dance
DANCE STUDIO

Jazz/ Commercial
Hip Hop
Tap
Contemporary
Musical Theatre
Acrobatics
Ballet
Adult Dance
Performance Team



****Free trial week ****

O'Grady Drama 

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