

HUME CITY COUNCIL

# What's On Homestead Community and Learning Centre – Term 2

## Education

### English as an Additional Language (EAL)

Learn English with qualified tutors in a friendly environment catering to all language levels. These classes are designed to build confidence in English reading, writing, listening and speaking skills.

New learners will be required to attend a language assessment interview. Please make an appointment for assessment and enrolment. This is a pathway program to further study and/or employment.

*\*\*This is an ACFE Government funded course*

**Cost: \$65, Free for concession card holders**

#### EAL Beginner

**Commencing Wednesday 26 April\***

Tuesday, Wednesday and Friday, (9 weeks) | 9.30am–12.30pm


#### EAL Conversation Intermediate

**Commencing Thursday 27 April\***

Tuesday and Thursday (9 weeks) | 9am–2pm

#### EAL Beginner at Kalkallo Community Centre

Tuesday, Wednesday and Friday, (9 weeks) | 1.30pm–4.30pm

 33 Toyon Road Kalkallo 3064

**\* Due to Tuesday 25 April being a public holiday**

### Computer Basics

**10.30am-12.30pm**

Learn how to search and find information on the internet, e-mail, social media, networking and overall help with the latest technology devices.

**Commencing Monday 24 April (8 weeks) | Cost: Free**



**Registration and payment for all programs must be completed prior to attending**



# Active



## Tai Chi for Health

### Beginners

Tai Chi is practiced as meditative movement for many reasons... to relieve stress, improve balance, strength, bone density, and reduce the risk of falling. It is suitable for all ages and can be practiced seated or standing. Please bring a towel and water bottle.

**Commencing Monday 24 April (8 weeks) 10am–11am**

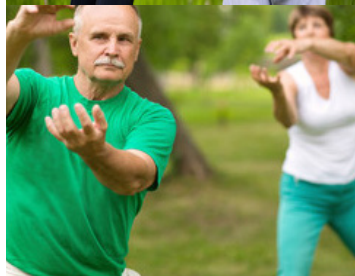
**Cost: \$60, \$54 for concession | Free for seniors**

### Intermediate

Take your knowledge and ability to the next level in our Intermediate Tai Chi class. Perfect for those who have completed Tai Chi for Beginners or those who have practiced the art before, it is suitable for all ages and can be practiced seated or standing.

**Commencing Monday 24 April (8 weeks) 11.15am–12.15pm**

**Cost: \$60, \$54 for concession | Free for seniors**



## Keep Fit and Strong

**10am–11am**

Gentle exercise for adults. This program will improve your fitness, core strength, flexibility and aerobic capacity all to the beat of great music. Please bring a towel and water bottle.

**Commencing Tuesday 2 May (8 weeks)**

**Cost: \$60, \$54 concession | Free for seniors**



## Dancercise

**12.30pm–1.30pm**

Join like minded women and enjoy this medium to high intensity dance class. No experience needed. Wear light comfortable clothing and bring a towel, water bottle and mat.

**Commencing Tuesday 2 May (8 weeks) | Cost: \$80, \$72 concession**



## Prime Movers

**1.30pm–2.30pm**

This exercise program, developed by physiotherapists can maintain and improve your fitness, strength and balance, reduce the risk of falling and improve bone density. The exercises can be done seated or standing. Great for your brain and body! Please bring a towel and water bottle.

**Commencing Wednesday 26 April (9 weeks)**

**Cost: \$60, \$54 concession | Free for seniors**



## Homestead Walking Group

**9.30am–10.30am**

Enjoy some fresh air, beautiful gardens and meet other locals. In partnership with DPV Health, volunteer leaders will meet at the Homestead for a 30–45 minute walk. We encourage you to walk at the pace that you are most comfortable with and if necessary, seek advice from your GP on whether walking is suitable for you. Please wear comfortable clothing, sturdy walking shoes and bring a water bottle.

**Commencing Wednesday 26 April (9 weeks) | Cost: Free**

## Active



### Meditation

1pm-2pm

Looking to improve your overall well-being, reduce stress and anxiety, increase focus and productivity, or find a way to attain inner peace and balance in your life? Join this meditation and mindfulness workshop conducted by the Australian School of Meditation and Yoga. Techniques include:

- Breathing meditation
- Kirtan meditation (meditation to music)
- Attentive listening (meditation and mindfulness)

**Thursday 4 May and Thursday 11 May (2 weeks) | Cost: Free**



### Yoga Fusion Pilates

10am-11am

Join our qualified trainer to:

- Improve your balance and mobility
- Increase your strength and flexibility
- Align your spine
- Rejuvenate your whole body and
- Fully relax!

**Commencing Friday 28 April (9 weeks) | Cost: \$90, \$82 concession**

## Groups



### Vietnamese Cultural Support Group

10.30am-3pm

Led by the Vietnamese Women's Group, this group is open to all. A space to share conversation and a social opportunity for older people.

**Commencing Monday 24 April (8 weeks) | Cost : Free**



### Social Sewing and Textiles Group

EOI

We are seeking expressions of interest to join a textiles group. Bring along your own sewing and craft projects, whilst enjoying the company of like minded people and be inspired by others. This group will be a social group, no instructions provided.

Please contact our office directly on **9205 2760** for any questions and to register your interest.

## Services



### Weekly Community Lunch

11.30am-1.30pm

Enjoy a light lunch in the company of others in a friendly social setting. Lunch will be prepared by the Northern Turkish Women's Association and in partnership with DPV Health. Bookings required

**Commencing Wednesday 26 April (9 weeks) | Cost: Free**



### Safe Seats Kids

10am-2pm

Child car restraint fittings and safety checks at Homestead Community and Learning Centre

**Friday 9 June | Cost: Free**

Bookings essential visit <https://safeseatssafekids.com.au>

## Special events



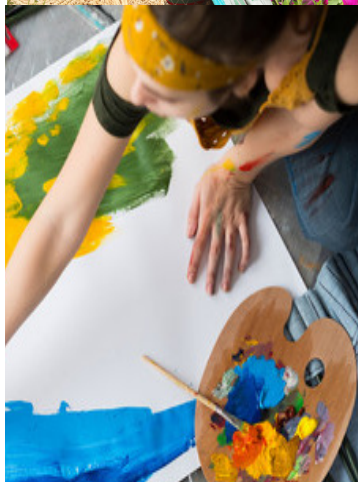
### Lets Grow Hume

1pm-2.30pm

Come along and join us and Thom Fox at Homestead Community Garden for a range of activities including making newspaper seedling boxes, exploring worm farms, sowing seedlings and much more.

**Tuesday 11 April | Cost: Free | Call to book**

**📍 Roxburgh Park Community Garden**



### Acrylic Pouring Art Workshop

6.30pm-8.30pm

Join us for a fun filled, hands on workshop exploring the on-trend art form that is acrylic pouring. Learn how to create your very own fluid acrylic pouring masterpieces. This class will provide you with everything you need to know about acrylic pouring.

In this class, you will be provided with three small art boards to create your very own acrylic pour pieces and watch the cells come to life.

This is a messy art form that you will love! Please make sure you wear clothes that you are happy to get a splash of paint on.

**Tuesday 2 and 9 May (2 weeks) | Cost: \$45 per workshop**



### Morning Tea with City Laws Officers

10.30am-11.30am

Meet and talk with Hume City Council City Laws Officers over morning tea. No agendas, just a chance to ask questions, raise concerns or get to know a little more about local laws.

Please contact our office directly on **9205 2760** for any questions

**Tuesday 13 June | Cost: Free | Book via Eventbrite**



### Women's Circle Dinner

6.30pm-8.30pm

Join the Homestead Team and take time out of your busy life to explore how to improve your personal health and wellbeing. This interactive presentation will cover:

- Concepts of health and wellbeing
- Navigating through change throughout life
- Valuing caring for our wellbeing needs
- Health and wellbeing planning activities
- Resources and Information access points will be provided.

Presented by Juno staff who work with women and gender diverse people in Melbourne's North experiencing homelessness or family violence.

**Wednesday 17 May | Cost: Free | Book via Eventbrite**

**The Homestead Gallery is an ideal venue to hire for parties, meetings and small events.**

**📍 Homestead Community and Learning Centre, 30 Whiltshire Drive, Roxburgh Park 3064**

**📞 9205 2760    @ homestead@hume.vic.gov.au    🌐 hume.vic.gov.au/homestead**