

Elwood & St Kilda Neighbourhood Learning Centre
87 Tennyson Street, Elwood

TERM 3 – 15th July – 20th Sep 2019

Health and Wellbeing

Yoga

Classes are recommencing 16th July for these fabulous Gita classes. Monica (Tuesday) and Penny (Thursday) provide enjoyable and energising classes so you can finish your day with wonderful strength and balance. Experience all the benefits of stretching your body and quietening your mind.

Beginners - Tuesdays & Thursdays: 6:30pm -7:40pm

Intermediate - Tuesdays & Thursdays: 7:45pm- 9pm

Cost: \$10 (\$7 conc.) per class

Bones for Life- Feldenkrais

Ruth's classes help you to improve your bone health with gentle weight-bearing movements to stimulate bone strength. It is suitable for people of all ages and fitness levels.

Starting Thursday 18th July – 19th September from 2pm-3pm

Booking required. \$100 for 10 weeks or casual individual classes \$15

For more information contact Ruth Avery 9531 7222 or visit www.bonesforlife.com



Yoga Nidra -DEEP RELAXATION THROUGH YOGA NIDRA

Yoga Nidra is a sequence of guided mind–body awareness techniques enabling one to disengage from the thinking mind, to effortlessly enter a meditative state of deep relaxation and ease. You are invited to experience this transformative and deeply nourishing practice.

3:45-4:30 pm Thursdays \$12/\$10 concession

(A fee reduction is available for those otherwise unable to attend.)

Booking essential: Pat 0439 370 099; stillnessandpeaceyoganidra@gmail.com

Please refrain from wearing fragrance to this class



JB Fitness and Health Exercise Classes

Classes are circuit/bootcamp based with a mixture of strength and cardiovascular training. You will be using everything from kettlebells to skipping ropes. Classes are catered for all abilities with progressions and easier options added in when necessary.

Tuesdays/Thursdays/Saturday mornings from 7am - 7:45am

Friday evenings from 6:30pm - 7:15pm

\$10 per class. Booking is required. For more information contact Josh on: josh@jbfitnessandhealth.com or www.jbfitnessandhealth.com

Music and Song

Elwood Community Choir - singing!

Come and have some fun singing in your own local choir! No auditions, all welcome. World Music, music by Australian artists, pop, and more. Community gigs. Led by experienced choir leader Jeannie Marsh. Ten Wednesday evening sessions Wednesday 17th July – 18th September 7:30 - 9pm

Cost for 10 weeks: \$100 if paid in full by end of first session OR come casually for \$15 per session. Contact: Jeannie 0432 088 284 jeannie.marsh1@gmail.com

Work Skills

Admin, Reception and Customer Service Training (ARCS) – 25th July

This 21 week course will run again from July. It is designed to provide on-the-job skills and experience required to work as a Receptionist/Office Administrator or in Customer Service. A commitment of up to 8 hours per week will be required, this includes 3.5 hours on the job, and 2.5 hours of class work and approximately 1.5 hours of homework. Students will be given a training manual and asked to complete a series of relevant tasks. Please call Simone on 9531 1954 for more information or email: manager@esnlc.com.au. Places are limited and FREE (eligibility applies).



Computers

Beginners Computers (Intel® Learn Easy Step)

Gain basic computers skills and understand terminology and concepts. Learn how to navigate the desktop and Start Menu. Launch and exit programs, save and retrieve files. Learn how to begin browsing the internet and understand anti-virus software. This 10 week course starts Friday 19th July – 20th September.

Fridays: 10:30am-1:00pm

Cost: \$100 (\$70 conc.)

Intermediate Computers: Get that Job (Intel® Learn Easy Step)

Use Microsoft Office Word, Excel and Power Point to an Intermediate level. Introduction to iPads, tablets and smart phones. Understand the basics of Power Point and Create a LinkedIn Profile.

Use multimedia skills on internet including marketing.

10 week course starting Tuesday 16th July – 17th September.

Tuesdays: 9:30am-3pm

Cost: \$100 (\$70 conc.)

Computers Taught in Russian

A computer course taught in Russian by a native speaker. Beginners welcome.

10 week term. Join at any time.

Technology for Beginners Mondays 12-2pm starting 15th July.

Learn to use your Desktop Computer Mondays 10am-12pm starting 15th July.

Learn to use your Smartphone or iPad. Wednesday 10am-12pm starting 17th July. Cost: \$5

iPads, Smartphones & Other Devices

Learn about your device and how to change settings, use the internet, emails, iTunes and other Apps. This course gives you an insight into privacy settings and protecting yourself online. Within this course you will explore YouTube and Skype. 10 week course starting Tuesday 16th July – 17th September.

Tuesdays: 3:30pm-5:30pm

Cost: \$100 (\$70 conc.)

Art and Children

Life Drawing

This great casual untutored Life Drawing class comes to Elwood after a 25 year stint at the Linden Art Gallery. Anselm has built up a beautiful group of budding artists with all different skills and experience. Bring your own paper and drawing materials.

Every Thursday from 7:30 – 9:30pm. Cost: \$20 per session.

Good at Art by Kirsty Budge

Afterschool Art discovering different mediums and techniques including painting, drawing, sculpture, printmaking and collage. Monday and Thursday classes from Mon 22nd Jul & Thurs 25th July through to Mon 16th Sept & Thurs 19 Sept. Register at www.goodatart.com.au

Monday or Thursday for different ages 4pm – 5:30pm

Art Therapy

This small group of *all abilities* adult students use art therapy as a basis of creative expression.

Different mediums are used such as painting, drawing and sculpture.

Day and Time: Friday 19th July - 20th September from 1pm-3pm. Cost \$300 per term

Toy Library

It's the biggest toy box you've ever seen! It's a place where you can borrow toys, games, puzzles and costumes for up to three weeks at a time. Website: www.elwoodtoylibrary.org

Open every Wed, Fri & Sat 9:30am-11:30am. Membership fee applies.

Watercolour with Kylie

Practical tips for creating small works on paper. B.Y.O. materials: call us for a list.

6 weeks starting Tuesday 23rd of July until 27th August.

Bookings required & gold coin donation per class - Tuesdays from 2pm-4pm.



Child Revive First Aid

Courses are conducted by experienced paramedics and paediatric nurses with years of experience caring for sick and injured children. Half day courses run regularly during the year. Sunday 21st July, Sun 18th August, & Sun 22 Sept 2019. For further dates contact: jo@childrevive.com.au for more info: www.childrevive.com.au

English, Languages and Creative Writing

English class – Beginners

This course is especially for students who are not able to understand English language or who can manage very few words and would like to be able to understand more and improve pronunciation.

10 week term starting Wednesday 17th July – 18th September. Join at any time.

Wednesdays: 9:30am-1:30pm Cost: \$95 (\$65 conc.) or \$195 Non-resident Students.

English class – Pre-Intermediate

This is the continuation of our English program with an emphasis on basic conversations and a range of subjects of interest. This course will help learners gain confidence and empower them to use new vocabulary and incorporate learned words to form new tenses and structures.

10 week term starting Monday 15th July – 16th September. Join at any time.

Mondays: 9:30am-1:30pm Cost: \$95 (\$65 conc.) or \$195 Non-resident Students (or casually \$25 per class)

English class– Intermediate

This is the continuation of our English program where learners take part in more advanced conversations and gain confidence. The aim of our Intermediate level is to empower students to increase their vocabulary to form new tenses and structures.

10 week term starting Thursday 18th July – 19th September. Join at any time.

Thursdays: 9:30am-1:30pm

Cost: \$95 (\$65 conc.) or \$195 Non-resident Students



English Conversation

Ideal for those who want to practice speaking and pronunciation. The course is interactive so it can be tailored to meet your interests and needs. E.g. workplace English. Not suitable for beginner students.

10 week term starting Tuesday 16th July – 17th September. Join at any time.

Tuesdays: 9:30am-12:30pm Cost: \$75 (\$55 conc.) or \$145 Non-resident Students.

English Classes for Russian Students

This is a course to help Russians learn or practice their English. All levels are welcome.

10 week term starting Tuesday 16th July – 17th September. Cost: \$25 for the term.

Tuesdays 1pm-3:30pm



French

Beginners, Intermediate and Advanced - 8 week courses available.

New classes starting Term 3: Monday 15th July – 19th September, Tuesday and Thursday evenings. Class duration: 1hr 30min. Cost \$200. For more information contact Amanda Burton on 0405 086 480 - frenchlyspeaking@gmail.com or www.frenchlyspeaking.com.au

Roomers Magazine

Almost all contributors to ROOMERS are local residents or ex-residents of rooming houses, private hotels or supported residential services in St. Kilda, South and Pt. Melbourne. "ROOMERS" aims to give residents: an outlet to publish their creative work; the opportunity and incentive to improve literacy, creative and communication skills; access to a skilled mentor; access to current agency information from a resident perspective & a means of reducing social isolation and encouraging community participation.

For more information and eligibility to attend free weekly writing workshops: Tuesdays 1:30pm-3:30pm Contact: Philippa on 9531 1954 or outreach@esnlc.com.au

Also at our Centre

Community Workshop Series

Do you have a special a skill or talent that you would like to share with others? Well, you've come to the right place!

Our wonderful community in Elwood and surrounds is full of talented and knowledgeable people who are willing to share their skills through volunteering or for a fee. Perhaps you have interest in a start-up business or need a space to build on an existing business.

Here at Elwood St Kilda Neighbourhood Learning Centre we have the ideal learning hub and facilities to help you shine like a bright star. Contact Simone on 9531 1954 to be part of this great sharing knowledge initiative.

Internet Café

Access our computers, printers, photocopier, fax and Wi-Fi at very reasonable rates.
Available Mon- Thurs from 9:30am-4:30 pm & Friday 9:30am-1:30pm.

ASRC- Asylum Seeker Resource Centre Food Bank

We are a drop off point for non-perishables for the ASRC in Footscray. Goods can be donated Mon- Thurs from 9:30am-4:30 pm & Friday 9:30am-1:30pm. We appreciate the generosity of the local community to date.

South Port Day Links- Community transport for locals

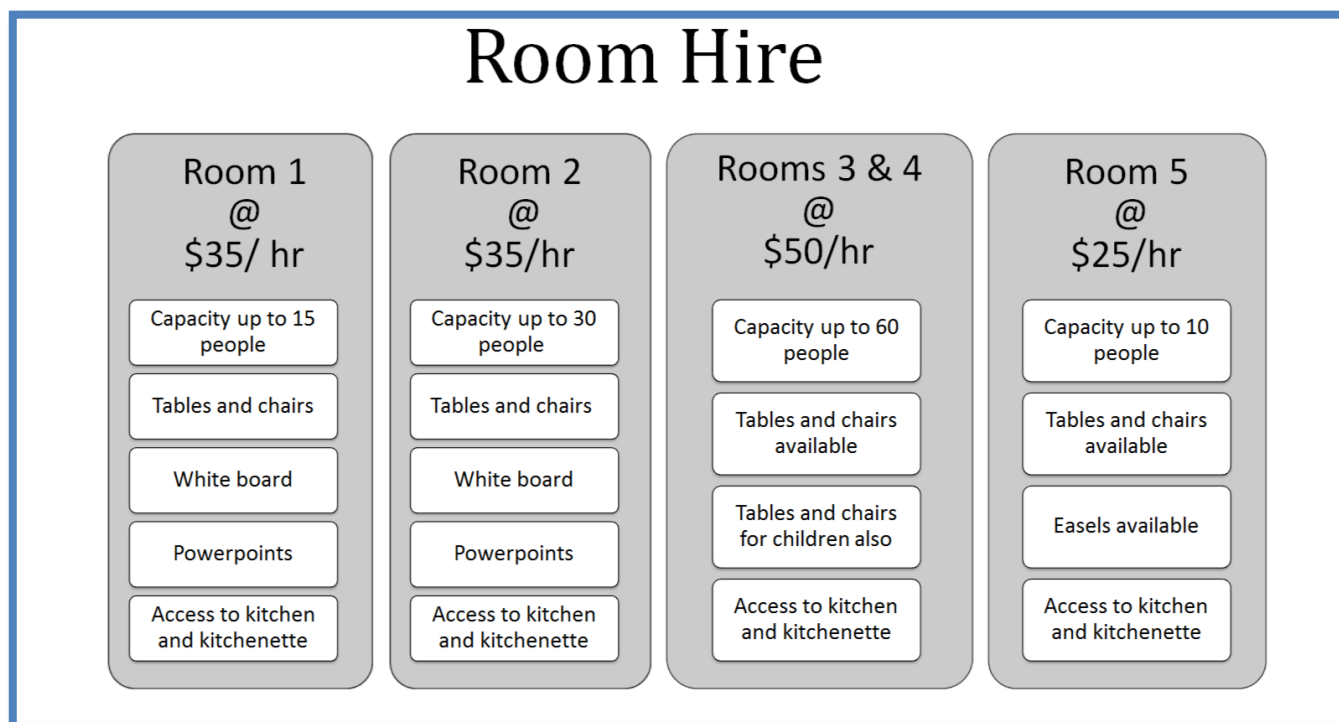
The Day Links service is a door to door community transport program for mature residents, people with a disability and their carers that operate primarily to destinations within the City of Port Phillip. For more info call: 9646 6362

Poet's Garden Community Garden

There are chooks, vegie patches, worm farm and composting. If you're interested in becoming a member contact poetsgardenenquiries@gmail.com

Room Hire

Our facility has 2 classrooms, a computer room and a beautiful Function rooms. You can hire any space for your activity, to celebrate a birthday or to hold a workshop or meeting.
Just book online at: www.esnlc.com.au/room-hire



The graphic is titled "Room Hire" and is enclosed in a blue border. It features four columns representing different room options, each with a price per hour and a list of amenities. Room 1 is \$35/hr with capacity up to 15 people. Room 2 is \$35/hr with capacity up to 30 people. Rooms 3 & 4 are \$50/hr with capacity up to 60 people. Room 5 is \$25/hr with capacity up to 10 people. Amenities include tables and chairs, white boards, powerpoints, and access to kitchen and kitchenette. Rooms 3 & 4 also offer tables and chairs for children and access to easels.

Room	Price	Capacity	Amenities
Room 1	@ \$35/ hr	up to 15 people	Tables and chairs, White board, Powerpoints, Access to kitchen and kitchenette
Room 2	@ \$35/hr	up to 30 people	Tables and chairs, White board, Powerpoints, Access to kitchen and kitchenette
Rooms 3 & 4	@ \$50/hr	up to 60 people	Tables and chairs available, Tables and chairs for children also, Access to kitchen and kitchenette
Room 5	@ \$25/hr	up to 10 people	Tables and chairs available, Easels available, Access to kitchen and kitchenette

Supported Groups

Alcoholics Anonymous

Wednesdays: 6pm-7pm Contact: 03 9429 1833

Adult Children of Alcoholics

Sundays: 5:30pm-7pm. Contact: 0416 946 467

Elwood Book Club

The Book Group is part of Port Phillip Life Activities Club which is for people who are approaching retirement or retired. New members will be made very welcome.

3rd Saturday of the month: 4-6pm. Contact: Carole 0403 933 782

Steiner Play group

Parents with children aged 1-4yo are invited to join our beautiful playgroups that aim to protect and nurture early childhood. We are inspired by the picture of human development given by Rudolf Steiner.

Monday, Tuesdays or Thursdays: 10:00am-12:00pm

For more information: sksplaygroup@gmail.com

Galiamble Men's Recovery Group

Galiamble Men's Alcohol and Drug Recovery Centre is a 24 hour residential alcohol and rehabilitation centre for men located in St Kilda. Art Therapy for this group runs on Mondays at the Centre from 1pm-3pm.

Website: www.ngwala.org.au/galiamble-mens-recovery-centre

Boomerang Bags initiative

This plastic free initiative is set to hit Elwood big time. The community will come together in the interest of environmental sustainability to sew material bags for general use within the local area. More details can be found at: <http://boomerangbags.org>. Meeting here on the 4th Saturday of every month from 1pm-3:45pm



About Us

Vision

To be a warm, vibrant and inclusive hub, supporting, educating and empowering members of the Elwood and St Kilda communities, with links to surrounding communities.

Mission

To provide a quality learning environment and opportunities for community connection through the active commitment of the ESNLC committee, staff, teachers and volunteers.

Overview

ESNLC has provided services to the local community for 32 years. The centre is, among other things a Registered Training Organisation (RTO) conducting accredited and non- accredited vocational training. Literacy, English as an Additional Language (EAL) and various levels of computer training are our strengths. Whilst we rely on individuals to take up our services, we also work in partnership with local employment and social support organisations to develop learning programs that work towards building community resilience and social capital. Learning demonstrably improves people's life chances, mental health and positive community engagement.

Keep up to date.....

- To become a member of ESNLC for just \$1
- To book or register interest in a course or activity
- To teach a course or run an activity
- To suggest a course or club not currently operating
- To find information about holidays and after school programs
- If you can spare us a few hours a week to help as a volunteer





**facebook.com/elwoodstkilda
neighbourhoodlearningcentre**



esnlc.com.au

9531 1954