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Dear << Test First Name >>

Welcome again to the ESNLC Newsletter. Next week, the last term for 2018 starts and we want to share with you all the courses, festivals and other activities we offer at the neighborhood house. Enjoy the reading!

## Elwood Musical Tea Party

An afternoon of good food, great live music and dancing. For many years we have held an afternoon of live music with scrumptious food that warms the heart. Come along and indulge in toe tapping and good conversation that culturally reflects and celebrates the multicultural richness of our seniors.



### WHEN

Thursday 18 October 1.30 pm to  
3.30 pm

### WHERE

Elwood St Kilda Neighborhood Learning Centre,  
87 Tennyson Street, Elwood

### COST

Free with afternoon tea

### BOOKING ESSENTIAL

By phone: 03 9531 1954

By email: [esnlc@esnlc.com.au](mailto:esnlc@esnlc.com.au)

ESNLC has been organising Senior Festival annually since 2012. We invite everyone who is 55+ to our Elwood Musical Tea Party celebrate the

multicultural richness of seniors from our community. Seniors will have the opportunity to enjoy world music from Mexico!

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## Programs & Facilities

### Warrior Kids!

Creating Inspiring Warriors aged 7 – 12. The Warrior Kids program engages and encourages school children to practice gratitude, empathy and develop resilience in a safe & supportive environment.

Resilience is a key theme woven throughout the 10 x 75 minute sessions, empowering children to build their self-esteem and capacity to 'selfregulate' over the course of the program.

**When:** Monday 15th October – 17th December from 4pm-5.30pm  
**Cost:** \$390 per child/per term (\$340 concession fee)



Email: [info@inspiringwarriors.com.au](mailto:info@inspiringwarriors.com.au)  
Or register <https://www.trybooking.com/YFCA>

### Tuning in to Kids

Tuning in to Kids TM is a 6 week parenting program that aims to give parents helpful ways of teaching their children the skills of emotional intelligence.

The program teaches parents awareness and regulation of their own emotions, their children's emotions and skills in assisting problem solving and how to guide children's behaviour with appropriate limits.

**When:** Monday 15th October – 19th November from 7pm-9pm  
**Cost:** \$290 per parent/carers (\$240 concession fee)



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### Computer Skills for your Small Business

Learn computer skills for your small business such as creating a logo, letterhead brochure or newsletter; manage your contacts; manage your cashflow; learn online marketing.

Starting 15th October for 7 weeks. **Mondays 7pm to 9.30pm**

### How to Successfully run an AirBnB

For a room or a whole house. Make the most out of running an AirBnB including the pitfalls and handy tips.

Starting 18th October for 4 weeks. **Thursdays 7-9pm**

More information and booking [here!](#)



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## At ESNLC

### Elwood Breakfast Club

Come and share in the delights of preparing a breakfast for students and visitors to the Neighbourhood House. Get together with other people and share stories and cooking tips while preparing the breakfast then share your wonderful creation with others as they arrive for class or drop in.



If you would like to be involved in preparing these breakfasts contact us on 9531 1954 or just enjoy the food on Tuesday mornings from 23rd October to 18th December.

### 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.

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## Not what you were looking for?

Take a look to out [Term 4](#) brochure for further details.

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 [To find out more about courses and to learn more visit our website:](#)

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