

Technology

iPads and Smartphones

Gain confidence in being able to use the basics as well as some great apps that will enhance your ability to get the most from your iPhone or iPad

Thursday 10:00am - 12:00pm \$60
16 February - 2 March (3 weeks)

Android Devices

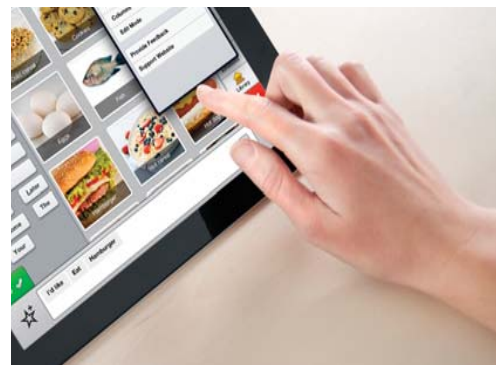
Is your smartphone or tablet still a mystery to you? Gain confidence in being able to use the basics as well as some great apps that will enhance your ability to get the most from your device.

Thursday 10:00am - 12:00pm \$60
16 March - 30 March (3 weeks)

Get Connected!

Book a one-on-one session to answer your technology questions! Suitable for laptops, smartphones, iPads and other tablets. Our tutor will get you on the road to becoming tech savvy! Sessions are 30 minutes, please call to book between the time below.

Thursday 12:30pm - 2:00pm \$30 per session
16 February - 30 March



North Ringwood Community House

The following courses are run by North Ringwood Community House (RTO 6434).

- Cert III in Individual Support (Ageing & Home and Community) CHC33015
- Cert IV in Disability CHC43115
- Cert IV in Leisure and Health CHC43415

New course dates starting in Feb 2017

For more information phone 9876 3421.

Volunteer Gardeners

Have you seen how our gardens are flourishing? With the help of our wonderful volunteers we have established some gorgeous, new edible garden beds.

A special thank you to Park Orchards Garden Supplies and Bunnings for their generous donation of soil, mulch, plants and raised garden beds.

Would you like to help keep our gardens looking beautiful? Ring our office to register your interest.

Tuesday 10:00am - 12:00pm

Children's Courses

Guitar

Our popular guitar course for kids will give your children a great start to learning guitar.

Learn songs from the very first class. Classes run for 45 minutes and are grouped according to ability.

Tuesday 4:00pm - 5:30pm \$120
7 February - 28 March (8 weeks)

Conversational French for Youth

Parlez vous Francais? In this class you will practice speaking and listening in French. Designed primarily for VCE students to provide an opportunity to improve fluency and listening skills.

Monday 5:00pm - 6:00pm \$75
20 February - 27 March (5 weeks)



So you think you can't draw!

This is a wonderful opportunity for children to work with Jenny Wood, artist and published children's book author.

Children will grow in confidence learning drawing and illustrating techniques and improving control. They will be encouraged to use pattern, shading and linework to create unique and beautiful artworks. Most materials included in course.

Session for 6-10 years:

Tuesday 4:00 - 4:50pm \$90
14 February - 21 March (6 weeks)

Session for 10-15 years:

Tuesday 5:00 - 6:00pm \$90
14 February - 21 March (6 weeks)



Kids Yoga

Your child will enjoy creative movement and yoga poses interwoven with stories and games. Yoga for children is fun, imaginative and promotes body awareness. Children also learn relaxation and breathing techniques. Most suitable for early primary school aged children.

Thursday 4:00 - 4:45pm \$120
9 February - 30 March (8 weeks)

Clubs

We have a great variety of FREE clubs on offer at the Centre.

New members are always welcome. Registration required.

Crafternoon - NEW

Whether you have your own project underway or would like to try something new, come along for a friendly chat and work your magic!

Tuesday 1:30pm - 3:00pm (fortnightly)
14 & 28 February, 14 & 28 March

Book Club

A great opportunity to meet new people and discuss your favourite books.

Monday 7:30pm - 9:00pm (monthly)
6 February, 6 March & 3 April

Genealogy

This friendly group meets to research and share knowledge about tracing your family tree.

Saturday 2:00pm - 4:00pm (monthly)
4 February, 2 March and 1 April

Social Walking Group

Get fit walking to new and interesting places, then enjoy lunch afterwards. Lunch is at own cost.

Thursday 10:00am - 2:30pm (monthly)
2 & 23 February, 23 March

Enrolment

Please contact Park Orchards Community House & Learning Centre for a full enrolment form. Alternatively, book your place online or download an enrolment form from www.parkorchards.org.au. Payment can be made in person, by mail, direct debit, or credit card over the phone. We accept Visa, Mastercard, Eftpos, cash & cheques.

Park Orchards Community House & Learning Centre Inc. (ABN:18 790 057 404) is a Registered Training Organisation (4008) and gratefully acknowledges funding support from:

Neighbourhood House Victoria



Manningham City Council



Adult Community & Further Education (ACFE)



Department of Human Services Accredited Training is delivered with Victorian and Commonwealth Government Funding



Government Funded places will be offered to eligible applicants as indicated by the Department of Education and Early Childhood Development.

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Park Orchards Community House & Learning Centre



Term 1, 2017 Courses & Activities 30th January - 31st March

Accredited Training

Certificate III in Education Support CHC30213

This Nationally recognised qualification is designed for people who seek employment as an Education Support Officer, Support Worker (working with children with disabilities) or a Teacher's Aide.

As a qualified Education Support Worker, you can make a valuable contribution to children's development and support both teachers and children within the school environment.

13 February - 9 August 2017
Monday and Wednesday 9:15am - 3:15pm \$2750 (Fee for service) \$2500 (Concession Fee for Service) or \$950 (Funded) or \$350 (Concession Funded)

Certificate III in Early Childhood Education and Care CHC30113

This Nationally recognised qualification enables you to work as an Early Childhood Educator, Kindergarten Assistant, Nanny or in Out of School Hours Care. Once you have this qualification you can commence employment and then if you wish continue working while you study for your diploma.

7 March - 2 November 2017
Tuesday and Thursday 9:15am - 3:15pm \$2950 (Fee for service) \$2700 (Concession Fee for Service) or \$1020 (Funded) or \$364 (Concession Funded)

Diploma in Early Childhood Education and Care CHC50113

This Nationally recognised qualification is targeted towards learners seeking employment in a range of education and care settings, or with school aged children in outside school hours care and vacation programs. Add to the skills and knowledge acquired from your experience working in Early Childhood Education and Care in areas including service operation, programming and building professional partnerships with families.

20 February 2017 - May 2018
Monday 9:15am - 3:15pm
Note: This course is delivered by Pines Learning (RTO 3774) at our Centre.

Certificate IV in Training & Assessment TAE40110

Quality trainers are in demand! Learn to design, deliver and facilitate training programs. Develop the practical skills to be an engaging trainer and assessor in adult learning environments, such as TAFE, a Registered Training Organisation or in the workplace.

Commencing March 2017
\$2550 (Fee for Service), \$2300 (Concession)

Make 2017 a year of learning, wellness and connection. Let us help you to give your New Year resolutions a boost!



Save the Date!
4th of March 2017

St Anne's Strawberry Community Fete

Come and have fun at our annual event.
Stalls, Rides, Entertainment, Food, Fun Run and More!
60 Knees Road, Park Orchards



Busy planting herbs in our new raised garden beds supplied by Bunnings

Childcare

We offer childcare in a warm, caring and friendly environment for children aged 0 - 6 years.

Childcare operates Monday to Thursday during school terms from 9:00am - 2:00pm.

We also offer a pick-up and drop-off service between our Centre and Park Orchards Kindergarten.

Permanent or casual bookings are available.

4 hour session	\$38 per session
5 hour session	\$47 per session
Hourly session	\$15 per hour

*Discounted fees for students

Childcare starts on 1 February

Activity Group

Our Activity Group is an excellent pre-kinder year for 3-4 year old children. Places are limited to a small group of 15 children. The program encourages imagination, creativity and social interaction. Guided by our qualified educators, the program is tailored to meet the developmental needs of all children. This is a full year program running on Friday 9:00am - 12 noon. Commencing 3 February.

\$290.00 per term

OFFICE HOURS

Monday - Friday
9:00 am - 4:30 pm
(Closed on school and public holidays)

572 Park Road (PO Box 68)
PARK ORCHARDS 3114
Phone: 9876 4381 Fax: 9876 3263
pochi@parkorchards.org.au

9876 4381

www.parkorchards.org.au

Taster Courses

These pre-accredited ACFE funded courses offer excellent value and give you a taste of the full training course. This can help to prepare you for work or further study (funded price) or you may want to attend for personal interest (non-funded price).

Beauty Therapy

Ever thought you would like a career in the beauty industry? In this 8 week course you will find out about skin care techniques and working within the retail skin care industry. Learn how to apply professional looking make up and eyebrow tinting. You will gain the practical skills you need to makeover your family and friends!

Wednesday 9:30am - 12:30pm
8 February - 29 March (8 weeks)

Funded \$105
Full Fee \$210



Introduction to Floral Design

Have you always wanted to learn about flower arranging or to pursue a career in floristry? Learn to make beautiful flower arrangements for your home, friends or a special occasion. Every week you will make a different arrangement.

Wednesday 10:00am - 12:30pm
15 February - 22 March (6 weeks)

Funded \$85
Full Fee \$195



First Aid

First Aid for parents of young children

Learn how to respond to an emergency involving babies and young children. Gain the confidence and knowledge to provide CPR for breathing and cardiac emergencies and first aid skills particularly suited to this age group.

This course provides you with a CPR accreditation (HLTAID001).

Tuesday 7 March 9:15am - 1:15pm \$95

Autism Presentations

Jeremy Samson is well recognised for developing the exercise program "Time 2 Train" for people on the Autism Spectrum (ASD). As an adult living with Asperger's, he understands "the frustrations and behaviours of people with ASD. I know how important it is to promote independence through positive reinforcement".

Navigating the Social Puzzle

Jeremy offers a personal insight in to why teens and adults with ASD/Aspergers struggle in environments that require a level of social activity. Discover what can be done to assist individuals to cope better in group situations and the importance of positive mentors to aid growth and independence.

Thursday 23 February 7:00pm - 8:30pm \$20

Intervention Therapy - LUPE

The LUPE Program (learn, understand, practice, experience) was developed by Jeremy to help individuals on the spectrum in all areas of their life including social interaction, self-awareness and communication. Learn how this program can be used as an intervention therapy to help integrate teens and adults better into the community.

Thursday 16 March 7:00pm - 8:30pm \$20

Health and Wellbeing

Anxiety in Children

Jenelle McDonald is psychologist who forms part of a team of highly experienced psychologists from Jigsaw Psychology, an Educational and Developmental Psychology Clinic. They specialise in working with children, adolescents, families and schools to achieve better outcomes with mental health and wellbeing issues.

How do we recognise anxiety in children? Behaviours will often present as tantrums, meltdowns, aggression, or clinginess. When children are under the influence of an anxious brain, they are NOT trying to push boundaries, rather their brain is geared to "high alert". The "flight/fight" response that is part of human evolution can be scary when it is not understood. Jenelle will help you to recognise anxiety early before it becomes problematic.

Thursday 2 March 7:00pm - 8:30pm \$20

Heart Health

What is a heart attack? Why does it happen? Would you know what to do if you, or someone close to you, was having a heart attack? Dr Paul Kertes, Head Cardiologist at Knox Private Hospital, will talk you through the mechanisms of heart attack and discuss some preventative measures to keep your heart healthy. Do not miss this informative talk!

Friday 24 February 2:00pm - 3:15pm \$10

Yoga

Our experienced yoga teachers will help you create better body awareness, build muscle strength, increase flexibility and improve your posture. Classes include physical postures (asana), breathing techniques, relaxation, meditation and mindfulness practices. Great for the mind and the body. We have a number of classes for men and women of all levels so there is sure to be one to suit you!

Gentle

Increase suppleness with this gentle, relaxing practice suitable for all ages and levels of fitness.

Wednesday 9:30am - 10:30am \$135
1 February - 29 March (9 weeks)

Beginners - NEW

A gentle practice suitable for beginners, or those returning to exercise after injury. Gain strength and flexibility.

Wednesday 5:45pm - 6:45pm \$120
8 February - 29 March (8 weeks)

General

Focus on building core strength and back health. This 75 minute class finishes with a long meditation session to reduce stress.

Wednesday 7:00pm - 8:15pm \$150
8 February - 29 March (8 weeks)

General

Increase strength, stamina and flexibility, includes flowing as well as static postures, interwoven with mindfulness practices.

Thursday 7:15pm - 8:15pm \$135
2 February - 30 March (9 weeks)

Vinyasa

An active flowing class to keep you strong, supple and fit. Requires a reasonable level of fitness or some experience with yoga.

Friday 9:15am - 10:15am \$135
3 February - 31 March (9 weeks)

Restorative

Help calm the mind and relax the body. This restorative class is suitable for all levels with a focus on improving posture.

Friday 10:30am - 11:30am \$135
3 February - 31 March (9 weeks)

Craft

Crochet for fun

Get crafty! Our experienced tutor will help you learn and develop the skills and techniques to create beautiful pieces.

Wednesday 7:00pm - 9:00pm \$120
22 February - 22 March (5 weeks)

Crafternoon - NEW FREE CLUB

Whether you have your own project underway or would like to try something new, come along for a friendly chat and work your magic! See back page for details.

Fitness

Our fitness classes are suitable for all levels. Regular group exercise has been shown to improve not only your physical but your emotional health. So what are you waiting for? Try a class today!

Strength Classes

Strengthen your whole body using your body weight and resistance bands. Develop core strength and stability and enhance your fitness and well being.

Mondays 9:15am - 10:15am \$105
6 February - 27 March (7 weeks)
No class Labour Day

Belly Dancing

Learn the art of belly dance with us. Enjoy this ancient dance for body toning, fun and fitness. Develop a stronger core and improve co-ordination.

Tuesday 7:00pm - 8:00pm \$135
31 January - 28 March (9 weeks)

Tai Chi

The soothing tranquil flow of Tai Chi is perfect for developing balanced health for the body and mind promoting good physical and emotional health. Suitable for all levels.

Thursday 9:15am - 10:15am \$120
9 February - 30 March (8 weeks)

Cardio Fit **New**

Get your heart pumping! A fun way to finish your week, get moving and burn calories while improving your heart health.

Friday 2:15 - 3:00pm \$90
17 February - 24 March (6 weeks)

Art



So you think you can't draw!

Jenny Wood is an artist and children's book author who creates beautiful and quirky illustrations. In these workshops you will learn drawing and shading techniques and improve pen control. You will combine pattern drawing and shading to create a unique piece of artwork. Materials included in course.

See back page for Children's classes.

Saturday 4 March 10:00am - 1:00pm \$70

Languages

Conversational French

With our dedicated tutor you will soon be speaking confidently in French!

We have different levels of classes depending on your experience and ability.

Begin with simple conversation and writing skills to develop a basic understanding of the language. As you progress you will learn new structures and vocabulary around different topics. This will extend your range of expression, advance your listening, speaking, reading and writing skills and build confidence in your language use.

Contact us to find out which class will suit you.

Youth **NEW**

Monday 5:00pm - 6:00pm \$90
20 February - 27 March (6 weeks)
See back page for more details.

Beginners

Monday 6:00pm - 7:25pm \$150
6 February - 27 March
(no class Labour Day 13th March, 7 weeks)

Level 1

Monday 7:30pm - 9:00pm \$150
6 February - 27 March
(no class Labour Day 13th March, 7 weeks)

Level 2

Tuesday 6:00pm - 7:30pm \$170
7 February - 28 March (8 weeks)

Level 3

Tuesday 7:35pm - 9:05pm \$170
7 February - 28 March (8 weeks)

Mandarin

Have fun learning basic Chinese expressions, greetings, farewells and numbers. Focusing on oral and listening skills, writing Chinese characters and an introduction to Chinese culture.

Thursday 7:00pm - 8:30pm \$170
9 February - 30 March (8 weeks)

Music

Guitar

Always wanted to learn the guitar, or are your skills a little rusty? Now is your chance to bring out your inner musician, you will be playing tunes in no time. Small class size - maximum of 5 participants, so book now!

Tuesday 5:45pm - 6:30pm \$120
7 February - 28 March (8 weeks)



Nature in Art

Learn how to produce realistic plants, native animals and birds in your watercolour paintings, with our experienced and well renowned artists.

Terry Napier

Terry has been teaching and sharing his talent for over 20 years. Botanical watercolour painting is a realistic, scientifically correct style.

Monday 7:00pm - 9:30pm \$210
30 January - 27 March
(no class Labour Day 13th March, 8 weeks)

Tuesday 9:30am - 12:00pm \$210
31 January - 28 March
(no class 14th March, 8 weeks)

Tuesday 1:00pm - 3:30pm \$210
31 January - 28 March
(no class 14th March, 8 weeks)

Saturday 9:30am - 3:30pm \$210
4 February - 25 March (4 weeks)



Workshop with Terry - Blue Wren

One day workshop learning techniques to bring your bird paintings to life.

Saturday 18 March 9:30am - 3:30pm \$100

David Reynolds

Produce beautiful watercolour paintings using flora and fauna as your subject.

Wednesday 7:00pm - 9:30pm \$180
1 February - 22 March (8 weeks)

Marta Salamon

Create wonderful paintings of your favourite plants using a mixture of watercolours, pencils and gouache.

Friday 1:30pm - 4:00pm \$180
3 February - 24 March (8 weeks)

Park Painters

Park Painters are a group of experienced Nature in Art students who come together to practice and refine their skills.

Participants are self directed as there is no tutor for this group. These sessions are for experienced painters only.

Monday 1:00pm - 4:00pm \$50
30 January - 27 March
(no class Labour Day, 8 weeks)

Thank you to our supporters



A big thank you to our board and volunteers for your wonderful contribution in 2016. In addition we would like to thank the following organisations for their kind and continuous support of our fundraising: Warrandyte Community Bank Branch of the Bendigo Bank, Bunnings, Park Orchards Garden Supplies, The Grand Hotel Warrandyte, Park Orchards Pharmacy, PORA, Park Orchards Lion's Club, Pancake Parlour Eastland, Brumby's Bakery Ringwood North, Baker's Delight Ringwood North, Cafe Orchard and Beauty with Jo.

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