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Park Orchards Community House & Learning Centre



Term 1, 2025 Courses & Activities

New Courses & Workshops



Candle Making Workshop

POPULAR!

Ignite your creativity in our candle-making workshop! Perfect for beginners, you'll work with soy wax, essential oils or fragrances, and dried flowers to craft your own unique candles. Each participant will create two beautiful candles to take home, along with step-by-step instructions so you can continue your candle-making at home. This workshop is also a wonderful opportunity to create thoughtful, handmade gifts for family and friends. All materials are provided.

Saturday 22 March, 10:30am - 12:30pm

\$70

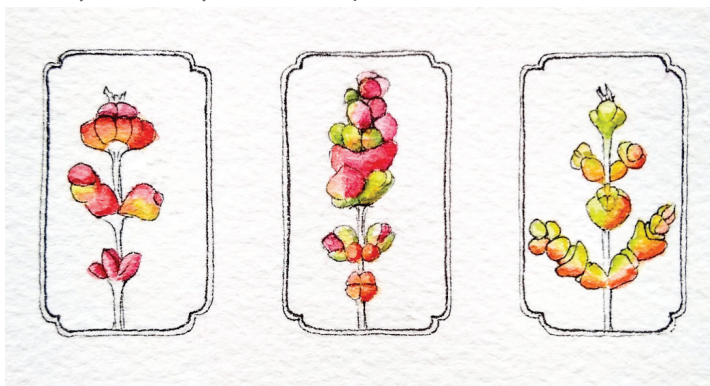


Nature Journaling: From Your Photo Reel to the Page

Have you ever wanted to document the natural world through drawing but weren't sure where to start? Nature journaling might be the perfect way to explore your creativity while observing the beauty around you. This practice combines sketching, writing, and painting to capture the details of nature, and it's a great way to connect more deeply with your surroundings. This workshop focuses on curiosity and observation rather than creating a 'perfect' image, making it a relaxed and enjoyable way to learn. Whether you're new to nature journaling or returning for more practice, this session is open to artists of all skill levels, from beginners to those with more experience.

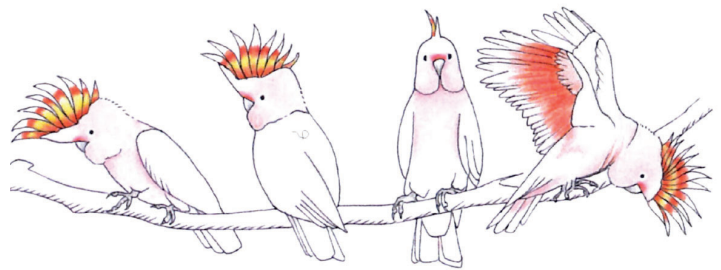
Saturday 22 February, 9:30am - 3:30pm

\$120



Nature Journaling: Birds in Focus

NEW



Explore the art of nature journaling in this workshop dedicated to sketching native birds. Observe and draw their unique postures, vibrant colours, and fascinating behaviours. Using graphite, ink, and watercolour, explore techniques for capturing textures, details, and movement. By the end, you'll have bird sketches, new skills, and confidence to continue journaling and celebrating birds through your art. Suitable for artists of all levels. Some materials included.

Sunday 16th March, 9:30am - 3:30pm

\$120

Come and Try Nature in Art Workshop

POPULAR!



Always wanted to try your hand at this great art form? Under the guidance of artist Peta Harrington, be introduced to the world of botanical art using pencil and watercolour! Explore different techniques such as wet-on-wet, layering, graded washes, and more. Apply these techniques to gum leaves and autumn leaves. By the end of the class you will have some completed artworks to take home! This workshop is particularly designed for people who wish to learn more about natural history art and botanical art, and perhaps even join some of our Nature in Art term courses (see inside for more information on these courses). All materials are provided.

Saturday 8 March, 9:30am - 3:30pm

\$90

Learn Local - Pre-accredited Training



Learn Local courses can help you get the skills you need for study, work and life. Learn Local courses are government subsidised and are offered at low or no cost to eligible Victorian adults. Class sizes are small, with training delivered by highly experienced professionals in a relaxed environment. **Check our website for more details or contact us.**

Write Your Memoir



This course will help you capture your memories in a way that feels real and meaningful, whether you're new to writing or have some experience. With helpful prompts and guidance, you'll work on creating a personal memoir that reflects your unique story. Importantly, there's no pressure to share your writing with others, so you can fully embrace the personal nature of this journey.

Thursday 13 February - 3 April, 1:00pm - 3:00pm, 8 weeks
\$85 (Concession \$50*)

Introduction to Mental Health & Peer Support



Embark on your journey into the mental health industry. Acquire the essential skills needed to form meaningful connections, comprehend individuals' needs, and cultivate collaborative relationships with those facing mental health challenges, and provide peer support. Take the first step towards making a positive impact and pursuing a fulfilling career in this rewarding field. This course is a pathway into CHC43315 - Certificate IV in Mental Health.

Friday 14 February - 4 April, 10:00am - 12:00pm, 8 weeks
\$85 (Concession \$50*)



Floristry



Learn floral design skills, from wrapping and tying to arranging, as you create a variety of beautiful floral arrangements, including charming hand-tied posies, elegant gift boxes, and exquisite corsages. Our hands-on approach ensures you receive practical experience, working directly with a diverse selection of flowers and foliage. This method helps you build both confidence and creativity as you learn to handle and arrange materials with precision and flair. As you progress through the course, you'll refine your techniques and discover new ways to express your creativity through floral design. The fees include all materials and flowers. There is an optional fee of \$30 to receive your own toolkit to keep.

We have two levels available for this program. See below for details.

Introduction to Floristry

Tuesday 10 February - 1 April, 12:30pm - 2:30pm, 8 weeks
\$245 (Concession \$195*)

Level 1

Tuesday 10 February - 1 April, 10:00am - 12:00pm, 8 weeks
\$245 (Concession \$195*)

Preserve Your Memories



Rediscover your cherished memories and bring them to life in new and meaningful ways! This course will guide you through organising, preserving, scanning and copying your photos, negatives, and slides so they can be enjoyed for years to come. You'll learn straightforward photo editing techniques and explore how to take better pictures with your smartphone or camera. Get inspired with creative ideas like designing photo books, personalised calendars, and heartfelt gifts that showcase your treasured moments.

Mondays, 3 February - 31 March, 10:00am - 12:00pm, 8 weeks
\$85 (Concession \$50*)

All Abilities Courses

These courses are specially designed for individuals with additional learning needs. Our activities are tailored to enhance communication, literacy, and numeracy skills, while also fostering resilience, confidence, and friendships for people with disabilities.

- All activities are customised to meet the specific needs and goals of our participants.
- Carers, support workers, and assistance animals are welcome.
- A free trial class is available. Please give us a call to discuss your individual needs!

Let's Cook!

Unlock your culinary potential with our cooking course designed for adults with disabilities. Work with our wonderful trainer to make delicious dishes you can recreate at home such as tacos, pancakes with topping, salads, and more! From kitchen essentials to meal preparation, gain skills in food safety, and food hygiene. Then, at the end of each lesson stay and share a meal with the class! All ingredients included.

Friday 7 February - 4 April, 9:30am - 12:00pm, 9 weeks \$180 per term*

Creative Art

Would you like to explore your creativity and express yourself through art? You'll have the chance to try different materials and mediums such as watercolours, acrylic paints, clay, and more to make your own unique pieces in a fun social and supportive environment. We provide all the materials you need—just bring your imagination!

Friday 7 February - 4 April, 12:45pm - 2:45pm, 10 weeks \$100 per term*



Life Skills

FREE

Designed to support individuals with intellectual disabilities by focusing on a range of practical and social skills, centered around the theme of health and wellbeing. Through a variety of engaging and hands-on activities, participants will build literacy and numeracy skills that are applicable to everyday life. The course aims to foster personal growth, promote healthy choices, and enhance both practical and social capabilities.

Monday 3 February - 31 March, 1:00pm - 3:00pm, 8 weeks
FREE in term 1*

Creative Writing

FREE

Whether you're a complete beginner or an experienced writer looking to refine your craft, you'll find valuable insights and practical techniques tailored to your needs. Over the duration of the course, you'll engage in a variety of writing exercises, participate in interactive workshops, and receive personalised feedback. Our flexible online format allows you to learn at your own pace, making it easy to fit into your schedule.

Commences Wednesday 5 February, self-paced
Flexible online format

FREE in term 1*

*Concession prices for ACFE courses are capped at \$50 tuition per calendar year. Course fees may incur additional costs such as administration, materials, amenities, etc. For more information about the fee structure for pre-accredited courses please speak to one of our friendly staff.

Nature in Art



Natural History painting focuses on accurately portraying the natural world, blending artistic creativity with scientific precision. Artists may use tools like microscopes for detailed accuracy or explore freer wet-on-wet techniques. Subjects are often painted from life, though photographs may assist when necessary. Students are encouraged to experiment with different techniques and mediums, guided by Nature in Art tutors to achieve accuracy while nurturing their unique style.

Visit our website to learn more about our trainers and their unique styles!

Learn more at: www.parkorchards.org.au

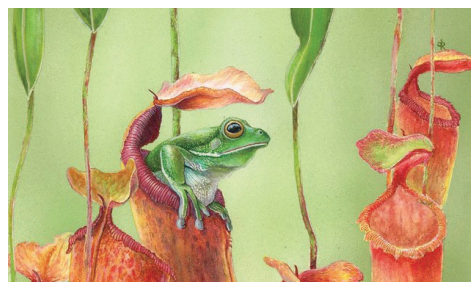
Terry Napier



Join Terry Napier, an accomplished botanical artist and founder of the Nature in Art program, as he shares his expertise in Natural History watercolour painting. Terry has been teaching and sharing his talent for over 25 years. With his gentle and patient teaching style, Terry will guide you in the art of creating realistic depictions of plants, native animals, and birds, while helping you develop skills in painting techniques and colour mixing. Whether you're a complete beginner or an experienced artist, this course is suitable for you.

Monday 3 February - 31 March, 8 weeks
7:00pm - 9:30pm \$270
Tuesday 4 February - 1 April, 8 weeks
9:30am - 12:00pm \$270
1:00pm - 3:30pm \$270
Saturday 15 February - 29 March, 4 weeks
9:30am - 3:30pm (alternate Saturdays) \$270

David Reynolds



David is an award-winning Australian watercolour artist and specialises in Australian flora and fauna, exotic plants and wildlife. His style is described as 'Accurate Realism' and is always looking to portray his botanical and wildlife subjects with the most accurate detail possible yet doing it in a 'painterly' way honouring the watercolour medium. Join him in his structured term classes where he will guide students to hone their craft and explore new mediums all while developing their own unique sense of style in their work.

Wednesday 12 February - 26 March, 7 weeks
12:30pm - 3:00pm \$220

Peta Harrington



Peta will guide you through the techniques to produce realistic Natural History watercolour paintings using flora and fauna as your subject. Suitable for beginners and seasoned artists alike. Peta will work with students at their level to achieve their artistic goals.

Wednesday 12 February - 2 April, 8 weeks
9:30am - 12:00pm \$230
Friday 14 February - 4 April, 8 weeks
9:30am - 12:00pm \$230

Peta McDonald



The integration of Science and Art can be quite alluring. This course is designed to equip you with the skills needed to accurately depict natural subjects through drawing. Whether you are a complete beginner or have some drawing experience, these structured classes will guide you through sketching, shaping with shading, recognising colours and adding texture and detail to your drawings. Starting with graphite and progressing to coloured pencils, you'll be amazed at what you can accomplish with a willingness to explore and experiment!

Tuesday 4 February - 1 April, 9 weeks
7:00pm - 9:30pm \$257.50
Friday 7 February - 4 April, 9 weeks
1:30pm - 4:00pm \$257.50

Children's Art & Craft

Children's Art and Craft Classes

Join us for this course for children aged 7 - 12 years. Come after school for weekly activities in arts and crafts! Each week children will work on projects like macramé, painting, papier mache, and more. Enhance their learning and let them explore new art forms and spark new interests, all the while having fun and making friends! All materials provided.

Tuesday 11 February - 1 April, 8 weeks
4:00pm - 5:30pm \$220



Tutoring



Gain confidence and reach your potential in our supportive small group tutoring environment.

Our tutor specialises in making mathematics, physics and chemistry approachable and exciting for all levels from primary school through to VCE with a focus on the practical applications of the subjects.

Tuesday 4:00pm - 4:50pm
Tuesday 5:00pm - 5:50pm
Tuesday 6:00pm - 6:50pm
25 February - 1 April, 6 weeks \$240

Music

Guitar & Ukulele

Always wanted to learn guitar or ukulele? Bring out your inner musician - play songs from the very first class! No prior experience is needed—just bring your enthusiasm, and you'll be strumming in no time!

Individual and group lessons are available.

Monday or Tuesday, between 3:30pm - 6:30pm
See website for full details

Scones Together FREE



Scones Together is a free, fun monthly event where older citizens can come together for a chat over tea, coffee and delicious scones with jam and cream! Hosted at Warrandyte South Hall, the program promotes social connection in the community, and boasts a range of activities and special themed events for participants. Registrations are essential for this program. To secure your spot, simply reach out to us on 9876 4381 or email enrol@parkorchards.org.au. The upcoming dates for 2025 are listed below.

Registrations essential.

First Monday of the month, 1:30pm - 3:30pm
3 February
3 March
7 April
5 May
2 June
7 July
4 August
1 September
6 October
3 November
1 December



enrol@parkorchards.org.au

Health and Fitness



Regular group exercise boosts both physical health and mental well-being. Join us at Warrandyte South Hall for classes suitable for all levels, led by experienced instructors. Enquire about a trial session today!

Monday



Yoga and Mindfulness

Yoga and mindfulness helps to improve focus and self-awareness. In these classes you will practice Hatha Yoga which involves exploration of breath, postures and meditation to reduce stress and anxiety. This wonderful, inclusive class is suitable for all levels and abilities.

Monday 6:30pm - 7:30pm

3 February - 31 March, 8 weeks

\$130

Tuesday

Yoga

Enjoy this practice which is shown to reduce stress, improve flexibility and mobility. Start your day and week right with this safe, inclusive and encouraging class for all levels of ability.

Tuesday 9:30am - 10:30am

4 February - 1 April, 9 weeks

\$145

Stay Fit/ Live Fit

A fitness class for our 50+ community. Combine strength, fitness and balance training while making friends and having fun. The class will involve resistance exercises, and weight training to help develop self-confidence, flexibility and cardio health.

Tuesday 12:30pm - 1:30pm

4 February - 1 April, 9 weeks

\$100

Belly Dance

This is a low impact class, suitable for all ages. You will learn basic Belly Dance moves to hypnotic and invigorating beats from the Middle East. This class offers the chance to increase your energy, improve your metabolism, improve your cardiovascular system, tone your body, increase fitness and stamina levels, plus so much more. Most of all, it will leave you smiling! 'Yalla' let's shimmy!

Tuesday 7:00pm - 8:00pm

4 February - 1 April, 9 weeks

\$163



Are you a carer? A carer provides unpaid support to a family member or friend with a disability, illness, or age-related care needs. **Carers receive 5% off any course with the Carer Friendly symbol in term 1!**

Wednesday

Yoga

Increase your health and wellbeing with this gentle, relaxing yoga practice suitable for all ages and levels of fitness. Leave feeling uplifted and ready to start your day!

Wednesday 9:15am - 10:15am

5 February - 2 April, 9 weeks

\$154



Thursday

Tai Chi

Tai Chi is a gentle exercise that combines slow, smooth movements to relax both the body and mind, effectively reducing stress and anxiety. This continuous, flowing practice enhances physical balance and flexibility and also promotes mental clarity.

Thursday 9:30am - 10:30am

6 February - 3 April, 9 weeks

\$145



Saturday

Nia Dance Fitness

Nia dance is a unique blend of nine different movement forms and is inspired by elements from the dance arts, martial arts and healing arts. Nia is always about the joy of movement and feeling good, allowing the body to move in fun and free ways that increase well-being and vitality. The class is suitable for any age, no experience necessary.

Saturday 10:30am - 11:30am

8 February - 29 March, 8 weeks

\$130



Clubs and Groups **FREE**

Choose from our range of FREE clubs, facilitated by our dedicated volunteers.

Genealogy

Research and share knowledge about tracing your family tree.

First Saturday 2:00pm - 4:00pm (monthly)

Garden Lovers

Help keep our garden beautiful in the company of other passionate gardeners.

Tuesday 10:30am - 12:00pm (weekly)

Social Walking Group

Explore new and interesting places, enjoy a leisurely walk as you meet new people and enjoy lunch together.

Third Thursday 9:30am - 1:30pm (monthly)

Weekly Walkers

Whether you're seeking relaxation, fitness, or simply the joy of connecting with others, our weekly walks offer a perfect opportunity to enjoy the company of fellow walkers.

Tuesday 9:00am - 10:00am (weekly)

Photography

Engage with fellow photography enthusiasts in inspiring conversations, exchange ideas, and embark on exciting photography adventures together.

First Thursday 7:00pm-8:30pm (monthly)

Book Club

Connect with fellow book enthusiasts and engage in lively discussions about your beloved reads within a welcoming and laid-back atmosphere. Join us to meet new people and delve into the world of your favourite books!

First Monday 7:30pm - 9:00pm (monthly)

Dance it Up!

Enjoy dancing to diverse tunes, meeting new people, light refreshments, and a lively atmosphere at this free monthly event. All are welcome!

Last Monday of each month, 12:30pm - 2:30pm

First meeting of 2025: Monday 24 February

Acknowledgements

Park Orchards Community House & Learning Centre Inc. (ABN: 18 790 057 404, INC: A0011092D) is a Registered Training Organisation (4008) and gratefully acknowledges funding support from:

Neighbourhood Houses Victoria



Manningham City Council



Adult Community & Further Education (ACFE)



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 Training

Vocational Education & Training



Our courses are led by highly experienced trainers with extensive training and industry experience. They possess an in-depth understanding of adult learners, especially those who are returning to study. Our small class sizes provide personalised attention for each student. **UPDATE: Government subsidised places are available regardless of whether you already have a higher qualification.** *To be eligible for Skills First funding, you must be an Australian citizen, or an Australian permanent resident, or a New Zealand citizen and physically present in Victoria while participating in training and assessment.

Certificate III in School Based Education Support CHC30221

Are you interested in assisting children in schools? As a qualified Education Support Worker, you can pursue a fulfilling career in education, playing a vital role in supporting students with diverse learning needs and contributing to their educational journey. You will provide support to both teachers and students within the school environment. This Nationally Recognised Training is ideal for employment as an Education Support Assistant, Support Worker for children with disabilities, or a Teacher's Aide. Additionally, this certificate can serve as a stepping stone for further study in the field of education.

Classes in Ferntree Gully

Commencing 4 February 2025 (Tuesday and Thursday), 9:15am - 3:15pm
Face-to-face or in real-time via Zoom

Classes in Park Orchards

Commencing 10 February (Monday and Wednesday), 9:15am - 3:15pm
Commencing 11 March 2025 (Tuesday and Thursday), 9:15am - 3:15pm
\$438.99 or \$276.85 (concession)*

Certificate III in Early Childhood Education and Care CHC30121

Are you passionate about making a difference in children's early years? Discover a rewarding career that allows you to inspire and shape the future generation. Our nationally recognised and accredited Certificate III in Early Childhood Education and Care is your gateway to becoming an Early Childhood Educator, Kindergarten Assistant, Nanny, or working in Out of School Hours Care. This comprehensive course harnesses your creative and communication skills while providing essential knowledge for nurturing and supporting young children's development. Embark on a fulfilling journey in the early childhood industry and gain the vital skills needed to make a positive impact on young minds.

Commencing 11 February 2025 (Tuesday and Thursday), 9:15am - 3:15pm
Face-to-face or in real-time via Zoom
\$483.76 or \$284.32 (concession)*

Certificate III in Early Childhood Education and Care CHC30121 via Recognition of Prior Learning

Are you interested in attaining CHC30121 Certificate III in Early Childhood Education and Care without attending training? If you are currently working in Early Childhood and hold an earlier Certificate III in Children's Services (CHC30402, CHC30708, or CHC30712) you may be eligible for Recognition of Prior Learning (RPL). Upgrading to this qualification not only recognises your existing skills but also meets the prerequisite for enrolling in a Diploma of Early Childhood Education and Care, paving the way for further career advancement.

This is an individual RPL process with no set intake dates, allowing you to enrol anytime. No class attendance required.

Contact us to find out more.

Diploma of Early Childhood Education and Care CHC50121

Early childhood education offers a fulfilling path where you can make a significant impact on a child's development and character formation. Exceptional Early Childhood Educators have the power to shape a child's future, fostering success, well-being, and a lifelong love for learning. This course covers essential topics such as learning frameworks, child health and well-being, leading educational teams, and much more. Completing the Diploma of Early Childhood Education and Care provides you with the opportunity to advance your career, deepen your knowledge, gain professional recognition, increase your earning potential and make a lasting impact as a leader in the field.

Commencing 7 February 2025 (Friday), 9:15am - 3:15pm
\$537.00*

*See our website or contact us for more information on fees.



NEW Certificate IV in Training and Assessment TAE40122

This nationally recognised and accredited course qualifies you to deliver nationally accredited vocational training in registered training organisations (RTOs), TAFEs, enterprises, community organisations, and schools. You will develop skills in the design, delivery, and assessment of vocation-based training. After completing the course, you will have gained knowledge on how to perform competency-based assessments, develop learning programs based on national training packages, deliver presentations, train groups and individuals, and address learners' language, literacy, and numeracy skills.

Commencing 30 April 2025
(Wednesday), 9:00am - 4:30pm
\$895.50 or \$368.25 (concession)*

NEW Certificate IV in Training and Assessment TAE40122 - Upgrade

Now is the perfect time to upgrade to the latest TAE40122 qualification. Our upgrade program is designed specifically for experienced VET Trainers and Assessors who hold TAE40116 Certificate IV in Training and Assessment and have accrued at least two years of training experience delivering nationally recognised qualifications or units of competency within the past four years. This is an individual RPL process with no set intake dates, allowing you to enrol anytime and complete the process online, with no class attendance required.

\$400 - \$500* (variation based on units eligible for credit transfer)

Would you like to work in Aged Care or Health and Leisure?

North Ringwood Community House offer CHC33021 Certificate III in Individual Support (Ageing) and CHC43415 Certificate IV in Leisure & Health - For more information call 9876 3421. RTO 6434.

Early Learning Centre

At our wonderful centre, your child will be encouraged to explore their imagination, creativity and social skills in a warm, caring, multi-age, friendly environment that offers children a choice of indoor or outdoor play.

Operating Monday to Friday during school terms, our Early Learning Centre welcomes children aged 0-6. We also provide school holiday care to accommodate busy schedules. With both permanent and casual booking options available, you have the flexibility to tailor care to your needs. At our service, we believe in fair and transparent fees - you only pay for the care you use. We do not charge for public holidays or absences (with a minimum of 48 hours notice given).



Benefits of Multi-age group in Early Learning

We have been offering childcare in a multi-age group setting for over 30 years and have found there are many benefits for the children and their families.

- Children develop friendships and engage in learning with peers of various ages and abilities.
- Older children act as mentors, supporting younger ones and fostering responsibility, leadership, and knowledge through teaching.
- Having a sibling at childcare can be comforting and beneficial during arrival and transitioning into childcare.
- Multi-age settings foster a strong sense of belonging and cohesion among children and families.
- Children in multi-age groups build positive relationships that enhance their self-esteem and confidence.
- Our educators focus on children's interests, tailoring programs to their needs and providing ample opportunities for active participation and skill development.

Overall, multi-age group settings reflect the diversity of real-life social interactions, preparing children for future experiences in school, work, and community settings.

Sessions and Fees - 2025

Monday to Friday

8:30 am - 1:00 pm	\$84.50*
8:30 am - 4:00 pm	\$140.90*
Annual Enrolment fee	\$20

A SunSmart hat will be provided to each child.

*Fees listed are before Child Care Subsidy (CCS) has been applied.

School Holiday Childcare Sessions

We offer school holiday care during each of the term breaks throughout the year, on Tuesdays, Wednesdays and Thursdays. Please contact office@parkorchards.org.au or call us for more information on (03) 9876 4381.

Free Child Car Restraint Checking Program

KidSafe Victoria offers a Free Child Car Restraint Checking Program to help parents and caregivers ensure car seats are correctly installed and meet safety standards. Visit their website for details on upcoming sessions and how to book your spot: www.kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program/

Water Safety for Kids

**20 SECONDS
AND A FEW
CMS OF WATER
IS ALL IT TAKES
FOR A TODDLER
TO DROWN**



Water is a big part of life in Australia, from beaches to backyard pools, rivers, and dams. However, drowning is one of the leading causes of accidental death for children under 5. Toddlers can drown in as little as a few centimetres of water, making everyday items like buckets, wading pools, pet bowls, or even melted ice in eskies potential hazards.

Four Steps to Prevent Drowning:

1. **Supervise:** Active adult supervision is essential. For toddlers, this means staying within arm's reach at all times when near water. For older children, ensure an adult is nearby and ready to assist if needed. At events like BBQs or pool parties, appoint a designated adult supervisor to avoid confusion about who is watching the kids.
2. **Restrict Access:** Install barriers such as pool fences or secure play areas to keep children away from water hazards. Keep in mind that children can be resourceful, so barriers should never replace active supervision.
3. **Teach Water Awareness:** Enrol children in water safety and swimming lessons to help them understand water risks and develop essential swimming skills.
4. **Learn CPR:** First aid and CPR skills can be lifesaving in emergencies. Parents and carers are encouraged to take CPR courses and refresh their skills regularly. Display a CPR chart in pool or spa areas for easy reference.

By combining these steps, you can help keep children safe around water while ensuring everyone enjoys Australia's aquatic lifestyle.

Earth Hour 2025



Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights.

Join the movement and take part in Earth Hour in 2025 by switching off on Saturday March 29 at 8.30pm for 60 minutes as a symbolic gesture of solidarity to show they care about our planet's future.

Take #TimeOutForNature. The environment continues to degrade at an alarming rate. Sign up for Earth Hour and take time out to reflect on the incredible benefits nature provides us and create a better future for people and planet!

Learn more: <https://www.earthhour.org.au/>

**572 Park Road
Park Orchards 3114**

9876 4381