

## MIND AND WELLBEING

### **Women's Discussion & Support Group**

Join our weekly women's group where we will discuss a different topic each week. Through this interaction, companionship and support we will cover topics such as dealing with anxiety, relationships, assertiveness and more. Topics will vary depending on the needs of the group. Bookings essential.

**Tuesday**                                      **1:00pm – 3:00pm**                                      **\$3 per session**

### **Meditation \*NEW\***

Join in blissful, creative guided visualization meditations. Release stress and create new pathways in your life in this mediation group. The session comprises of a group guided meditation to music followed by a discussion. Commencing 13 October

**Thursday**                                      **10:00am – 11:30am**                                      **\$10 per session**

## **Term 4 Workshops**

### **Health and Wellbeing Workshop for Seniors week**

Learn how what you eat, the way you move and how you de-stress impacts on your health and wellbeing. Hear from speakers on different topics, see mind and body exercise demonstrations and then enjoy a healthy morning tea.

**Wednesday 12 October**                                      **10:00am – 11:30am**                                      **Free**

### **Christmas Cake Decorating Workshop**

Learn to make amazing edible gifts for your friends and family!

**Friday 18 November**                                      **9:00am – 12:00pm**                                      **\$20 + \$15 materials**

### **Car Maintenance**

BYO car! Learn the basics of car maintenance on your own car. A qualified mechanic will take you through the basics of checking the oil, water, tyres and more. Make your booking through reception.

**Date to be confirmed.**                                      **\$10 per workshop**

*We gratefully acknowledge the support of*



Department of  
Health & Human Services



**Frankston**  
City Council



## **Term 4 2016**

## **3 October – 16 December**

*Helping to create a connected and  
confident community.*

36 Belvedere Road, Seaford  
(PO Box 1057, Belvedere Park LPO 3198)

Phone: 9776 8922 Fax: 9776 8956

Email: [reception@belvedere.org.au](mailto:reception@belvedere.org.au)

[www.belvedere.org.au](http://www.belvedere.org.au)

**Office hours: Monday – Friday 9am – 3.30pm**



# General Information

## About Us

Belvedere Community Centre Inc. (BCC) grew from humble beginnings in 1975 and moved into the current premises in 1991. We provide recreational and educational programs, as well as personal and social development programs.

## Volunteers

BCC relies on the generous support of volunteers to assist with daily operations, general office duties and special events. If you are able to offer some of your time to BCC it will help to share the work load. Volunteering is a great way to meet new friends and learn new skills.

## Program Information

### Enrolments

Enrolments for classes need to be confirmed by payment in full. If you have financial difficulties we can organise a regular payment option. Classes are subject to sufficient numbers.

To be eligible for our government funded training places you must be an Australian Citizen / Australian Permanent Resident or New Zealand Citizen.

### Fees

MEMBERSHIP FEE: The Belvedere Community Centre Inc. is an incorporated Association. All participants involved in program/activities are required to be members of the Centre. The annual membership of \$5 must be paid at the beginning of the New Year for renewals or at the time of enrolment.

### Refunds

We regret that classes with low enrolments may be cancelled or deferred and you will be advised by telephone prior to the commencement of the class.

**The membership fee is not refundable.**

### Public Holidays

Classes will not run on Public Holidays. School holidays have special arrangements. Please ask at the office if your class is affected by School Holiday programming.

### Special Needs

Arrangements will be made where possible to integrate students with special needs. Ask at the office when enrolling.

**Disclaimer:** All details in this brochure were correct at the time of printing. BCC Inc. takes no responsibility for changes in details or incorrect information.

## Book Club - evening

Do you enjoy reading? Come and join our monthly book club where you can join in great conversations, share your thoughts and opinions while enjoying a cuppa. You need to be a member of Frankston Library Book Club (\$75 or \$50 conc.)

**1<sup>st</sup> Wednesday of each month      7:00pm – 9:00pm      \$2.50 per session**

## Cake Fun

Learn from Helen, our amazing tutor how to make stunning decorated cakes. Learn different skills such as piping, sugar flowers, cake covering, figure work and more. No experience needed. Contact reception for program & material list.

**Wednesday 19 October -7 December**

**9:00am – 12:00pm      \$160 + \$60 materials  
Individual sessions \$20 + \$10 materials**

## Mum's Corner

BYO craft, share a craft, learn a craft! Come and join other mum's and work away while the children play in our playroom. Fortnightly sessions – check with our office. Fortnightly from 13 October

**Thursday (fortnightly)      10:00am – 12:00pm      \$5 per session**

## Seaford Seaside Sewers

Come and join a likeminded group of quilters/patch workers. We can help you learn beautiful new stitches and patterns or work on your own project.

**Friday      1:30pm – 4:30pm      \$5 per session**

## Belvedere Bookworms

Do you enjoy reading? Come and join our monthly book club where you can join in great conversations, share your thoughts and opinions while enjoying a cuppa. You need to be a CAE member (\$140 or \$86 concession)

**4<sup>th</sup> Friday of each month      12:00pm – 2:00pm      \$2.50 per session**

## Australian Breastfeeding Association

Our friendly group of mums meet monthly to support each other through parenting and breastfeeding challenges. This group is run by qualified breastfeeding counsellors.

Enquiries: Julia on 0401 186 089 or email [aba.carrumdowns@gmail.com](mailto:aba.carrumdowns@gmail.com)

**1<sup>st</sup> Monday of month      1:00pm – 2:30pm**

**3rd Wednesday of month      12:30pm – 2:30pm**

### **Microsoft Office** (ACFE funded)

This is a great program if you are thinking of returning to work or study. Using either a lap top (bring your own) or desk top computer, you will learn to use Windows 10, internet, email and other office equipment.

**Thursday**                      **12:00pm – 2:00pm**                      **\$79 per term**

### **Computers for Beginners** (ACFE funded)

Not sure where to start? Do you need to gain some basic computer skills and learn how to navigate your way around the computer? Shirley can help you learn what you need to know in this small group.

**Thursday**                      **2:00pm – 4:00pm**                      **\$79 per term**

## **ADULT PROGRAMS**

### **Craft N Cuppa**

BYO craft, set time aside to finish projects or start new ones while sharing your skills and friendship.

**Monday**                      **9:30am – 11:30am**                      **\$2.50 per session**

### **Acrylic Painting**

Learn acrylic painting with Sousan, an accomplished artist from Iran. From beginners to those wanting to learn more, this class will help develop your artistic skills.

**Monday**                      **1:00pm – 3:00pm**                      **\$10 per week**

### **Games Galore**

Fun for everyone! Join in Scrabble, Rummy-O, Cards or Yahtzee to name a few. Come down and join in.

**Monday**                      **12:00pm – 2:00pm**                      **\$2.50 per session**

### **The Art of Painting**

Explore your creative and artistic talents. Gillian, our art tutor has many years of experience teaching and encouraging our students to be the best artists they can be! Bookings essential for this class.

**Tuesday**                      **9:30am – 12:00pm**                      **\$90 per term**

## **CHILDREN'S PROGRAMS**

### **Mini Maestros**    **\*NEW\***

A fun music program for pre-school children 2-4 years. Learning music helps children's development – listening skills, speech & vocabulary, memory & more.

**Monday**                      **9:30am – 10.15am**                      **\$10 per child per session**

### **Playgroup**

Families are welcome to come and play and socialise in our child friendly area with toys, equipment and craft activities. All ages welcome.

**Monday**                      **10:15am – 12:00pm**                      **\$2.50 per session**

**\*Free if you have attended Mini Maestros**

**Wednesday**                      **10:00am – 12:00pm**                      **\$2.50 per session**

### **Messy Playgroup**    **\*NEW\***

For children 6 months to 4 years! Come and enjoy some messy fun with your babies, toddlers and preschoolers. Cloud dough, painting, sensory bins, slime and more. Bring old clothes or smock. **Bookings essential.**

**1<sup>st</sup> Wednesday of the month**                      **\$10 per session**

**Family discount available**

### **My Time Playgroup**

This playgroup provides support for parents, grandparents and carers of children with a disability or chronic medical condition. Enquiries: Tina on ph: 0409 542 238 Fortnightly from 6 October.

**Thursday fortnightly**                      **9:30am – 12:00pm**

### **Bubs Club**

Mums and Dads are encouraged to come and meet with other parents and babies. Come and have a coffee while the baby plays.

**Thursday**                      **1:30pm – 3:30pm**                      **\$2.50 per session**

### **Tiny Tots Story Time**

Stories, songs and music for 0 – 2 yrs, supported by Frankston Library. Lots of fun and laughter!

**Friday**                      **9:30am – 10:00am**                      **Free**

### **Stay and Play**

Stay after Tiny Tots Story Time and enjoy a cuppa and a chat while your child enjoys our fun playgroup area.

**Friday**                      **10:00am – 12:00pm**                      **\$2.50 per session**

## **EXERCISE PROGRAMS**

### **Tai Chi Moves**

Fun, energizing, flowing Tai Chi class in a small group setting. An effective means of alleviating stress and anxiety and considered a form of meditation in motion promoting serenity and inner peace.

<b>Tuesday</b>	<b>1:30pm – 2:30pm</b>	<b>\$8 per session</b>
<b>Wednesday</b>	<b>2:15pm – 3:15pm</b>	

### **Flow on Effect**

No matter how young or old you are, maintaining your muscle and bone strength is vital. Our trainer will ensure everyone's needs are met in this fun fitness program.

<b>Wednesday</b>	<b>1:00pm – 2:00pm</b>	<b>\$8 per session</b>
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### **Circuit Moves**

Improve your fitness and health while working through a series of exercise circuits. All ages and fitness levels welcome.

<b>Thursday</b>	<b>9:30am – 10:30am</b>	<b>\$8 per session</b>
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**Buy a 6 session exercise pass for only \$40! \*NEW\***

### **Seaford Laughter Yoga Club**

Experience the fun of a Laughter Yoga session! A complete aerobic class with gentle stretching, breathing, relaxation and laughter exercises. Health benefits for immune function, blood oxygenation, improved blood pressure. Suitable for everyone of any age and ability.

<b>Thursdays</b>	<b>11:00am - 11:45am</b>	<b>\$3 per session</b>
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## **ADULT LANGUAGE PROGRAMS**

### **ENGLISH**

#### **Improve your English -- Beginner** (ACFE funded)

For people beginning their English language learning journey for everyday life or the workplace. Includes alphabet, pronunciation and numbers as well as speaking and reading simple sentences. Develop confidence in our small supportive group.

<b>Wednesday</b>	<b>11:30am – 1:30pm</b>
<b>Friday</b>	<b>11:30am – 1:30pm</b>

#### **Improve your English – Intermediate** (ACFE funded)

Build your English language skills in grammar, conversation and writing in a small group setting. This course will provide hands on, practical activities to improve your English in a wide variety of everyday situations including in the workplace.

<b>Wednesday</b>	<b>9:00am – 11:00am</b>
<b>Wednesday</b>	<b>7:00pm – 9:00pm</b>
<b>Friday</b>	<b>9:00am – 11:00am</b>

#### **Foundation Skills** (ACFE funded)

This course is a great opportunity to improve your rusty skills when moving into the workforce or further study. Improve your reading fluency, handwriting and maths skills.

<b>Friday</b>	<b>1:30pm – 3:00pm</b>
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*To enrol, new students must meet with the ESL tutor. To make an appointment please ring the office on ph: 9776 8922*

#### **Fees for all English classes:**

- \$35 per term if Australian resident
- \$60 per term if not Australian resident

### **FRENCH**

#### **French for Beginners**

Always wanted to speak French? Are you intending to travel? Sylviane will teach you the foundations, the fundamentals and the phrases you need to know when you get off the plane. 3 October – 12 December (11 weeks)

<b>Monday</b>	<b>6:00pm – 8:00pm</b>	<b>\$176 per term</b>
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#### **French – Intermediate**

Join this fun interactive class where you will continue to develop your French fluency. Our small class size gives everyone a chance to practice and progress with this beautiful language. 5 October – 14 December (11 weeks)

<b>Wednesday</b>	<b>6:00pm – 8:00pm</b>	<b>\$176 per term</b>
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## **COMPUTER CLASSES**

#### **Keeping up with Technology** (ACFE funded)

Learn to use different applications on your computer in a small group setting. Use text, email, Facebook, Skype, photos and more.

<b>Thursday</b>	<b>9:30am – 11:30pm</b>	<b>\$79 per term</b>
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