

HUME CITY COUNCIL

# WHAT'S ON

## at Homestead Community and Learning Centre

**TERM 3**  
Commences 12 July

### Mondays



#### Tai Chi

**11.00am–12pm**

Designed for strength training this low impact exercise program is suitable for all ages and abilities. This program can be done seated or standing. Bring a towel and water.

**Commencing Monday 26 July (8 weeks)**

**Cost: \$80, \$72 concession**



#### Job Skills – Be Work Ready!

**10.30am–12.30pm**

Looking for work, to change jobs, or upskill? Enrol now. This course will cover key areas important to help you find employment - covering communication, teamwork, problem solving, planning and organising, and technology. You will also learn about writing effective cover letters, resumes and job applications and responding to key selection criteria.

**Commencing Monday 12 July (10 weeks)**

**Cost: \$65, Free for concession card holders**

*This course is ACFE subsidised.*



#### Women's Support Group

**10.30am–12.30pm**

Led by the Vietnamese Women's Group, this group is open to all women. A safe space to share conversation and social opportunity for older women.

**Commencing Monday 12 July (10 weeks)**

**Cost: Free**



#### Women's Dance Meditation

**12.30–2pm**

Music and dance become a doorway into joy, relaxation and awareness. Join likeminded women and enjoy this barefoot Dance Meditation. Wear light comfortable clothes and enjoy a social gathering following the class. Bring a towel and water bottle.

**Commencing Monday 12 July (10 weeks)**

**Cost: Free**



#### Sewers, Makers and Menders

**10.30am–2pm**

Partnering with the North West Sew'n'Sews, this group is for those wanting to share their sewing and mending skills or wanting to work on their sewing projects in a social setting. We will provide the venue and shared sewing machines for those who do not have their own. Bring your lunch.

**Commencing Monday 19 July, 1st and 3rd Monday of every month**

**Cost: Free**



#### Children's Yoga (ages 7+)

**6.30–7.30pm**

Yoga helps kids achieve a sound mind in a sound body by exercising the body and calming the mental spirit. Yoga functions as a release valve that alleviates pressure and as a foundation to nurture and develop a resilient and resourceful body, mind, and spirit. Please bring a mat, towel, and water.

**Commencing Monday 26 July (8 weeks)**

**Cost: \$72**

## Tuesdays



### Cake Decoration and Sugar Art

6–8pm

This course will inspire your creativity. Learn to work with fondant and butter cream to create amazing edible art to decorate cakes for family and friends.

Details of the term structure and list of requirements are available from our office. This course is suitable for beginners to intermediate level.

**Commencing Tuesday 27 July (8 weeks)**

**Cost: \$94, \$85 concession**



### Belly Dancing

6.30–7.30pm

This class will introduce participants to the rich repertoire of moves that make belly dance a beautiful and expressive art form, focussing on seven core movements. Suitable for absolute beginners and dancers wanting to refine the basics.

**Commencing Tuesday 12 July (10 weeks)**

**Cost: \$100, \$90 concession**

## Wednesdays



### Weekly Community Lunch

11.30am–1pm

Join the Homestead Team, along with members of the community, enjoy a hot bowl of hearty soup. Share lunch and get to know others in a friendly social setting.

**Commencing Wednesday 14 July**

**Cost: Free**



### Strength Training

1.30–2.30pm

Improve your fitness, coordination, strength, flexibility and balance to the beat of great music from the 60s-80's. The class concludes with Pilates exercises for core strength, which can be done on your mat or a chair... gentle stretching and mindfulness concludes the class. Please bring a mat, towel, and water bottle.

**Wednesday 28 July (8 sessions)**

**Cost: \$80, \$72 concession**



### Open Dance Meditation

6.30–8pm

Music and dance become a doorway into joy, relaxation and awareness. Barefoot Dance Meditation is open to all members of the community. Wear light comfortable clothes and enjoy a social gathering following dance. Bring a towel and water bottle.

**Commencing Wednesday 14 July (10 weeks)**

**Cost: Free**

## Fridays



### Yoga

9.30–10.30am

An active workout that incorporates posture, movement, breathing exercises, relaxation and meditation. Please bring a mat, towel and water.

**Commencing Friday 16 July (10 weeks)**

**Cost: \$100, \$90 concession**

## Homestead Gallery for Hire

Available for hire, the Homestead Gallery is an ideal venue for parties, meetings and small events.

**For booking information please contact: 9205 2760 or [homestead@hume.vic.gov.au](mailto:homestead@hume.vic.gov.au)**

## Introduction to Horticulture



This course provides practical skills in home gardening and basic horticulture with a focus on food production.

The course includes home composting, mulching techniques, organic pest control and growing herbs in raised garden beds and pots.

**Course 1:** Commencing Saturday 31 July 9.30am–1.30pm (3 weeks)

**Course 2:** Commencing Saturday 11 September 9.30am–1.30pm (3 weeks)

**Cost: \$65, Free for concession card holders**

*This course is ACFE subsidised.*

## English as an Additional Language (EAL)



Learn English with qualified tutors in a friendly environment catering to all language levels. These classes are designed to build confidence in English reading, writing, listening and speaking skills.

New learners will be required to attend a language assessment interview. Please make an appointment for assessment and enrolment. This is a pathway program to further study and/or employment.

**Beginners classes:** Tuesdays and Fridays 9.30am–1pm.

**Intermediate classes:** Tuesdays and Thursdays 10am–1pm (Group A) or 6.30pm–8pm (Group B).

**Advanced classes:** Wednesdays and Fridays 9.30am–1pm.

**Commencing Tuesday 13 July (10 weeks)**

**Cost: \$65, Free for concession card holders**

*This course is ACFE subsidised.*

## Special Events

### Women's Circle World Café

**7.30–9pm**

Ladies Night – An opportunity to discuss how we can work together to improve and provide more programs and activities for women in the Roxburgh Park community. Help contribute to the Homestead Team planning for the future. A delicious supper will be provided.

**Wednesday 20 July 2021**

**Cost: Free**

### Men's Night at the Homestead

**7.30–9pm**

Join us for a hot meal and a workshop that explores the pressures on men and boys in Australia, and how we can actively promote their health and wellbeing, whilst learning more about respect and equality in our relationships.

**Wednesday 4 August 2021**

**Cost: Free**

### Open Garden and Adult Learners Week

**1–3.30pm**

Visit the Homestead Community Garden and learn about community gardening and sustainability initiatives and how you can get involved. Lots of activities, food and giveaways to enjoy.

**Sunday 5 September 2021**

**Cost: Free**

## Homestead Community and Learning Centre

30 Whiltshire Drive, Roxburgh Park 3064



# Extended programs at Greenvale West Community Centre

## Wednesdays



### Yoga

7–8pm

An active workout that incorporates posture, movement, breathing exercises, relaxation and meditation. Please bring a mat, towel, and water.

Commencing Wednesday 21 July (9 weeks)

Cost: \$90, \$81 concession

## Thursdays



### Freestyle Dance Movement

6.30–7.30pm

Dancing is a great way to get fit with a smile on your face. This program combines versatile rhythms with energetic movement and dance routines. This program will develop your coordination and increase your cardio. Please bring a mat, towel, and water.

Commencing Thursday 22 July (9 weeks)

Cost: \$91, \$81 concession



### Pilates

9.30–10.30am

A low impact exercise that helps to strengthen muscles while improving postural alignment, balance and provides an overall sense of wellbeing. Please bring a mat, towel, and water bottle.

Commencing Thursday 15 July (10 weeks)

Cost: \$100, \$90 concession

## Greenvale West Community Centre

7 Ventura Way, Greenvale 3059



**Term 3 classes: Monday 12 July until Friday 17 September 2021.**

**To register for our programs, you will be required to complete an Enrolment Form and make payment prior to the commencement of classes.**

**For more information or to register for our programs, please call 9205 2760 or email [homestead@hume.vic.gov.au](mailto:homestead@hume.vic.gov.au)**