

HUME CITY COUNCIL

# WHAT'S ON

## at Homestead Community and Learning Centre

TERM 2  
Commences 26 April

### Mondays



#### Tai Chi for Health

10.30–11.30am

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 bottle.

Commencing Monday 2 May (7 weeks)

Cost: Free



#### Employability Skills for Women

10am–1pm

Looking for work, to change jobs or upskill? This ten-week 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.

This program will be facilitated by a professional life coach who is qualified in Business Management.

Commencing Monday 2 May (10 weeks)

Cost: \$65

\*week 1 and 2 will run from 10am - 2.30pm

Free for concession card holders



#### Vietnamese Cultural Support Group

10.30am–3pm

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

Commencing Monday 2 May (8 weeks)

Cost: Free



#### Relaxation and Mindfulness for families

7–7.45pm

To effectively combat stress, you need to activate your body's natural relaxation response. Techniques such as deep breathing, visualisation and meditation, can help. Join our qualified trainer who will guide you and any family members through a relaxation and mindfulness practice every Monday evening via Zoom.

Commencing Monday 2 May (8 weeks)

Cost: Free

Registration essential

## Homestead Community and Learning Centre

30 Whitshire Drive, Roxburgh Park 3064

For booking information please contact:

9205 2760 or [homestead@hume.vic.gov.au](mailto:homestead@hume.vic.gov.au)



## Tuesdays

New



### Fit and Strong Women

6.15–7.15pm

Exercise to music classes that are great fun and include aerobics for fitness, resistance bands for strength and bone density and Pilates style for core strength and flexibility.

Please bring a towel and water bottle.

Commencing Tuesday 26 April (6 weeks)

Cost: \$60, \$54 concession

Free for seniors

### 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 enrollment. This is a pathway program to further study and/or employment. \* (ACFE)

Commencing Tuesday 26 April (10 weeks)

Cost: \$65

Free for concession card holders

Tuesday and Friday - 9.30am-1pm

EAL Beginner

Tuesdays and Thursdays (Day) - 10am-1pm

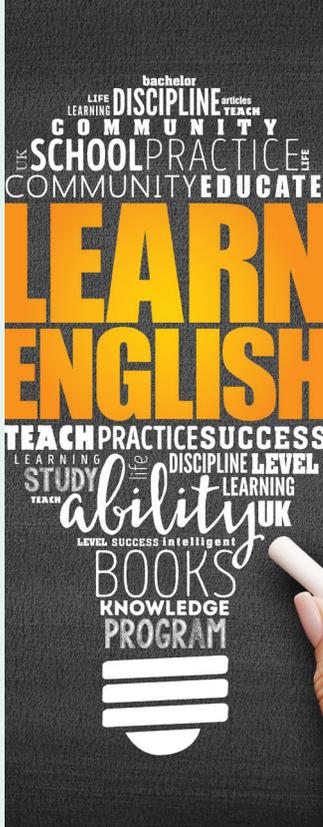
EAL Intermediate Conversation

Tuesdays and Thursdays (Evening) - 6:30-8pm

EAL Conversation

Tuesdays 1.30-3pm

EAL for School Hub Parents English as an Additional Language (EAL)



## Wednesdays



### Homestead Walking Group

9.30–10.30am

In partnership with DPV Health, volunteer leaders will meet at the Homestead for a 30–45-minute medium paced walk. We encourage you to walk at the pace that you are most comfortable with and if necessary, seek advice from your GP on whether walking is suitable for you. Please wear comfortable clothing, sturdy walking shoes and bring a water bottle.

Commencing Wednesday 27 April (8 weeks)

Cost: Free

### Homestead Community Cafe

10.30–11.30am

Open to the whole community, join in after your walk with the walking group, or come along and join us for a social morning tea.

Commencing Wednesday 27 April

Cost: Free



### Homestead Community Lunch

11.30am-1pm

Join the Homestead Team, along with members of the community, enjoy a light lunch in the company of others in a friendly social setting.

Lunch will be prepared by the Northern Turkish Women's Association.

Commencing Wednesday 1 June

Cost: Free

## Thursdays



### Stay Stronger for Longer

**1.30–2.30pm**

For older adults 50+

This is an exercise program developed by physiotherapists to maintain and improve your fitness, strength and balance, and reduce the risk of falling as we get older. The program is able to be done seated or standing. Great for your brain and body! Please bring a towel, and water bottle.

**Commencing Thursday 18 May (6 weeks)**

**Cost: \$60, \$54 concession**

**Free for seniors**



### Finding Inner Happiness

**6.30–8.30pm**

Increase your confidence and wellbeing. Look after yourself and learn how to become a better you and find your inner happiness. Participants will gain self-esteem and be able to interact in social situations.

**Commencing Thursday 19 May (4 weeks)**

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

## 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 bottle. Please note this session is online via zoom.

**Commencing Friday 6 May (10 weeks)**

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

**Registration and Payment Required prior to class commencement**



### Generation Men

**6.30–8.30pm**

Men are expected to be tough, strong and unemotional, yet they are the biggest group of people who suffer mental health issues. Many men suffer in silence, become anxious, depressed and even suicidal.

There is a lot of pressure placed on some industries, physically demanding tasks, long hours and high responsibilities for their families. In this workshop we will look into various situations, causes, triggers and possible solutions. The workshop aims to support men by offering direct assistance like information, conversations and advice.

**Hot Meal provided for this session.**

**Commencing Friday 3 June (4 weeks)**

**Cost: Free**



### Introduction to Early Childhood

**9.30am–2pm**

Do you want to work with children in childcare and kindergarten?

This course in early childhood education is designed to support learners want to know more about this career path, and supports learners with low literacy and numeracy skills. If you are interested in completing further studies in early childhood education this course is for you.

In this course, you will learn about the industry, creating a safe environment for children, duty of care and mandatory reports – plus much more.

**Commencing Friday 20 May (10 weeks)**

**Cost: \$65**

**Free for concession card holders**

## Special Events

### Introduction to Horticulture

9.30am–2.30pm

This course provides practical skills in basic horticulture and gardening with a focus on food production. Topics to be covered will include composting, mulching techniques, organic pest control and growing herbs in raised garden beds and pots.

**Monday 2, Tuesday 3, Thursday 5 May 2022**

**Cost: \$65**

**Free for concession card holders**

### Neighbourhood House Week

11am–1.30pm and 5.30–7pm

To celebrate Neighbourhood House week, we are opening our doors and invite you to come in and discover what is on offer at our Centre. Join us for a chat or participate in one of our activities or demonstrations. Enjoy a cuppa or some freshly made hot soup. Full details published closer to the date.

**Wednesday 11 May 2022**

**Cost: Free**

### Women's Circle Dinner

6.30–8.30pm

Women and Relationships delivered by Juno Since 2002, Juno (formerly known as WISHIN) has been working with women and gender diverse people in Melbourne's north who are experiencing homelessness or family violence. Topics of interest include:

- Impact of relationships changing
- Unsafe relationships – family and intimate partner violence
- Resources & information access points

**Wednesday 22 June 2022**

**Cost: Free**

## 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)**

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