

HUME CITY COUNCIL

What's On Homestead Community and Learning Centre – Term 1

Mondays



Tai Chi for Health

Tai Chi is practiced as meditative movement for many reasons... to relieve stress, improve balance, strength, bone density, and reduce the risk of falling. It is suitable for all ages and can be practiced seated or standing. Please bring a towel and water.

Beginners

Commencing Monday 6 February (8 weeks) | 10am–11am

Cost: \$60, \$54 for Concession, Free for Seniors

Intermediate

New

Take your knowledge and ability to the next level in our Intermediate Tai Chi class. Perfect for those who have completed Tai Chi for Beginners or those who have practiced the art before, it is suitable for all ages and can be practiced seated or standing.

Commencing Monday 6 February (8 weeks) | 11.15am–12.15pm

Cost: \$60, \$54 for Concession, Free for Seniors



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 a social opportunity for older people.

Commencing Monday 3 October (8 weeks) | Cost: Free



Relaxation and Mindfulness for the Family

7pm -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 your family through a relaxation and mindfulness practice every Monday evening via Zoom.

Commencing Monday 6 February (8 weeks) | Cost: Free



Registration and payment for all programs must be completed prior to attending



Tuesdays



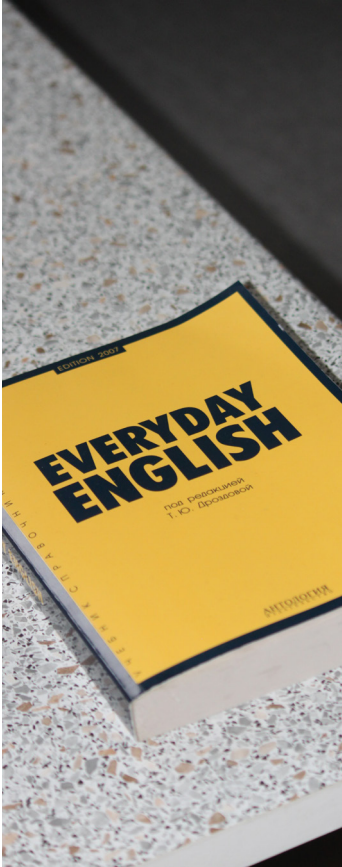
Keep Fit and Strong

10am–11am

Gentle exercise for adults. This program will improve your fitness, core strength, flexibility and aerobic capacity all to the beat of great music. Please bring a towel and water bottle

Commencing Tuesday 7 February (8 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 enrolment. This is a pathway program to further study and/or employment.

***This is an ACFE Government funded course*

Commencing Tuesday 7 February

Cost: \$65, Free for concession card holders

EAL Beginner

Tuesday, Wednesday and Friday, 9.30am–12.30pm (9 weeks)

EAL Conversation Intermediate

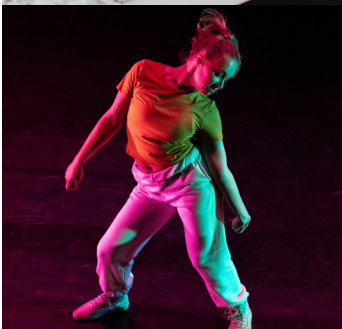
Tuesdays and Thursdays, 9am–2pm (9 weeks)

EAL Beginner at Kalkallo Community Centre

Tuesdays, Wednesdays and Fridays, 1.30pm–4.30pm (9 weeks)



33 Toyon Road Kalkallo 3064



Women's Dance Meditation

12.30pm–2.30pm

Join like-minded women and enjoy this barefoot Dance Meditation, no meditation or dancing experience is needed. This is a space where the dance becomes a doorway into joy, relaxation and awareness. Wear light comfortable clothes and enjoy a social gathering following the class. Bring a towel and water.

Commencing Tuesday 7 February (9 weeks) | Cost: Free



To book contact Homestead Community and Learning Centre



30 Whiltshire Drive, Roxburgh Park 3064



9205 2760



homestead@hume.vic.gov.au



hume.vic.gov.au/homestead



Wednesdays



Prime Movers

1.30pm–2.30pm

This exercise program, developed by physiotherapists can maintain and improve your fitness, strength and balance, reduce the risk of falling and improve bone density. The exercises can be done seated or standing. Great for your brain and body! Please bring a towel and water bottle.

Commencing Wednesday 8 February (9 weeks)

Cost: \$60, \$54 concession | Free for seniors



Homestead Walking Group

9.30am–10.30am

Enjoy some fresh air, beautiful gardens and meet other locals. In partnership with DPV Health, volunteer leaders will meet at the Homestead for a 30–45 minute 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 8 February (9 weeks) | Cost: Free



Weekly Community Lunch

11.30am–1pm

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 and in partnership with DPV Health. Bookings required

Commencing Wednesday 8 February | Cost: Free

Thursdays



Expression of Interest - Belly Dancing

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.

Times available:

1pm–2pm

6:30pm–7:30pm

Please register your interest and preferred time with our office on **9205 2760**



**Registration and payment for all programs
must be completed prior to attending**



Special Events



Let's Grow Hume

1pm–2.30pm

Come along and join us and Thom Fox at Homestead Community Garden for a range of activities including making newspaper seedling boxes, exploring worm farms, sowing seedlings and much more.

Saturday 18 January | Cost: Free | Call to book

📍 Roxburgh Park Community Garden



Environmental Connection Day

10am – 1pm

The Environmental Connection Day will be an event that brings together the local community to participate in a fun filled day full of a range of activities that will showcase Hume City Council environmental services and programs.

Saturday 18 March 2023 | Cost: Free | Call to book



Natural Soil Building and Regeneration

12.30pm–2.30pm

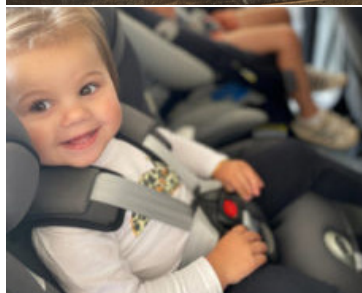
Natural Soil Building and Regeneration led by Keith Notely a long-term Hume resident with a lifetime passion for gardening with a formal Horticultural qualification and a deep understanding of local conditions.

Topics:

- Soil structure
- The plant and soil relationship
- Creating healthy garden soil for edible gardens
- Seasons and soil
- Healthy soil enhancers

Saturday 18 January | Cost: Free | Call to book

📍 Roxburgh Park Community Garden



Safe Seats Safe Kids

Child car restraint fittings and safety checks at Homestead Community and Learning Centre

Tue 14 February, Fri 10 March, Fri 9 June and Fri 8 September 2023
Cost: Free

Bookings essential visit <https://safeseatssafekids.com.au/venues-mec/>

The Homestead Gallery is an ideal venue to hire for parties, meetings and small events.

📍 Homestead Community and Learning Centre, 30 Whiltshire Drive, Roxburgh Park 3064

☎ 9205 2760 @ homestead@hume.vic.gov.au 🖥 hume.vic.gov.au/homestead