

*Inspiring You*

# SPRING COURSE GUIDE 2024



*Photo courtesy of Jamie Overend*

HADDON COMMUNITY LEARNING CENTRE





# Computer Training



## \*INTRODUCTION TO MYOB ACCOUNTING

This course is for those learners who have little, or no knowledge of MYOB accounting software and want to understand how to navigate around the program and perform everyday banking, sales and purchases transactions, issue invoices, perform bank reconciliations manage BAS and GST for their businesses, and run reports. This class would be ideal for small businesses operators and those who need to work on the go to maintain their financials

**DAY:** Fridays  
**DATE/S:** November 1 - TBC - 1 - 3 sessions  
**TIME:** 1 - 5 pm - if other times required let us know.  
**FEES:** \$110.00 (\$56.00 + \$54.00 amenities & resources fee) for eligible ACFE funded students.  
 (Or one-on-one sessions \$80.00 per hour).  
 Group sessions require 4 students min.  
**NOTE:** Best if you can bring your MYOB file on your laptop if you want to learn how to set it up. But call us if you have specific issues you need help with and we will discuss with the trainer.



## INTRODUCTION TO XERO ACCOUNTING WORKSHOP

Xero offers a cloud-based accounting software platform for small and medium-sized businesses. This workshop is designed for beginners who are new to the software and need to gain the necessary knowledge to perform basic financial tasks. The trainer will assess requirements for future lessons you may need. Bookings are essential. Sessions available on following days:

**DAY:** Fridays (usually every second)  
**DATE/S:** November 1 TBC - 3 sessions  
**TIME:** 1 - 5 pm - if other times required let us know.  
**FEES:** \$110.00 (\$56.00 + \$54.00 amenities & resources fee) for eligible ACFE funded students.  
**(Or one-on-one sessions \$80.00 per hour open to all.**  
 Group sessions require 4 students min.  
**NOTE:** You need to bring your XERO file on your laptop if you want to learn how to set it up. But call us if you have specific issues you need help with and we will discuss with the trainer.

## DO YOU NEED HELP WITH A PARTICULAR COMPUTER ISSUE OR TOPIC, BUT DON'T HAVE TIME FOR A FULL COURSE?

We offer tailored computer training on a casual basis with a professional technician. Come for one, or two sessions, or however many you need. You may need to skill up quickly for a job interview, or when being asked to perform digital skills you may not have done before, then give us a call.

We can offer help with individual 'Microsoft Office' programs from simple functions such as setting up a 'Word' template to sorting data and creating graphs in 'Excel,' editing, inserting and formatting photos, research via the internet, and getting the most out of your email, or websites - you tell us what you need and we will work out a plan to help.

**DAYS:** Tuesdays to Thursdays - other days/dates may be available - call to let us know your problem  
**DATE:** Bookings available from October 22  
**TIME:** Bookings where available from 10 to 2.30 pm  
**FEES:** \$56.00 per one-hour session.

### FEES & CHARGES

Adult Education classes that are subsidised by Adult Community & Further Education are marked with an \*. We are required to charge a student contribution consistent with Ministerial directions on 'Fees & Charges.' Other fees are to assist us to pay for tutors, amenities and all other costs involved in running courses.

**Eligibility:** Students must be 16+ and meet all other ACFE eligibility criteria. Check for full paying places availability.

## \*INTRODUCTION TO COMPUTERS FOR ADULTS

This course will introduce a range of software programs commonly used for both personal and work purposes to help you build your confidence in using computers.

Topics to include:

- \* Microsoft Word - e.g. inserting a table, using templates
- \* Microsoft PowerPoint - e.g. inserting pictures and videos
- \* Introduction to Microsoft Excel - e.g. formulas
- \* Sending and receiving Emails - e.g. attaching files
- \* File Explorer - e.g. creating and managing folders
- \* Keyboard Skills - e.g. learning the functions of special keys
- \* Internet Research - e.g. performing Google searches, using 'Maps'
- \* Staying safe online - e.g. how to spot a scam, how to protect your data.

**DAYS:** Wednesday afternoons  
**DATE:** October 16  
**TIME:** 1 - 3 pm Wednesdays  
**FEES:** \$115.00(\$55.00 + \$65.00 amenities & resources fee) for eligible ACFE funded students.



# How to Use Technology

NEW



## CANVA FOR BEGINNERS: SHORT COURSE INTRODUCTION Unlock Your Creativity with Canva for Beginners!

Ready to dive into design? Our 'Canva for Beginners' course is your gateway to creating great modern graphics, marketing materials, and presentations. Learn the essentials of Canva, from using templates and editing images to adding effects and collaborating on projects.

By the end of this course, you'll have the confidence and skills to create stunning designs that stand out. Don't miss this opportunity to transform your ideas into reality with Canva! You will be trying the free version of Canva and assess the differences to the Pro version. Enrol Now! Start your creative journey today!

**DAYS:** Friday mornings - TBC

**DATES:** November 1 and 8 - 2 sessions

**TIME:** 10.15 - 12.15 pm

**COST:** \$50.00



## COMPUTING SUPPORT FOR 50 & OVER SENIORS

We'll help you get signed up to the 'Be Connected' website, and offer in-person support for your queries relating to the internet and technology. 'Be Connected' is a

**FREE** program designed to help people 50 and over to achieve this through being able to comfortably go online. It doesn't matter if you've never touched a mouse, keyboard or tablet before, let us help you be able to do so safely: You can ask for assistance for your technology issues. Some of the topics covered can include:

- ◆ Learn the basics
- ◆ Talk more often with family and friends who live far away
- ◆ Learn how to shop safely and securely on line,
- ◆ Explore 'YouTube,' your favourite music, films and T.V.
- ◆ Set up a 'myGov' account so you can access 'Medicare,' the Australian Tax Office, Centrelink and more.

**Call to book your 2 FREE sessions to let us help you get started.**

**DAYS:** Mondays, or Fridays

**DATE:** Commencing again Term 4 from October 15

**TIMES:** Appointments from 11 am - 2 pm.

**COST:** **FREE - if a volunteer mentor is available. You must sign up to the free 'Be Connected' program.**

## \* DIGITAL SKILLS FOR JOB SEARCH - ONLINE JOB SEARCH

This short course is aimed at assisting you to find employment via online platforms. You will learn the skills required to increase your chances of employment focussing on the what you require for searching for jobs online. **Topics include:**

- \* Introduction to the Internet and basic search skills
- \* How to search for information on the internet.
- \* Online security.
- \* Set up a professional email account.
- \* Using online job search engines
- \* Using job search engines.
- \* Registering for job alerts and managing notifications.
- \* Build a job seeker profile with job sites.

**DAYS:** Fridays - 4 sessions

**DATE:** Ongoing dates available from October 25th.

**TIMES:** 1pm - 3pm - TBC - other times maybe available

**COST:** \$56.00 - Eligibility criteria applies.

**NB: We need 4 people minimum, or you can pay extra to secure one on one session.**

## \*DIGITAL SKILLS FOR JOB SEARCH - ONLINE JOB APPLICATIONS

This short course will help you to learn how to increase your chances of employment with a particular focus on creating resumes and applying for jobs online. **Topics include:**

- \* Using MS word App to format a resume & what about AI?
- \* MS outlook online to manage emails for job applications
- \* Convert a document file as a pdf file
- \* Understand the file types
- \* Keywords in job applications
- \* Understand the job application process
- \* Installing job search Apps to a smart device
- \* Uploading/ sharing files
- \* Understand the login and logout process
- \* Video resume making using online Apps

**DAYS:** Fridays - 4 sessions

**DATE:** Ongoing dates available from October 25th

**TIMES:** 10.30am - 12.30pm - TBC - other times maybe available

**COST:** \$56.00 - Eligibility criteria applies.

**NB: We need 4 people minimum, or you can pay extra to secure one on one session.**



Australian Government

Be Connected

Every Australian online.

Network  
Partner



# Accredited Certificate Short Courses

## PROVIDE FIRST AID (HLTAID011) AND CPR CERTIFICATE

**DAY:** Saturday  
**DATE:** October TBA (other dates may be organised - we need a min of 7 people).  
**TIME:** 9 am - 12 pm - plus pre online to complete  
**FEES:** \$140.00 full fee - this includes CPR certificate

This unit provides the skills and knowledge required to provide a first aid response to a casualty and applies to all people who may be required to provide a first aid response in a range of situations, including community and workplace settings.

Amongst topics covered are CPR, cardiac emergencies, burns, envenomation, fractures and dislocations, head injuries, legal aspects, poisoning, medical emergencies such as diabetes, seizures and stroke, respiratory emergencies such as asthma and anaphylaxis, shock, temperature extremes, and wounds and bleeding.

**Requirements:** Students required to bring a form of photo ID on the day of their practical course. Wear comfortable casual clothing, as the practical nature of the demonstrations and practice may possibly require bending, kneeling and lying on the floor.

**Note:** A pre-course online learning component or manual workbook must be completed prior to the session.

Your First Aid Certificate is valid for 3 years, however you are required to undertake CPR annually to ensure currency.



## CERTIFICATE IN FOOD HANDLING - USE HYGIENIC PRACTICES FOR FOOD SAFETY (SITXFSA005) - IN HOUSE CLASS

**DAY:** Fridays or Saturdays - other dates may be available for group bookings of 7 or more.  
**DATE:** TBC - can also be organised for groups  
**TIME:** 10.00 - 4.00 pm - light lunch included  
**FEES:** \$130.00 full fee - this includes your practical assessment.

This course is for people involved in food handling and preparation for others. Provides basic hygiene principles for all food handlers. This one day course is delivered in two parts and is structured to meet the needs of people who have not previously completed food safety training, or would like to update their knowledge in light of the many changes. The course is suitable for anyone handling or preparing food in any capacity (employed or voluntary). There is a theory component and a practical component. The on-line theory component is sent to you via a link with instructions and completed in your own time. The practical component requires you to be observed handling food ingredients and ready to eat food items, this part of the assessment will occur during a 2 hour face-to-face session.

The practical component occurs with the preparation of a meal i.e. lunch or morning/afternoon tea and will be organised at a mutual time for both participant and trainer once the theory component is complete.

**PLEASE NOTE: If you have any special dietary requirements, you will need to supply your own food.**

## PROVIDE CARDIOPULMONARY RESUSCITATION CPR (HLTAID009)

Learn how to perform CPR on an adult, child and infant. Includes training in the use of automated external defibrillator (AED). CPR must be updated annually to remain valid. Certificates valid for 1 year. People with disabilities are encouraged to apply.

**DATE:** TBA - taking expressions of interest. September TBA (other dates may be organised)  
**TIME:** 9 am - 1 pm - 1 session required.

### Students testimonials - Food Safety Level 1

*"It was very informative and well presented."*  
*"Very informative and worthwhile." "I thoroughly enjoyed the whole course." "Great course and fabulous instructor."*

## USI - UNIQUE STUDENT IDENTIFICATION

All students must have a Unique Student Identification number, and you are required to provide it for a certificate to be issued. If you don't have one you will follow an embedded link to apply for one after your online assessment. **If you need assistance we can help you apply for your USI. Call us on 5342 7050**

**FIRST AID CPR CERTIFICATE COURSES can also be organised if you have a group - give us a call on 5342 7050.**

## NEED HELP WITH YOUR READING, WRITING?

Do you struggle with your reading, writing, or basic mathematic skills? Then come have a private chat with us. We can help with session to build your literacy and numeracy skills. This help is particularly suitable for those who have always struggled or experience interrupted schooling/education and who now wish to make a change to improve their skills to assist in gaining confidence that can help with further employment and study opportunities. So come and have a chat to our friendly staff to see how we can help you. **Call 5342 7050 to make an appointment.**

# Special Training Courses



## \*DEVELOP YOUR ONLINE PRESENCE

This course includes an overview of digital marketing and the tools available to design and implement a digital marketing strategy. You will explore the best options in developing and supporting an online business presence. Some of the topics include:

- \* Define your brand and online goals.
- \* Understanding the major players, online communities, and social channels.
- \* Plan your approach - stages and focus.
- \* Websites and other Social Channels.
- \* Search Engines, Online Advertising and Growing Your Customer Base.
- \* Selling Online and Cybersecurity for you and your customers.
- \* Online Customer Relationship Management (CRM).
- \* Tools, Tactics and Advice.

**DAY:** Fridays

**DATE:** October 18

**TIMES:** 10 - 12.30 pm

**FEE:** \$56 plus amenities fee of \$30 for ACFE student funded places, or concession students. Full paying fee students limited places COA.

**Student testimonial:** "The information conveyed was spot on. I feel I can now develop my brand and use it to good effect."



## CHAT AND CHEW MONTHLY LUNCHEONS

Our monthly community luncheons are held on the third Thursday of the month at 12.30 pm.

The cost is \$15.00 per person for two courses (except our Christmas sessions that will cost \$18.00 pp).

Our first luncheon in Term 4 is Thursday October 17, and the theme will be 'Oktoberfest.'

We would love you to join us for some fun and fellowship.

**BOOKINGS ARE ESSENTIAL PLACES ARE VERY LIMITED**

**PLEASE NOTE: You need to confirm early by 1.00 pm the previous Friday, (even earlier for Christmas events) for catering to be organised. Call 5342 7050.**

## DIGITISE YOUR OLD PHOTOS, NEGATIVES OR FILM



Join us on Friday, October 18 for a FREE demo for seniors of a compact photos, film, slide scanner. This easy-to-use scanner lets you bring your old slides, film, and photos into the digital age with just a few simple steps. During the demo, you'll get a hands-on introduction to how it works, and we'll show you how you can preserve your treasured memories in digital format for future generations. After the event, the scanner will be available at our Centre for you to come and use at your convenience, for a small fee. This is a fantastic opportunity to digitise family albums, cherished moments, or any film you have stored away. Call today to book your spot: 5342 7050. Don't miss out on this chance to learn a new skill and preserve your memories!



## \*COOKING FOR THE COMMUNITY COURSE

The 'Cooking for the Community' class provides the essential skills and knowledge for an individual to be competent to work in a commercial kitchen and in a front of house position in a restaurant, hotel, bar, or café or for a non profit, community organisation. Learners will gain practical hands-on experience by working in a team to assist with the 'Community Lunches' at the Centre.

Content will include topics such as:

- \* Using kitchen equipment safely
- \* Creating healthy meals on a budget
- \* Table service etiquette
- \* Setting a table
- \* Managing orders and taking payment
- \* Answering customer questions and complaints

**DAY:** Thursdays

**DATE:** October 17 & November 21st

**TIMES:** 10.30 - 2 pm (1st session) and 10 - 2 pm (2nd)

**FEE:** \$56 plus cost for amenities fee of \$20 for ACFE student funded places, or concession students.

**NB:** We can assist you to get your food safety certificate as well - will be partly online, and via in house course.



# Get Online Week

a campaign by  Good Things



## SPECIAL FREE DIGITISATION SESSION!

For 50s+ - Friday, October 18

12:00 - 2:30 pm

Free Lunch Included!

Do you have old slides, negatives, or film tucked away? Join us for a special free session to learn how to digitise your cherished memories using our brand-new 'Slide and Scan Digital Film Scanner' - purchased with grant funds from the **Good Things Foundation** for celebrating **Get Online Week**.

This session is especially for seniors and offers hands-on guidance, making it easy to preserve your memories in a digital format. Enjoy a relaxed session with others who are eager to do the same. **Plus, lunch is on us!**

### What to expect:

- An introduction to using the scanner, which will be available for future use at the Centre.
- Demonstration and personalised guidance on digitising your photos, slides, and negatives.
- Follow-up sessions for additional help and continued access to the equipment.

### How to Register:

Spaces are strictly limited! Reserve your spot today by calling us at 5342 7050, or emailing us at [manager@haddonlearning.com.au](mailto:manager@haddonlearning.com.au)

Come along, gain new skills, and turn your treasured memories into digital treasures!

## Special Interest Workshops

### GROW YOUR OWN HERBS



Have you ever wanted to grow your own herbs at home? Do you want to learn about the health benefits? Then

these great new workshops led by experienced gardener, **Billie Radoicic** will provide you with information about them, their uses, benefits and how easy it is to grow them. There will also be an opportunity for you to make a tea blend with local herbs for you to take home. Topics include:

- \* Introduction to different herbs and make a herbal tea blend
- \* How to collect and harvest seeds
- \* Make an infused oil and honey herbal syrup
- \* Soil building and planting herbs

**DAY:** Tuesdays  
**DATE:** November 12th - 2 sessions  
**TIME:** 5 - 7 pm  
**COST:** \$24.00

Call 5342 7050 to book. Min numbers students required for workshops to proceed.

You will need to bring with you a jar of honey and bottle of oil ('olive' is fine - the size of the bottle not important).

*Did you know -*

- Herbs such as mint aids digestion
- Promotes a healthy mouth
- Boosts brain function



### MAKE A VINYL BOXY BAG

These make quick and easy Christmas gifts for all ages. They are easy to sew. Come give them a try.

**DAY:** Friday  
**DATE:** November 29  
**TIMES:** 10.30 am - 12 pm approx.  
**COST:** \$18.00

You will need to purchase a roll of clear, or decorative vinyl that will make 3 to 4 bags. This size bag is cut at 30cm, plus you need an approx. 35cm piece of zipper and 1 or 2 decorative zipper pulls. 'Clover /plastic clips (you cannot use pins with vinyl), Thread - you will see the stitches so can use a colour. Thread or same as vinyl. Scissors, Sewing machine in good working order. If you need help with these items please let us know.



# Special Interest Workshops



## UNLOCK YOUR DREAMS WORKSHOP: VISION BOARD EDITION

Ready to turn your aspirations into reality?

Join us for a transformative 'Vision Board Workshop!'

**What's a Vision Board?** A Vision Board is a powerful tool that combines visualisation and intention-setting. It's a collage of your dreams and goals, creating a visual representation of the life you want to manifest.

### How Does It Work?

1. **Clarity:** Clarify your goals and dreams.
2. **Visualisation:** Picture your desired future.
3. **Attraction:** Manifest your aspirations by aligning your thoughts and actions with your goals.

### Why Attend?

- Set clear intentions.
- Learn the art of manifesting through visualisation.
- Connect with like-minded goal-setters and dreamers.
- Gain insights into your aspirations.

**Save the Date: Saturday 30th Nov, 10am – 1pm**

**Location: Haddon Community Learning Centre**

**Limited Spots Available! Reserve Yours Now!**

<https://www.eventbrite.com.au/e/1037738442617> See you there! Let's make 2025 the year of living our dreams!

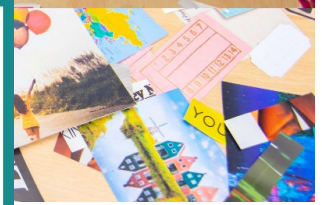
#VisionBoardWorkshop #DreamBig #ManifestYourReality

“Creating a vision board turns your dreams into a visual guide, inspiring and focusing you every day.”



### Benefits of a vision board:

- Gain Clarity
- Amplify Focus
- Boost Motivation
- Activate Manifestation



'Gain clarity and direction in your life'

## Enhancing Haddon - Community Planning Survey

### Have Your Say – Haddon Community Plan

What new things would you like to see happen over the next few years in Haddon? Please share your ideas and they will be considered for the new 2024-27 Community Plan. Complete survey by scanning QR code, pick up a postcard and colour it in if like and drop it in box at the Centre, or school. There is a prize draw if you do. The survey should take only about 3-5 mins to complete.

# HAVE YOUR SAY IN HADDON'S NEW COMMUNITY PLAN

Our new community planning process has started for Haddon and we want your input.

Scan the QR code to go to the survey or use the direct link here:



<https://www.surveymonkey.com/r/Haddon2024>

Survey closes 9am, 7 November 2024

For more information please call Joan Coker at the Community Learning Centre on 5342 7050

To be eligible for the prize draw, please enter your details below.  
Drawn on 17 October 2024 at the Haddon Community Learning Centre.

The winning entry will be contacted by phone.

ENTER  
YOUR  
DETAILS  
HERE



Name:

Phone number:



# Let's Make



## MAKE A LOVELY CORD TOTE

These totes are just lovely! This is a quick and easy, project that will make a great shopping bag, take to work, or class bag and a fantastic Christmas gift to make.

Marcia is a multi prize winning textile artist and we are so excited to have her back at the Centre to share her many talents. She will also bring with her some plain, and some of her own dyed cords if you prefer to purchase from her rather than trying to find in store.

**DAY:** Saturday  
**DATE:** October 12th  
**TIMES:** 10 am ~ 2 pm - approx.  
**COST:** \$40.00 - Bookings are essential and you need to book early as places are strictly limited.

**You need to bring:** plain cotton sashing cord - 5mm x 30 metres - available 'Reject' or cheap" shops, or Bunnings. A packet of 'jeans' sewing machine needles, sharp scissors, tape measure, sewing machine thread in plain, or variegated colours - note you need a lot of thread so large reel, also a bottle of 'Fray Stoppa.'

A working sewing machine that can do 'zigzag' (we do have a couple of sewing machines for lend, but you must bring needles and thread). An extended sewing machine table is recommended if you have one. Marcia will have plains and some dyed cord to purchase (\$10 for 15 mts, or \$1 per metre for better quality).



## BEGINNERS PATCHWORK

Always wanted to try patchwork and quilting? Want to learn new skills and impress your friends and family? Then why not try our beginners level patchwork sessions to get you started and make an easy pieced sample or cushion cover. You will need to have some sewing equipment - enquire for list on booking.

**DAY:** Fridays  
**DATE:** November 22 and 29  
**TIMES:** 1 pm - 3 pm  
**COST:** \$30.00 inclusive and includes cotton materials.

We will supply patchwork fabric pieces for you to practice with, but you will need to bring with you a reel of neutral dressmaking thread, dressmaking pins & scissors, ruler and dressmaking pencil or chalk plus a sewing machine in good working order if you have one, with new machine needles. Please call to discuss when booking. We do have a couple of sewing machines in the Centre for use.

# Lets Create



## CHRISTMAS WREATH WORKSHOP

Get your creative juices flowing in time for Christmas with this beautiful wreath making workshop from florist Helen Jolley. Grab a friend and learn a new skill whilst enjoying some afternoon tea in a friendly and inclusive environment. Workshop includes: guided lesson, all materials and equipment required to create your own native flower wreath, afternoon tea, tea and coffee.

**DAY:** Saturday  
**DATE:** November 30  
**TIMES:** 1 pm - 4 pm  
**COST:** \$75.00 pp - Bookings are essential and you must book early for flowers to be ordered. We require 10 participants for this workshop.  
**TUTOR:** Florist Helen Jolley.





# Let's Bake



## Special Workshop

### Sourdough Bread Making & More

Learn the skill to make your very own homemade sourdough bread, pizzas and muffins with expert baker Ken Hercott.

This full day workshop will have you returning home with bread in your arms, pizza in your tummy, a head full of inspiration and the leaven to make it happen at home! How good does that sound!

The class is hands on learning, you learn to make a dough from scratch, everyone participates in the kneading process, then have a pizza lunch! You will also make English muffins, pita bread and everyone takes home bread and some leaven (starter). All equipment for the day is supplied.

Ken Hercott grew up on an organic wheat farm in the Mallee, in Victoria and became interested in baking at an early age. Experimentation at home and regular bread sales to his local community, inspired him to improve his skills. His professional baking career includes work at 'Purebread' in Surrey Hills and 'St Andrews Bakery' as well as being a stalwart of CERES selling bread at the Saturday market and holding regular bread classes.

**PLACES ARE STRICTLY LIMITED FOR THIS SPECIAL WORKSHOP  
BOOK NOW, DON'T MISS OUT!**

**DAY:** Saturday  
**DATE:** November 16th  
**TIMES:** 9 am to 5 pm  
**COST:** \$187.50 (Full) / \$172.50 (Early Bird Discount available until 6 November) / \$162.50 (Concession)  
Bookings are essential - Phone 5342 7050.

**PLEASE NOTE:** Students need to bring:  
- An apron and 2 tea towels.  
- Toppings for pizza (cheese & passata supplied).  
- A wide-mouth glass jar & a loaf pan (22cm x 11cm).

*If you are interested in a course enrol now to avoid disappointment. If dates/or times do not suit you please ask as often we are able to arrange an alternative.*

# Special Interest Groups

## DROP IN SEWING - CRAFT CORNER - FRIDAY MORNINGS

For all who love to sew, knit, craft, or do any form of needlecraft, come work on your own projects, on anything you like with others who share your interests. Enjoy some social time, chat and work on your projects over a cuppa., and share your skills with others. Come join this friendly 'sociable' group.

**DAY:** Fridays  
**DATE:** October 11 - join anytime - just call us.  
**TIMES:** 10 am ~ 12.30 pm  
**FEES:** \$6.00 inclusive GST. - includes tea and coffee.  
**Please Note:** You need to bring your own equipment and project.  
(NB: We do have two sewing machines and one overlocker available. Plus an ironing board and iron).

## HADDON QUILTERS GROUP ~ MONDAY NIGHTS

This lovely group has been enjoying getting together and working on their projects. They also make quilts for the cancer unit in Ballarat. So join in, enjoy the company and if you don't know how to quilt then learn from the group. Enjoy some time to chat, sew and share your enjoyment of sewing and quilting. Join any time during the term; you will be made very welcome. Tea, coffee provided.

**DAY:** Mondays - start Term 4 October 7th.  
**DATES:** Join any time - runs during school terms.  
**TIME:** 6.15 pm ~ 8.30 pm  
**FEES:** \$3.00 per session (includes tea & coffee) - inclusive GST.

## CROCHET FOR BEGINNERS

Crochet has been around for centuries and it is still one of the most popular yarn crafts today. It is a method of creating a looped fabric from yarn with a tool called a 'crochet hook.'

This introduction to crochet for beginners workshop is expected to start Friday, August 30. You will learn the basic stitches and start your very own 'granny square.'

If you've never crocheted before, or it's been a long time and you need a refresher, then this friendly session is the place to start.

**DAY:** Friday  
**DATE:** November 29th  
**TIMES:** 10 am - 12.30 pm  
**COST:** \$10.00 per session - GST inclusive.  
Bookings are essential - Phone 5342 7050



# Well Being, Mindfulness Health & Exercise



## BEGINNERS TAI CHI AND QIGONG CLASS

Come and experience gentle exercise to promote better balance, breathing, movement, co-ordination and relaxation. Each class involves slow and controlled movement to help improve flexibility, muscle strength, balance, fitness and wellbeing. Suitable for seniors.

**BEGINS:** Wednesday Oct 9th to Dec 11th - 10 weeks.  
(please let Karyn know if you would like other times as she may look into it).

**TIME:** 10.45 am - 11.45 am

**COST:** Only \$8 per 1 hour class.

**Please book directly with Karyn on: 0448 901 636.**

## YOGA CLASSES WITH ALANA

If you have never tried yoga before because you are worried about your flexibility or fitness - then these are the exact class for you. Start as an absolute beginner at any stage and 'Byron Yoga Centre' trained teacher, Alana Rushton will guide you through gentle, to more dynamic stretches. The 'Hatha-style' classes are varied and cater for everyone - the hardest part is making that decision to leave the warm house as the weather has cooled down - but your body, mind and soul will be rewarded for the effort!

**TERM 4 classes will start on Wednesday October 9** and run through until the end of the term (prices below indicate full fee and / concession fee). But please check on available places during the term as you can join anytime if a space is available.

**WEDNESDAY:** October 9th  
1- hour Yoga - 9.15 - 10.15 am  
Cost \$17/14

**WEDNESDAY:** 1- hour Yoga - 6.30 - 7.30 pm  
Cost \$17/\$14

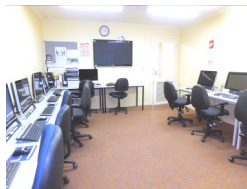
**LOCATION:** Haddon Community Centre, Haddon  
**BOOKINGS:** Alana 0422 288 545 [mrs.alana@hotmail.com](mailto:mrs.alana@hotmail.com)

**PAYMENT:** Cash, or direct deposit weekly.

**BRING:** Water, yoga mat (Alana has a few spare if you need) and wear comfy clothing.

## COMPUTER LAB FACILITY FOR HIRE

*Hire Me*



The computer lab has ten PC's & 1 Mac and audio visual facilities and is served by a spacious rest area with tea and coffee making facilities.

Call us to book on 5342 7050

*"Yoga is invigoration in relaxation. Freedom in routine. Confidence through self-control. Energy within and energy without." - Ymber Delecto*



## Do You Have a Skill to Share?

Maybe you can cook speciality foods such Asian, European, or specialise in a particular art, or craft. We are always on the hunt to offer something new at the Centre. Please phone us on 5342 7050.

## OUR COMMUNITY PANTRY



## GIVE WHAT YOU CAN, TAKE WHAT YOU NEED!

Our 'Community Pantry' is now open, and is located just inside the Community Centre. If you need to pick up, or drop off some items at Kinder, or school pick up, then please let us know and we can arrange access for you prior to the Centre opening at 10 am. The office is usually open from Tues - Fri 10-3 during school terms, but we are experiencing a staff shortage, so it is best to call before making a 'special trip.' Phone: 5342 7050.

This pantry is run for our local community by the Centre and our community, and it works by people giving what they can and taking only what they need. If you have capacity to donate we would appreciate your contribution at this time! We are here to help.

## Winner of Grampians Learn Local Legend Award



### Services

#### PUBLIC INTERNET & COMPUTER ACCESS

Is usually available Tuesday to Friday between 10 am till 3 pm - but only when computer classes are not being conducted. You are strongly advised to ring to check on availability prior to attendance.

#### PRINTING

Full colour per A4 page \$4

Monochrome per A4 page \$1

#### PHOTOCOPYING

A4 Single side 30 cents Double side 50 cents

A3 Single side 60 cents Double side \$1.00

#### LAMINATING

A4 \$1.50 per page

A3 \$2.50 per page

#### FAX SERVICE

\$2.00 for the first page and \$1.00 each for subsequent pages (local/interstate).

*Above services available 10 am - 3pm Tuesday - Friday.*

#### MODERN RECORDING STUDIO FOR HIRE

See the website for detailed information.

#### COMPUTER LAB FACILITY FOR HIRE

The computer lab has PC's & 1 Mac and audio visual facilities and is served by a spacious rest area with tea and coffee making facilities. Call us to discuss your requirements or book on 5342 7050.

### Library

The Community Learning Centre has a library of pre loved books, and DVD's available to borrow or swap. Take some, leave some, or relax and have a read, while enjoying a coffee in the lounge area. We also have a collection of LARGE PRINT, and TALKING books, for those who are vision impaired or just prefer this type of book. Donations of good quality books are always gratefully accepted.

**Please note we are unable to accept educational texts, magazines, or instruction manuals.**

### Gift Vouchers ~ Make a great gift

Gift vouchers are available for any amount and they will cover the tuition cost of any course we run at the House – a great gift idea for someone who has everything! Please enquire at the office.

NB: Voucher doesn't cover cost of materials fees.

## How to enrol

We take enrolments Tuesday to Friday between 10 am and 3 pm.

***Please note that your booking is not secured until full payment is made or a suitable payment arrangement is made with the Centre Manager. Payment for all classes due at least one week prior to commencement.***

#### HOW TO ENROL

- \* In person at the Haddon Community Learning Centre office 396 Sago Hill Road, Haddon.
- \* By telephone on 5342 7050
- \* By email: [manager@haddonlearning.org.au](mailto:manager@haddonlearning.org.au)

#### CONDITIONS OF ENROLMENT

- \* Fees become due at the time of booking. Places will not be held unless fees are paid or a deposit received and payment plan arranged. Payments due at least one week prior to course commencement.
- \* Refunds cannot be given once a class has commenced or at least 5 business days' notice is provided as we are committed to pay course costs.
- \* Refunds will be given if the class is cancelled for any reason.
- \* Prospective students should be aware that some courses/activities may not proceed if there are insufficient numbers to cover operational costs.
- \* Concession rates apply where indicated and only on presentation of a *current concession card*.
- \* *Notification will be given only when classes are cancelled or rescheduled. Please assume that the course will proceed unless otherwise notified. If you are concerned or have any queries, please contact the Centre.*

*Please talk to us about fees and payments if they cause any problems. We are committed to equitable access for all and may be able to assist. you.*



*People of all abilities are welcome at all suitable programs. The Northern Community and Haddon Learning Centre is fully accessible. HCLC respects your right to information privacy and any information we collect and hold is kept in accordance with information privacy laws.*

The Haddon Community Learning Centre aims to provide a range of educational, social and recreational activities to suit a range of tastes and interests. While all effort is made to proceed with advertised activities it is not always possible if enrolments do not generate the funds required to cover the costs of tutors and room hire.

Please note that business and corporate rates may differ from the prices included in this program.

Please check with the Manager for these rates.

We can tailor a course to your business needs and we are always happy to discuss this with you.



The Haddon Community Learning Centre acknowledges the ongoing funding and support made available by State Government of Victoria (Adult & Community Further Education (ACFE), the Department of Health & Human Services, DEECD and the Department of Planning & Community Development).





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