



## **CLOVERDALE COMMUNITY CENTRE TERM 1 PROGRAMS**

### **MUSIC, ART AND CRAFT**

**Art@Cloverdale:** Drop in and explore a range of media and techniques in a fun, relaxed and social environment with a professional artist. Wednesdays from January 27, 10am-noon. \$5 per session.

**Cloverdale Singers:** Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from January 19, 10.30am-noon. \$3 per session.

**Ukulele Players:** A great musical gathering for those who have a grasp of the basics and want to refine their skills including performing, strumming and chord progressions. Thursdays from January 28, 10am-noon. \$3 per session. Beginner classes are available (bookings essential). \$3 per class.

**Cloverdale Craft and Knitting Group:**

Bring your craft or knitting project and join with Marguerite for a relaxed craft or knitting session. Fridays from January 22, noon-3.30pm. \$2 per session.

**North Geelong Community Big Band:**

Join in with musicians of varying abilities in a dynamic band experience under band-master Ian Burrowes; from brass to strings, vocals and more. Rehearsal is Thursdays from January 28, 6.30pm-9pm.

### **COOKING**

**Cooking for Blokes:**

Facilitated by the Australian Red Cross, this is a socially inclusive space for men to meet, cook and socialise. Mondays from February 1, 11am.

### **HEALTH AND WELLBEING**

**Tai Chi:** Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays from February 1, 9.30-10.30am. \$5 per session.

**Yoga:** Invigorate your body and soul in our multi-level class and discover the benefits of yoga. Improve your strength, flexibility and health. Bring your own mat. Thursdays from January 28, 7-8pm. \$50 for 5 weeks or \$12 per session.

**Fit and Balanced with Dee Martin:** A gentle introduction to exercise to improve muscle strength, balance and increased mobility. Tuesdays from January 19, 10-11am. \$5 per session.

**Cloverdale Walking Group:** Join with a motivated group of community members for a walk and a chat every Wednesday from January 20, 10am. FREE.

**Line Dancing with Maree Gabriel:** A fun class for beginner's including seniors looking to gain some fitness; no previous dancing experience required. Mondays from February 1, 10.30am-noon. \$5 per session.

### **Brazilian Jiu Jitsu**

Tuesday evening, Juniors 5.45-6.30pm, Open 6.30-8pm. Free. A community where 'anyone and everyone' can feel comfortable, connected, loved and supported while learning the transformational art of Brazilian Jiu Jitsu.

### **T.O.W.N Club (Take Off Weight Naturally)**

For more information, contact the club secretary on 0428-517-364. Meets every Thursday, 9am-11am.

## **LANGUAGE & CULTURE**

### **Thai Language Lessons**

Enjoy learning Thai language and culture with Issara in a fun and relaxed class. Suitable for adults of all abilities. Classes are available both online and at the centre. Mondays and Fridays from January 29, 12.30pm-2.30pm. \$5 per session.

### **Spanish Language Lessons**

Did you know 22 countries speak Spanish? Enjoy learning with our resident Cuban, Hector. Suitable for teens and adults of all abilities. \$5 per session. Online or in class from Thursday January 28, 5.30-6.30pm.

## **LEARNING AT CLOVERDALE**

# **Looking to learn new skills?**

Cloverdale Community Centre has programs and courses to help you learn new or update existing skills. Many can be adapted to online delivery using Zoom.

Cloverdale is a Learn Local organisation, which means we offer pre-accredited training and programs across a range of interest areas.



# **Learn Local courses at Cloverdale**

## **Computers**

Getting Started With Computers is the place to start your computer education. Our gentle introduction starts with knowing where to turn the computer on through using Microsoft Word, setting up and using email. Classes run over eight weeks each term. Starting Monday, February 1 – 9.30am-noon. Developing Computers – the next step (1 and 2) follows our introductory course and covers Excel, PowerPoint, creating charts and tables, the internet and computer maintenance. Classes run over 10 weeks each term. We are accepting expressions of interest.

## **Maths for Real Life**

Maths for Real Life is a fun class to help you learn or improve your mathematics skills for use in everyday life. Our friendly tutor will guide you through basic maths for budgeting, percentages, fractions, shopping, calculators, interest rates, tables, probability, odds, decimals and more. Classes run over 10 weeks. We are accepting expressions of interest.

## **Getting Ahead**

Getting Ahead is an approved training program aimed at creating awareness about making changes for a better life. Participants work with a facilitator to look at their own life, why others think and work the way they do, language, motivation and resources for building a better future. Classes are held two mornings a week to cover 3 modules over 15 weeks. We are accepting expressions of interest.

## **Tell My Story**

Everyone has a story to tell, whether they've been on this earth for 18 years or 80. Tell My Story is an eight-week program where you will be guided through the process of writing the story of your life so far. You'll have weekly sessions with a trainer and then use your own time to write about your life. The result will be an edited, published version of your life. Starting Wednesday, February 3, 1.30pm-2.30pm.

## **Preparing to Perform**

Preparing to Perform uses creativity to develop your employability skills. Learn about what makes you frightened or nervous before an interview and use creative arts and music to overcome your fears. We are accepting expressions of interest.

## **Introduction to Songwriting**

A gentle re-introduction to the classroom for the creative. Introduction to Songwriting explore language and lyric in a fun setting from the comfort of your home. Work with singer/songwriter Liz Bonner to create your own music. Thursdays, 6.30-8.30pm. We are accepting expressions of interest.

## **Introduction to Photography**

Work with a professional photographer to understand the basics and develop new skills with the camera. Introduction to Photography is an eight-week program that will give you a taste of photography as a career or an opportunity to develop camera skills to help your business or small enterprise. We are accepting expressions of interest.

## **Pathways to work and further training**

The following courses have been created to provide a 'taste' of accredited training programs. They are designed to help pathway our learners into TAFE and/or work.

- Introduction to Community Services – Starting Monday, February 8 until Monday, May 3. First class face-to-face; remaining classes via Zoom (access is available at Cloverdale).
- Introduction to Horticulture – accepting expressions of interest now.
- Introduction to Kitchen Operations - accepting expressions of interest now.
- Introduction to Automotive - accepting expressions of interest now.

\* Some classes are subject to minimum numbers.

**Bookings are essential.**

**For more information about any of our programs, phone 5275-4415 or email [courses@cloverdalecommunitycentre.org.au](mailto:courses@cloverdalecommunitycentre.org.au).**