



Improve your skills - Expand your mind

# COURSES

## @SpringDale

We are an Autism Friendly Organisation

**Term 2**  
April-June  
2021

SpringDale is offering a number of new classes this term. The new classes have **Red Headings**.

More information and bookings can be made via our website <https://home.springdale.org.au/learning-master-guide/> or email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960.



### Course and Opportunity Guide.

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our Instructors, a number of businesses and some Registered Training Organisations. I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

**Anne Brackley** - Coordinator  
SpringDale Neighbourhood Centre Inc

### Business on Bellarine Expo

Business on the Bellarine provides Business Networking opportunities for businesses on the Bellarine. This year we are presenting an Expo to enable the community time to ask questions of a wide variety of Businesses in the one place. For more information please phone Jo 0438 055 679

**Instructor:** Business on Bellarine  
**Dates/times:** Fri 28 May 5-8pm & Sat 29 May 9am-4pm  
**Fee:** Free

### Affordable Housing for Women over 55 discussion

Progressing our discussions and ideas around finding better housing options for women over 55 years of age. For more information contact Dianne Bennett [diannebennett4@hotmail.com](mailto:diannebennett4@hotmail.com) or phone 0422 146 604

**Instructor:** Dianne Bennett  
**Dates/times:** Wed 19 May 10.30-11.30am  
**Fee:** Free

## Being Creative

### \*NEW\* - Cards with Lizzy

Let's get crafty with cards. You will get a kit list to buy the necessary items prior to class and set you up at home to continue after class. Come along and have a go.

**Instructor:** Lizzy Free  
**Dates/times:** Wed 28 Apr - 23 Jun 1.30-3.30pm  
**Fee:** \$5 or \$40 for the series

### \*NEW\* - Preparing crafts for ANZAC Day

A workshop to enable you to make a lantern to sit beside your letterbox - please bring a 400g Moccona Coffee Jar or similar (if you can) other materials provided. Bookings essential (let us know if you have a jar - or if you have jars to donate!)

**Instructor:** Lizzy Free  
**Dates/times:** Wed 21 Apr 1.30-3.30pm  
**Fee:** \$5

### Foundation Art Course Discover the Artist Within - Level 1

Art course using drawing media for adults. This is an introductory or refresher course with no previous experience required. Improve your skills learning to see as an artist "sees" through drawing exercises.

**Instructor:** Annette Playsted  
**Dates/times:** Tues 20 Apr - 8 Jun 1-3pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Media Art Course Discover the Artist Within - Level 2

To help you develop further as a potential artist this course is designed for those who have completed the level 1 course. Learn about Painting and Drawing methods. Increase your media knowledge in the techniques and processes of painting and drawing.

**Instructor:** Annette Playsted  
**Dates/times:** Mon 19 Apr - 7 Jun 10am-12.30pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Advanced Art Workshop Develop the Artist Within - Level 3

How to further develop your knowledge and broaden skills and perceptions. Designed for hobbyists or art students who have studied at the intermediate level of discover the artist within. Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden & develop unique approaches to media.

**Instructor:** Annette Playsted  
**Dates/times:** Tues 20 Apr - 8 Jun 10am-12.30pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Art Workshops

After the success of our first four week workshops on Print Making and Experimental Drawing, we now move onto two four week workshops - Portraiture with live models and Sculpture, clay modelling and building.

#### - Portraiture with live models

**Instructor:** Annette Playsted and Gillian Turner  
**Dates/times:** Mon 19 Apr - 10 May 1-3.30pm  
**Fee:** \$95 or **Conc** \$50

#### - Sculpture, clay modelling and building

**Instructor:** Annette Playsted  
**Dates/times:** 17 May - 7 Jun 1-3.30pm  
**Fee:** \$95 conc \$50

### All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

**Instructor:** Celia Adams  
**Dates/times:** Fri 23 Apr - 25 Jun 10am-12noon  
**Fee:** \$300 or **Conc** \$200 Bookings essential

### From Manuscript to Publishing

In this course, you will learn how to self-publish or have your manuscript ready for publication. The focus is on using print-on-demand and Ebooks-available technology to make your book available to friends, family or the world from the comfort of your own home or office. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic & official Writers Victoria mentor.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Thur 29 Apr & 6 May  
(2 sessions) 4-6pm  
**Fee:** \$50 or **Conc** \$45

### Edit Your Fiction

Learn techniques to bring your current draft to a publishable draft, including mastering the five senses, dialogue and specific details. You must bring your own fiction to class to discuss and receive advice on how to bring it to the next level. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic and official Writers Victoria mentor.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Fri 30 Apr & 7 May 1-3pm  
(2 sessions)  
**Fee:** \$50 or **Conc** \$45

### Write, produce, & distribute your feature film

With digital technology, anyone can make their own feature film and find distribution. In this class, you will learn what it takes to write, produce, direct and distribute your film idea, including how to assemble a team and get the project moving forward on a shoe-string budget. You will learn about film festivals and how to become an award-winning filmmaker. Taught by Dr Laurent Boulanger, actor-writer-director-producer and recipient of over 100 international and national film and screenwriting awards.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Fri 30 Apr & 7 May 10am-12noon  
(2 sessions)  
**Fee:** \$50 or **Conc** \$45

### Manipulate images using PhotoShop Elements™

PhotoShop Elements™ is a simpler version of PhotoShop™, and you can use it to manipulate your images and wow your friends and family. Turn your photos into just about anything - calendars, greeting cards, pictures on mugs and T-shirts, photo books, and collages. You'll get started straight away, and learn valuable short cuts. George Stawicki is a professional photographer.

**Instructor:** George Stawicki  
**Dates/times:** Mon 24 May - 21 Jun 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Edit videos using Adobe Premiere Elements™

Use your home videos to immortalise your family's favourite stories, make exciting short films, or create how-to clips, that you can post on YouTube or Vimeo. Using Adobe Premiere Elements™, you'll learn how to edit, splice, colour correct, create special effects, trim, add text, titles, sound, and more.

**Instructor:** George Stawicki  
**Dates/times:** Tues 25 May - 15 Jun 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

**Instructor:** George Stawicki  
**Dates/times:** Mon 26 Apr - 17 May 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Beginners Guitar Playing

Have you found yourself always wanting to learn the guitar? If you have the time and dedication, you can learn basic guitar chords to play most popular songs or write your own songs. You will learn basic chords theory, strumming, finger picking and basic singing techniques. Advice on what instrument to buy will also be included.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Sat 1 May - 19 Jun 10-11am  
**Fee:** \$95 or **Conc** \$85

### Intermediate Guitar Playing

Do you now basic chords but are stuck in a rut with your technique? Learn how to progress your playing down the neck, including bar chords and hacks to improve your playing and widen your pallet of creative possibilities. Learn how to mix chords progressions with melodies.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Sat 1 May - 19 Jun 11am-12noon  
(8 sessions)  
**Fee:** \$95 or **Conc** \$85

### Electric Guitar Playing

You bought an electric guitar but have no idea how to make it work? In this course, learn how electric guitar playing differs from acoustic guitar playing. Learn hacks to use the whole neck of the guitar. Advice on which guitar to buy within your budget. Learn rhythm and lead guitar techniques and how to combine them and how effects can enhance your sound.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Sat 1 May - 19 Jun 12noon-1pm  
(8 sessions)  
**Fee:** \$95 or **Conc** \$85

### Have you always wanted to play the Harp? Now you can

Join us for a fun, 6 week Introduction to the Harp program for complete beginners, exploring and playing this beautiful, ancient and mystical instrument (no prior musical skills required). Harps available for hire at extra cost of \$15 per week if required.

**Instructor:** Christine Middleton  
**Dates/times:** Wed 19 May - 23 Jun 1-2pm  
**Fee:** \$150 conc \$120 (6 sessions)

## Ukulele Beginners

Learn to play the ukulele for the beginner or a refresher if you already started. Support and guidance is offered during the sessions to assist with your skills.

**Note:** Your own ukulele is required

**Instructor:** Jenny Gore

**Dates/times:** Thur 22 Apr - 10 Jun 9-10am

**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

## Ukulele Intermediate

Having completed the beginner course, you are now ready for continued learning of the ukulele.

**Note:** Your own ukulele is required.

**Instructor:** Jenny Gore

**Dates/times:** Thur 22 Apr - 10 Jun 11.30am-12.30pm

**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

## Ukulele Advanced

Having completed the beginner and intermediate courses you can now reach your full potential with the advanced leaning of the ukulele. Improve your skills and learning at an advanced level.

**Note:** Your own ukulele is required

**Instructor:** Jenny Gore

**Dates/times:** Thur 22 Apr - 10 Jun 10.15-11.15am

**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

## \*NEW\* - Banjo Setup and Maintenance

For novice players of five-string banjo (resonator or openback). This class will help you to select appropriate strings for your banjo, change strings, adjust setup, perform routine cleaning and maintenance. A practice banjo, tools, strings and cleaning materials will be available for the workshop. Bring your own banjo (and new light gauge strings of your choice) if desired. Participants must bring their own eye protection (e.g. safety glasses) to wear while changing strings.

**Instructor:** Steve Williams

**Dates/times:** Tues 13 Apr - 2.30-5.30pm

**Fee:** \$55 conc \$50

## Banjo L1 (Complete Beginners)

This is an introduction to playing the five-string banjo and it is suitable for complete beginners. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues styles.

**Instructor:** Steve Williams

**Dates/times:** Tues 27 Apr - Tues 22 Jun (8 weeks excluding 18 May) 3.30-4.20pm

**Fee:** \$200 or **Conc** \$160

## Banjo L2 (Post Beginners)

This is an elementary course in playing the five-string banjo. It is suitable for beginner players with a little prior experience (e.g. completion of Level 1). We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues genres.

**Instructor:** Steve Williams

**Dates/times:** Tues 27 Apr - 22 Jun (8 weeks excluding 18 May) 4.30-5.20pm

**Fee:** \$200 or **Conc** \$160

## Banjo L3

This is an elementary course in playing the five-string banjo. It is suitable for novice players with a few months' experience. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues genres.

**Instructor:** Steve Williams

**Dates/times:** Tues 27 Apr - 22 Jun (8 weeks excluding 18 May) 5.30-6.20pm

**Fee:** \$200 or **Conc** \$160

## \*NEW\* - Sri Lankan Cooking

Marie created a feast for our Dining Group many years ago and has helped us prepare food a number of times. She is now sharing her vast experience with us and giving us time to enjoy it with her. You will help prepare simple curries, finger food, nan, roti and more.

**Instructor:** Marie McLeod

**Dates/times:** Sun 16 May 10am-1pm

**Fee:** \$25

## Cheese Making

This is a hands on workshop where you make your own cheese and get to take it home. There will also be lactic curd cheese to produce and we will finish off make traditional ricotta. Requirement list closer to the date but will just be a couple of containers to take your cheeses home in.

**Instructor:** Charlene Bancroft

**Dates/times:** to be confirmed

**Fee:** \$160 or **Conc** \$100

## Sourdough Bread Making Workshop

Learn how to make a sourdough Starter, how to look after and feed it, and then make a delicious boule style sourdough loaf as well as some currant buns, crumpets and sourdough pancakes. Hands on class with lots of info and fun to be had.

**Instructor:** Charlene Bancroft

**Dates/times:** Sat 5 Jun 10am-4pm

**Fee:** \$100 or **Conc** \$60

## Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

**Instructor:** Sam Chait

**Dates/times:** Tues 11 May OR 8 Jun 10am-12noon

**Fee:** \$50 or **Conc** \$20

## Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer to bring along your own.

**Instructor:** Denise Kent

**Dates/times:** Sat 24 Apr, 8 May, 22 May, 12 Jun or 26 Jun 10am-12noon

**Fee:** \$20 per session

## The Language of Sewing Patterns

Learn to enjoy it. All brands of sewing patterns include a great deal of useful, mostly vital, info. Plan ahead of actually cutting/sewing - sit with a cuppa and read the inclusions, as if it were a book or magazine. Let's have a look at this together.

**Instructor:** Denise Kent

**Dates/times:** Thurs 29 Apr 10-11.30am

**Fee:** \$10 per session

## Things I wish my Grandmother taught me

Draping my hankies and tea towels over the lavender bushes to dry in the sun, having Distilled lavender water in the steam iron. Sewing buttons on-with a thread 'shank' when needed, darning a hole, rather than tossing it out - All these and many more hints and tricks to discuss and make life easier and better.

**Instructor:** Denise Kent

**Dates/times:** Thur 20 May 10-11.30am

**Fee:** \$10 per session

## Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

**Instructor:** Denise Kent

**Dates/times:** Thurs 6 May, 10-11.30am

**Fee:** \$15 per session Bookings essential

## Languages

### \*NEW\* - French for Beginners

Many people have asked for a class to start or renew their love of the French language and start to prepare them for our Intermediate class or for travel to France and / or French speaking countries (in the future).

**Instructor:** Dr Laurent Boulanger

**Dates/times:** Thurs 29 Apr & 6 May 12noon-1pm

**Fee:** \$25

### Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course. Enquiries to Neil email: neilbell@ozemail.com.au or phone 0419 037 147

**Instructor:** Neil Bell

**Dates/times:** on request

**Fee:** \$20 per term

## Intermediate French

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

**Instructor:** Serge Botans

**Dates/times:** Tues 20 Apr - 22 Jun (9 weeks) 11.30am-12.45pm

**Fee:** \$140 or **Conc** \$125 or Single sessions \$20

## Wellbeing

### \*NEW\* - Mental Health First Aid

This is the nationally accredited 2 day course for people, who need to or could benefit from having the skills and knowledge to assist someone with a mental health condition. It also helps us better manage our own health and wellbeing.

**Instructor:** Derek from The Thrive Movement

**Dates/times:** Thur 8 & 15 Apr OR Sat 10 & 17 Apr 9am-5pm

**Fee:** \$216 (includes comprehensive manual)

Registration and further info - derek@thethrivemovement.com.au or 0425 712 350

### \*NEW\* - Let's be Mindful for children aged 9 to 12

*In today's rush, we all think too much—seek too much—want too much—and forget about the joy of just being.* Quote by Eckhart Tolle

Children, aged 9 to 12 will engage in the practice of mindfulness to relieve daily stress and promote joy through simple, engaging and fun activities.

**Instructor:** Peta Henshelwood

**Dates/times:** Wed 7 Apr 10-11am

**Fee:** Free

### \*NEW\* - Zentangle Drawing for children aged 9 to 12

Children, aged 9 to 12, will engage in Zentangle Drawing. It is a fun, relaxing art form that uses repetitive patterns of curves, lines, dots and circles, to develop beautiful designs while increase personal creativity within a calm, tranquil environment. It is so simple anyone can do it!

**Instructor:** Peta Henshelwood

**Dates/times:** Wed 7 Apr 1-2pm

**Fee:** Free

### Mindfulness on ZOOM

Join a weekly meditation group on the SpringDale Zoom platform. Guided and unguided meditation practice to assist in maintaining a calmer lifestyle in the face of uncertainty. Experienced meditators and beginners warmly welcomed. Contact the Centre for simple ZOOM instructions and logon details.

**Leader:** Dr Max Simmons

**Dates/times:** Tues 20 April - 8 June 10-11am

**Fee:** \$100 or **Conc** \$40

### Massage - With Frank

Massage therapy is centred on reducing muscle tension to an even tone for each area to ensure a balanced and holistic treatment of the body. The mind and the body are intrinsically linked, and when the body is healthy, your mental health can easily follow suit. Massage therapy is focused on both aspects of your wellbeing!

Join Frank each month to learn new skills.

### Massage - Fascia Integrated Tissue System

**Dates/times:** Sat 8 May & 29 May (2 sessions) 9-10am **Fee:** \$10

### Massage - Peripheral Nervous System

**Dates/times:** Sat 5 Jun & 26 Jun (2 sessions) 9-10am **Fee:** \$10

**Instructor:** Frank Prskalo

### Ballroom Dancing Lessons

Ballroom Dancing Lessons for anyone wanting to dance to amazing music Rumba, Cha Cha, Samba & Jive Waltz, Slow Foxtrot, Quickstep, Tango & Viennese Waltz New Vogue dancing incorporating all of the above. It's fun, it's easy, it's friendly, it's great for your mind, body and soul.

**Instructor:** Margot Louttit

**Dates/times:** Tues 27 Apr - 22 Jun 10-11am

**Fee:** \$10 per session

Please ring Margot to book in on 0414942079

Dancesport Australia trained in Level 0 & Level 1.

### Yoga

Hatha yoga promotes wellbeing by bringing the body, mind and spirit back into harmony. Yoga classes enable people of all abilities and ages

to gently work at their own level to improve their movement and bodily awareness through a range of yoga techniques. These include moving through various stretches, breathing exercises, meditation and relaxation.

**Instructor:** Glenda Breedveld

**Materials:** Bring your own mat & blanket if required.

**Venue:** SpringDale

**Dates/times:** Mon 26 Apr - 21 Jun (8 sessions)  
9.15-10.45am **Fee:** \$135 or **Conc** \$120

OR **Thur** 29 Apr - 24 Jun (9 sessions) 6-7.30pm

**Fee:** \$150 or **Conc** \$135

\$20 per session if paying for single sessions

### Tai Chi (Beijing 24 Form)

Tai Chi is the ancient practice of combining slow deliberate movements, meditation and breathing exercises. You will learn a sequence of moves to enhance balance between Ying and Yang. Learn this in a fun and supportive environment. Suitable for all levels.

**Instructor:** Kathy Lanthois

**Dates/times:** Tues 27 Apr - 15 Jun 7.15-8.15pm  
or **Fri** 30 Apr - 18 Jun 9-10am

**Fee:** \$90 **Conc** \$80 for 8 Sessions

\$15 per session if paying for single sessions

### Chi Gong

Chi Gong has been described as moving meditation. Learn some simple energy (Chi) exercises (Gong) which you can integrate easily into daily life. A combination of slow stretches, gentle flowing movement and static postures, they can deliver a range of physical and mental health benefits. Can be done in a seated or standing position. Suitable for all levels.

**Instructor:** Kathy Lanthois

**Dates/times:** Tues 27 Apr - 15 Jun 6-7pm  
or **Fri** 30 Apr - 18 Jun 10.30-11.30am

**Fee:** \$90 **Conc** \$80 for 8 Sessions

\$15 per session if paying for single sessions

## Autism Plus

### Talking about Autism

A time for sharing helpful and practical information for people interested in the Autism spectrum.

**Facilitator:** Anne Brackley and Guest speaker - Speech Therapist

**Dates/times:** Sat 1 May 10.30am-12 noon  
Bookings essential

**Fee:** \$5

### All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

**Instructor:** Celia Adams

**Dates/times:** Fri 23 Apr - 25 Jun 10am-12noon

**Fee:** \$300 or **Conc** \$200 Bookings essential



## Digital Technology

### \*NEW\* - Social Media made simple

Help with Social Media is at hand. Agata will help you through getting started or progressing your journey within Social Media.

**Instructor:** Agata Commisso

**Dates/times:** Mon 26 Apr 9.30am - 12noon

**Fee:** \$170 or **Conc** \$80

### Using Zoom for the first time

Ready to leap into the Zoom world on your computer, tablet or phone and want some support - this could be the session for you. We have helped hundreds of people get started using Zoom maybe we can help you!

**Instructor:** Anne Brackley

**Dates/times:** Fri 7 May 4-5pm **Fee:** \$5

### Introduction to Computers

You will learn how to use your laptop or desktop computer system more effectively.

In this supportive environment created by our instructor, you will be exposed to how to use the mouse, how to set up folders and files, use email, and be exposed to a whole range of things that can be done with your computer.

**Instructor:** Brenda Richardson, Iteracy

**Skill Level:** Beginner

**Dates/times:** Thur 29 Apr - 17 Jun 1-3.30pm  
(8 weeks)

**Fee:** \$160 or **Conc** \$80



### Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

**Instructor:** Brenda Richardson, Iteracy

**Skill Level:** Intermediate

**Dates/times:** To be advised - register your interest

**Fee:** \$160 or **Conc** \$80

### Smart phones, iPhones, tablets, iPads

This introductory course is designed to assist you to understand and use your iPhone or iPad confidently. Conducted in a friendly relaxed environment you will learn step by step how to set and use your device. We will cover issues such as security, keeping in touch with friends and family. Researching the correct apps available for your needs.

**Instructor:** Brenda Richardson, Iteracy

**Skill Level:** Beginner

**Dates/times:** Tues 27 Apr - 15 Jun 1-3.30pm  
(8 weeks)

**Fee:** \$160 or **Conc** \$80

### Buying and Selling on eBay

This course will navigate you through the process of getting started buying and selling your goods and services on eBay. The first session focuses on buying and the second one focuses on selling. NOTE: Bring along your email address and password as well as your banking details so you can get up and running while attending the course.

**Instructor:** Ken Brackley.

**Dates/times:** Mon 10 May & 24 May 4.30-6.30pm

**Fee:** \$50 or **Conc** \$20



## Gaining Skills

### \*NEW\* - Setting up a Bokashi bucket and a Bokashi garden bed

Many people have purchased or are thinking about purchasing a Bokashi Bucket - but - When do I empty the bucket? How should I dilute the Bokashi bucket juice? What do I do with the fermented food once the bucket is full?

**Instructor:** Anne Brackley

**Dates/times:** Fri 28 May 10am-12noon **Fee:** \$5

### \*NEW\* - Handywoman's Class

Have you always wanted to change a tap washer or put up a shelf or hang a picture or mirror? Have you wanted to know some building terms or the right tool for the job. Then maybe this class is for you.

**Instructor:** Graham McLeod

**Dates/times:** Sat 8 May 10am-12noon

**Fee:** \$5

### Confidence Through Cookery

Learn to cook using ingredients you may never have tried or already have in the pantry, in a different way. Share ideas to make cooking less of a chore and more interesting. Discuss various flavours and foods. Talk about using weird and wonderful utensils (some may just be sitting in the drawer for years). Try recipes that have been handed down in the family with a modern twist to make life easier! Includes all food - all you need to bring is an appetite and some containers to take a serve or two home in.

**Instructor:** Agata Commisso

**Dates/times:** Tues 27 Apr - 22 Jun 10am-12.30pm

**Fee:** \$100 or **Conc** \$50

### Focusing on the Future

This course is designed to give you a sample of a number of classes running at SpringDale to help you decide on your future direction. Come along and share your ideas, experience and dreams. Then we will select a range of classes to suit your skills, ambitions & desires.

**Instructor:** Agata Commisso

**Dates/times:** Mon 19 Apr 9-10am  
plus 7 other sessions

**Fee:** \$50 or **Conc** Free

### Joy of Volunteering

The joys of volunteering include giving back to the community, using your unique skill set. Many organisations and clubs rely on volunteers to survive. This course looks into all aspects of volunteering.

**Instructor:** Anne Brackley

**Dates/times:** Fri 7 May 10am-12noon

**Fee:** Free

### Introduction to Event Management

This course will expose you to all facets of planning and running an event. Areas covered include, where to start, what roles need to be fulfilled, budget required, people needed. Also covering debriefing and follow up.

**Instructor:** Anne Brackley

**Dates/times:** Fri 14 May 2-4pm

**Fee:** \$20 or **Conc** Free

### Returning to Learning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like you feel as though you have been left behind or feeling that you may not be able to keep up. You will also develop a career portfolio.

**Instructor:** Anne Brackley

**Dates/times:** Mon 19 Apr, Tues 20 Apr, Wed 21 Apr - Wed 23 Jun 10am-12noon

**Fee:** \$16 or **Conc** Free

### Returning to Earning

Been out of the workforce for a while and you may not know how to take the first step - then this is the course for you. We will map your skills and help you realise that your life skills are incredibly valuable. Everything that you have been doing has been preparing you for the next steps in your journey.

**Instructor:** Anne Brackley

**Dates/times:** Fri 21 May & 28 May 2-4pm

**Fee:** \$40 or **Conc** Free

### Help SpringDale help yourself

Helping people find jobs for many years and we'd love to help you. Perhaps you would like to know what we do at a Neighbourhood House? Perhaps you would like to help and build your confidence? We'd like to help.

**Instructor:** Anne Brackley

**Dates/times:** Fri 21 May 10am-12noon **Fee:** Free

### Ken & the Art of Motorcycle Maintenance

A conversation about motorcycles and their care.

**Instructor:** Ken Brackley

**Dates/times:** Sat 8 May 9.30-11am **Fee:** \$5

### Ken & the Art of Bicycle Maintenance

A conversation about bicycles and their care.

**Instructor:** Ken Brackley

**Dates/times:** Sat 19 Jun 9.30-11am **Fee:** \$5

## Accredited Courses

### Provide CPR Code HLTAID001

Pre-course work is required please contact Mirelle to reserve your place on 0412 247 849

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Wed 21 Apr or Sat 19 Jun  
9.30am-12noon

**Fee:** \$65

### Provide First Aid Code HLTAID003

Pre-course work is required and you will be contacted before the course with the details.

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Wed 21 Apr or Sat 19 Jun  
9.30am-3pm

**Fee:** \$130

### Provide an emergency first aid response in an education and care setting

Code HLTAID004

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Wed 21 Apr or Sat 19 Jun  
9.30am-4pm

**Fee:** \$160

### Please contact Mirelle to book a First Aid place on 0412 247 849

Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.



## SpringDale Groups

To attend SpringDale Groups you must be a member of SpringDale - Annual Membership \$12 - each group charges a small fee ranging from \$2 to \$12 per session.

### 5D Diamond Painting group

Combining mosaic beading & colour by numbers to make a gorgeous picture that you create yourself.

Kits provided at cost price. 2nd Mon each month 1-5pm \$4.

### **Badminton**

Wednesdays 1-3.30pm weekly at The Scout Hall Drysdale. New Members welcome.

### **Bellarine Community Singers**

We are a friendly group who meet each Thursday throughout the school terms from 1.30-3.30 at the SpringDale Neighbourhood Centre. We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances. We always welcome new members, please contact Tina on 0421 278 886 or Alison on 0419 50 4216

### **Bellarine Family History Group**

Our Group meets at SpringDale every Monday between 1:30 and 3:00PM and will assist you in getting started on and building your family tree or provide guidance with general family history research. Cost:3.00 per session

### **Bowling on the Spectrum**

Lawn Bowling group meets at Drysdale Bowling Club 2nd and 4th Wednesdays 10am-12noon

### **Business on Bellarine**

Business network group meets weekly Tuesday mornings 8-9am

### **Card Games**

Enjoy playing cards? Come and play Canasta & Bolivia. Monday afternoons 12.30-3pm.

### **Cryptic Crosswords Group**

This group meets Fridays 10am at Zoo Cafe and solves crosswords from the Guardian. This group is for seasoned cryptic crossword solvers. We may provide workshops for beginners if there is a need.

### **Dining Club**

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

### **Felt & Textile Artists**

Whilst we began as a small group of people who liked to felt, we have evolved into other textile practises. We meet on the first Saturday of the month at SpringDale; if you'd like to come along & see what our members do, you'll be most welcome. For further information you can contact Julie 0409 368 290 or Jill 0435 499 820.

**Date/time:** 1st Saturday each month. 10am-3pm

### **Friendly Cuppa and Chat Group**

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30-11.30am.

### **Fun Volleyball**

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest. Mondays from 9-10.30am

**Venue:** Drysdale Scout Hall

### **Genealogy**

People interested in researching family history come together weekly and share tips and tricks. Thursdays 9am-12 noon

### **Girls' Shed / Craft Group**

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1-3pm.

### **Harmony Group**

Building a better world we meet as needed to bring an annual Harmony Day together - please let us know you would like to help.

### **Harvest Basket Produce Swap & Edible Gardening Group**

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills. 9-10.30am

### **Jigsaw Club**

Borrow a jigsaw from a big library, 40c each. The first Thursday of the month from 10am-12noon.

### **Kinship Carers**

Meets on the first Monday of each month 10-1pm at SpringDale (no meetings in school holidays)

### **Line Dancing**

Join our group. Every Wednesday 10am-12noon.

### **Lunch Bunch**

We meet on 3rd Wednesday each month to enjoy lunch together at a local café.

### **Mahjong Club**

This group meets Wednesday from 9am-12noon.

### **Men's Kitchen - Tuesday Mornings**

Tuesday morning 10am-1pm

**Location:** St Leonards Recreation Reserve

**Fee:** Price depends on menu

### **Men's Kitchen - Wed/Thurs/Fri Morning**

Wed/Thurs/Fri 10am-2pm

**Fee:** Price depends on menu

Wed morning kitchen - wait list applies

### **Men's Kitchen - Wednesday Evening**

We will be running a Men's Kitchen every second Wednesday evening from 5pm-8pm.

New members welcome

**Fee:** Price depends on menu

### **Pole Walking Group**

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8.50-10am (Contact SpringDale for meeting points)

### **Sci Fi Group**

A group to focus on bringing Science and Science Fiction to life. This group started with a single person, John Reid who has been a Lost in Space fan for years, its through his dedication that a group has been formed. Whether you enjoy science or Science Fiction there is a space for you in this group. Ring SpringDale to register your interest.

### **Scrabble Club**

Held on Tuesday afternoon, 1-3pm and caters for players of all abilities and new players welcome.

### **Scrapbooking & Card Making Group**

Organise your precious memories by scrapbooking your photos or cardmaking for all occasions.

Scrapbooking solutions, products & use of tools.

**Date/time:** 2nd Thurs each month, 1-4pm

**Instructor:** Lyn Clough

**Fee:** \$10 per session Ph 5251 3008

### **SpringDale Artists**

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am-12noon or Wed 1-4pm.

### **SpringDale Reads**

Our book group meets first Thursday each month 7.30-9pm

### **SpringDale Singers**

Meets at SpringDale on Tuesday. We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing. Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at SpringDale Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go.

### **Talking about Autism**

Meets quarterly to talk about Autism strategies

### **Toy Library - Drysdale**

Click & Collect. Log onto - toys.springdale.org.au

### **Toy Library - Portarlington**

By appointment

### **Wheeler Riders**

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs. Rides Mon, Wed, Fri.

### **Warhammer Group**

Warhammer is a tabletop war game in where two or more people battle each other with armies of miniatures on tables with detailed terrain. Looking for people aged 13+ for tabletop war games. Contact Mark on 0425889007 for more details.

## Non SpringDale Activities

### **Drysdale Guides**

Enabling girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Jr Guides girls aged 5-11 years meet from 4-5.30pm and Senior Guides girls 11-18 years meet from 6.30-8pm. Contact Anne Brackley for details 0407 529 205.

### **Bellarine Woodworkers Inc.**

All keen woodworkers have the opportunity to meet on the first Monday of the month at 1.30-3pm. New members welcome. Just turn up to SpringDale.

### **Days for Girls Sewing**

Meet at SpringDale on the second Wednesday each month 9am-1pm

### **Bellarine Camera Club**

We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by actively taking photos, learning by entering competitions and talking to other members and judges about our photography. We meet at SpringDale, at 7:30pm on the first and third Monday of the month.

For further details call in to a meeting, or go to our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)

### **Pilates**

Open to all ages. Improve your fitness, core strength, posture, flexibility and sense of well being. Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention & direction.

**Instructor:** Monique MacLeod

**Phone to book:** (03) 5251 2958

**Venue:** Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

**Commencement Dates/times:** Ball class Tue 22 April 8.45am Beginner/Intermediate floor classes Tue 22 April 10.30am or 11.40am & Thu 24 April 5.45pm **Fee:** \$150 (10 weekly classes)

## Enrolment & Payment Conditions

**Scheduled Fees:** Courses at nominated rates.

**Single Sessions:** Incur a \$5 Admin Fee.

### **ENROLMENT**

**5 ways to book into a class -**

**Phone:** (03) 5253 1960

**Text:** 0416 450 534

**In person,** at SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale

**Online:** [courses.springdale.org.au](http://courses.springdale.org.au)

**Email:** [office@springdale.org.au](mailto:office@springdale.org.au)

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

### **PAYMENT/ REFUNDS**

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip. If there are not enough enrolments to successfully run a course, it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

### **PRIVACY**

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

**Please sign up for course updates via webmail, texting or a phone call.**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:

