

Course & Activity Guide

January 25—March 26, 2010



Anglesea & District Community House, Inc
Opening Hours: Monday—Friday, 9.30am-2.30pm

Contact Us:

Phone: 5263-2116

Email: angcom@fastmail.com.au

Web Address: anglesea.org.au



Public Internet Access over January

Affordable internet access & printing will be available from 10.00am-1.00pm, Monday—Friday, from January 4—January 22 (**on extreme fire danger days the House will be closed**). No bookings necessary. \$5 per hour for Internet use, printing 20 cents per page. **Best value in town!**

Hospitality—Certificate II in Hospitality (Kitchen Operations)

Want to be a Master Chef and acquire the practical skills and knowledge for a career in hospitality? Our course concentrates on commercial cookery and is suitable for those who may be currently working in the industry and wish to obtain a formal qualification.

Commencing early 2010. Please email or ring to register your interest in this course.

Limited places, so book now!

Please note:

All advertised courses will only run if there are sufficient enrolment numbers. Please book at least 2 weeks prior to a course start date. **Full payment is required one week** before the commencement of a course.

Freelance Feature Writing - for fun or profit

Tutor: Janet Brown

Do you have a passion or hobby and would like to develop skills in writing for magazines or newspapers? Learn the fundamentals of writing an outline and an engaging introduction, about different writing styles and techniques for different audiences and how to market your work. You will leave knowing how to submit a story for publication.

Janet is a highly successful freelance writer, teacher and published playwright whose work has appeared in The Age, major Australian magazines and in books and journals both in Australia and overseas.

Venue: Anglesea & District Community House

When: Tuesday January 12 & January 19, 10.00am-1.00pm or Wednesday February 10 & 17

Cost: \$90

Yoga on the Riverbank

Join Jann Kemp over the holiday season for a refreshing and relaxing yoga session. Jann will take you through traditional yoga poses and stretching, and end with some deep breathing, relaxation and meditation.

Suitable for beginners to advanced. BYO towel or mat. Register at the Riverbank. During wet weather, classes will be held at the Community House.

Venue: Anglesea Riverbank (beach end)

When: Daily 27/12/09—3/1/10 8.30am—9.30am during January. (No class 1/1/10)

Cost: \$7 per class

Inquiries: 5261-3592

Fitness for Weight Loss

Tutor: Alanna Boston

This exercise program will leave you feeling stronger, healthier and more vital. The program has been designed by a qualified fitness instructor to get the results you want fast. The classes are varied, interesting and fun and will help you to lose those unwanted kilos!

Suitable for all ages and fitness levels

Venue: Anglesea & District Community House

When: Wednesday's 6.30pm – 7.30pm beginning Feb 3

Cost: \$80 for 8 weeks or \$11 per session



Health & Wellbeing

Lotus Yoga

Tutor: Jann Kemp

This very popular class will enhance your fitness through yoga poses and stretching. You will leave the class with a wonderful feeling of health, vitality and well being. Learn breathing, relaxation and meditation techniques and wash those everyday stresses away.

Multi-level class—beginners through to advanced

Venue: Anglesea & District Community House

When: Fridays, 9.30am-11.00am, beginning January 29

Cost: \$85 for 9 weeks or \$12 casual



Aerobics

Tutor: Nicky Friel

Improve your fitness in a class that includes low impact moves, muscle conditioning, basic step moves and circuit work. Funky music and variety ensure you will never get bored. Suitable for all levels of fitness.

Venue: Anglesea Memorial Hall, McMillan St.

When: Tuesdays 7.30pm & Saturdays 9am

Cost: 10 classes for \$85 or \$9 casual
Please bring a bottle of water and towel/mat.

Languages



French Conversation for Beginners

Tutor: Juliette Haute

This course is ideal for those travelling to France. Juliette a native French speaker, will introduce you to the beautiful French language and get you conversing in no time!

Venue: Anglesea & District Community House

When: Wednesday's 7pm—8.30pm, commencing February 10 for six weeks

Cost: \$65

Spanish for Travellers

Tutor: Paulina Gutierrez

You will learn all the basic phrases you will need for everyday travel situations. You will be able to greet people, find and book accommodation, use public transport, get directions, and learn to read a menu and order a meal.

Venue: Anglesea & District Community House

When: Thursday's 6.30pm — 8.00pm commencing February 11 for six weeks.

Cost: \$65

Personal Development

Speaking Before an Audience

Tutor: Terrence Hoffmann

Overcome and eliminate the fear of speaking in public. This practical course will show you how to prepare for and deliver a talk for a variety of situations. The techniques you learn can be applied to speaking for work, at a special event such as a wedding or funeral, addressing a committee, working group or club.

This course is ideal for anyone who wishes to improve their communication and public speaking skills, whether it is for work or as a volunteer member of a community group.

Terrence is an experienced trainer, communicator and speaker. He has spoken to thousands of different audiences and will share his expertise and tips with you.

Venue: Anglesea & District Community House

When: Monday's 7.00pm—9.00pm for four weeks.
Commences January 18 or February 15, 2010

Cost: \$80



New Tutors Wanted

If you have a skill or talent and would like to train others or have a suggestion for a new activity or course that you would like to offer, we would love to hear from you. Give us a call on 5263-2116 or email us at angcom@fastmail.com.au or drop into the Community House.



Barista Basics—The Art of Espresso Coffee

This introductory course will provide you with the basic skills and knowledge of espresso coffee making. Our experienced barista will teach you the best techniques for making a superb espresso, latte, cappuccino etc. You will have the opportunity to produce coffee using a commercial machine. Safety in operating and maintaining the espresso machine will be covered. This course is designed for the home coffee enthusiast and is suitable for those seeking employment in the hospitality industry or wishing to gain new skills.

Venue: Anglesea & District Community House

When: 7.30pm-9pm, date to be confirmed

Cost \$30

Computers & Technology

Computers & the Internet for Beginners & Seniors

Tutor: Peter Renkin

In this popular beginners course you will learn everything you need to know to get you started, including how to use a mouse, set up an email account and search the Internet.

When: Thursdays 10am-12.30pm for six weeks beginning Feb 11

Cost: \$70 (or \$60 concession) includes workbook

Computers & the Internet—Refresher

Tutor: Peter Renkin

The course is ideal for those who have completed the beginner's computer class and want to refresh and further develop skills in using Microsoft Word, Excel, Email and the Internet

Venue: Anglesea & District Community House

When: Monday 10am-12.30pm for six weeks beginning February 8

Cost: \$70 (or \$60 concession) includes workbook



Introduction to Microsoft Word 2007

Tutor: Ann Wingad

This introductory course will teach you all the essentials of using Word 2007. Learn how to create, save, retrieve and format documents, about headers and footers, tables, inserting pictures and creating a simple mail merge.

When: Thursdays 6.30pm-8.30pm for six weeks beginning February 11.

Venue: Anglesea & District Community House

Cost: \$60 plus \$10 for workbook

Digital Photography

Tutor: Sally Cleary

Sally will show you how to manipulate your pictures and images, save them to disk and send via email. You will learn to adjust and enhance your digital photos in the computer room at the Anglesea & District Community House.

When: Two Saturdays, 10am-4pm. Please ring 5263-2116 to register your interest.

Cost: \$70

Adobe Photoshop Elements—Level 1

Tutor: Sally Cleary

Organise your digital photos and make a slideshow to burn onto a DVD or memory stick. Turn your slideshow into something special by incorporating music, captions and special effects. Bring your photos on disk or memory stick.

When: Two Saturdays 10am—4pm. Ring or email to register your interest.

Cost: \$70

Desktop Publishing using MS Publisher

Tutor: Ann Wingad

Publisher is one of the most popular and widely used desktop publishing programs. You will have heaps of fun learning to design and create quality, professional looking newsletters, invitations, brochures, greeting cards, flyers and business cards.

When: Mondays 6.30pm-8.30pm for six weeks beginning February 8

Venue: Anglesea & District Community House

Cost: \$60 plus \$10 for workbook



Creative Writing

Phone 5263-2116 to express your interest in the following courses

Do you want to be part of a new group where you can learn to write a story, a memoir, a novel, a poem, whatever you like?

Ring to register your interest

Starting a Small Business

These practical workshops will cover all the legal & taxation requirements, business structure, record keeping, management, and marketing strategies for setting up a small business. You will develop a business and marketing plan for your new business.

Cost: \$90

Organic Gardening

These workshops are ideal if you are new to gardening or want to refine your techniques. A qualified horticulturalist will provide you with the knowledge and skills to create and manage a healthy, productive organic vegetable and herb garden.

Cost: \$50

Microsoft Office 2007

This course is ideal for anyone who has recently upgraded to Microsoft Office 2007. Learn about all the new features, toolbars and functions of Word, Excel, PowerPoint and Outlook.

This will be an evening or weekend class. Exact dates to be confirmed.

Cost: \$60 plus \$10 for workbook

SURCOAST FREE LEGAL SERVICE

Second Tuesday of each month, 6.30pm - 8.30pm at the Anglesea & District Community House.

Ongoing Activities

YOGA @ AIREYS INLET

with Shane Lewis

Beginners and general classes.

Mondays 6.00pm—7.30pm at the Aireys Inlet Community Hall

\$10 per week/\$8 concession

Contact Shane 5289-6862 for further information

CRAFT GROUP

You are invited to join the craft group on the third Wednesday of each month, 10am- 1pm at the Community House. Phone Leta Hall for more information on 5261-2675

ANGLESEA NEEDLES

The Needles are Anglesea's long running embroiderers' group, meeting on the 2nd Saturday each month 10am-4pm at the Community House.

ANGLESEA QUILTERS

The group meets at the Community House on the 1st and 3rd Tuesday's of the month between 7.30pm-10.00pm. The House is a perfect location as lighting is excellent, the large tables allow the group to spread unfinished quilts for basting, and the friendly atmosphere encourages us to stay for refreshments.

Contact Yvonne Davidson for further details on 5263-1327.

UFO's (UNFINISHED OBJECTS)

Are you new to town? Is there "something you are always promising to finish"? Do you like to chat? Come and join our informal group, Wednesday's 10am-12noon, at the Community House and share a "cuppa" each week.

SURFCOAST PROBUS QUILTERS

We meet the fourth Monday of the month at the Community House, 9.30am - 4 pm.

ALL WELCOME

OVER 50'S EXERCISE CLASS

Come and join other seniors in this very popular and enjoyable class for an hour of gentle exercise to music. Greg Walsh, physiotherapist, has years of experience in designing and taking exercise classes.

Time: **Wednesday's** 9am-10am & 10am-11am, at the Aireys Inlet Community Centre.

Fridays 9am-10am, at the Anglesea Memorial Hall Youth Room (enter via side door).

Cost: \$5 per person



SURFCOAST SLIMMERS

Need a bit of support to create a healthier and slimmer you? Join Surfcoast Slimmers, a 'not for profit' group meeting Thursdays between 5.30pm-6.30pm at the Community House.