



# ADCH

## Course Guide Term 4 2008 6 Oct– 19 Dec



### WHAT'S NEW?

#### COFFEE CLUB

For all newcomers to town, young Mums and people wanting to meet others in a friendly social atmosphere. The Community House will be hosting a free morning tea between 10am and 12pm, on the second and fourth Wednesday of the month. Children are most welcome.

Starting Wednesday 8 October 2008

Please RSVP to 5263 2116

#### HEALTH + BALANCE PROGRAM

Keep the Balance in your life!

The Health + Balance Program is a group exercise program that has been designed by a physiotherapist to improve:

- Muscle strength and flexibility
- Balance and Stability
- Reaction time
- Confidence in participating in physical activities

Time: Tuesdays 11.30am-12.30pm

Starting 21st October

Place: Anglesea & District Community House

Cost: \$54 for 9 weeks

Call to register your interest on 5263 2116

### AEROBICS

Tutor: Nicky Friel

Summer is fast approaching! Shape up for the beach now with this popular class. The class consists of a warm-up, then a short period on each circuit "station". Work at your own pace with assistance from the instructor. Increase your flexibility and lower stress levels with some great stretches and relaxation. Funky music and variety ensure you will never get bored. Suitable for all levels of fitness. Come along and give it a go.

Time: Tuesdays 7.30pm

Saturdays 9am

At the Anglesea Memorial Hall, McMillan St. Please bring a bottle of water and towel/ mat.

Cost \$9 per class or 10 classes for \$85



#### NEW TUTORS WANTED!

We are always looking for new courses and tutors. If you have a skill or talent and would like to train others in the Community, why not consider joining our tutor bank. Please call 5263 2116. Feedback on our current courses or just suggestions for new ones are also appreciated!

5 McMillan Street, Anglesea, Vic, 3230

Ph: 03 52632116 Fax: 03 52631077

Email: [angcom@fastmail.com.au](mailto:angcom@fastmail.com.au)

Opening Hours: 9.30-2.30pm Mon-Thu 9.30-12.30pm Fri

ADCH Website: [www.anglesea.org.au](http://www.anglesea.org.au)

Website maintained by Jennifer Ford [www.yourvirtualsoption.com.au](http://www.yourvirtualsoption.com.au)

## TECHNOLOGY

### INTRO TO COMPUTERS & THE INTERNET

Tutor: Peter Renkin

Learn how to use a mouse and basic word processing skills, Word for Windows operation, file management & use of the Internet & email

Time: 10am-12pm  
Date: starting TBA  
Cost: \$60

6 weeks - 2 hrs per session.



### HOW TO ORGANISE YOUR PHOTOS USING ADOBE PHOTOSHOP ELEMENTS

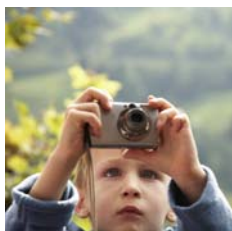
Tutor: Sally Cleary

Using Photoshop Elements, Sally will assist you to organise your digital photos, and make a slideshow that you will then burn onto DVD. The DVD can also have music, captions and special effects to turn your photo slideshow into something special.

Bring your photos on disk or memory stick. One blank DVD per student provided.

Dates TBA  
Cost \$60

Ring to register your interest



## HOSPITALITY

### BEGINNERS DIGITAL PHOTOGRAPHY

#### "ON LOCATION"

Tutor: Sally Cleary

Join Sally on a trip of discovery and visit some of our beautiful coastal scenery. Sally will show you how to take stunning photos using your digital camera. You will also spend some time in the classroom learning how to manipulate your images, save to disk and send via email.

Time: Saturday 10am-4pm, 2 weeks.

Dates: TBA

Cost: \$70 including field trip with bus transport provided.



### PRESERVING YOUR PHOTOS AND SLIDES

Tutor: Jan Morris

Do you have old photos and slides that you would like to preserve in an updated format? This course will teach you how to scan your pictures, you will then store them in electronic format on a Compact Disk. Learn how to use the equipment in the course, then come back in your own time to scan as many photos as you require. 5 hours of free computer time and one CD included.

Time: TBA - 2 x 2 hour sessions

Dates: TBA

Cost: \$25

**All computer course  
attendees receive 5  
hours free computer  
usage to practise new  
skills.**



### FOOD HANDLERS COURSE

If you are involved in the preparation of food for business, home based small business or community activities, this course is for you.

Time: 9am - 4pm 1 day

Date: TBA Call to express your interest

Cost \$70

Food Safety Supervisors course is also available



### COOK LIKE A CHEF

Tutor: Dominic Stefanatos

In this course, chef Dominic will lead the class through the professional preparation of a restaurant quality, 3 course meal in a friendly, "hands on" small group. No prior skills are required, just an interest in improving your cooking ability.

Have fun while you master the tricks of the trade, then sit down together and enjoy a delicious lunch which you have prepared.

Different cuisines will be explored each week, and this term Dominic will concentrate on using fresh produce to produce some interesting festive dishes that you may like to re-create over Christmas.

Time: 9.30-12.30 Friday

Date Starting Friday 17 October

Place: Anglesea Memorial Hall (kitchen)

Cost: \$136 includes all ingredients

8 week course

Minimum 6 students, bookings essential



**We are always welcoming to volunteers from our local community. Volunteers are offered training within the operations of the community house, professional development opportunities and computer access. Give Julie a call on 5263 2116 .**

## BEGINNERS FRENCH CONVERSATION CLASS

Tutor: Isabelle

Join Isabelle, a native French speaker, for an introduction to French conversation. Whether you are travelling to France or would just like to learn this beautiful language, it will be an interesting and enjoyable class.

Time: TBA– day or evening please call with preference

Phone 5263 2116

Date: Wednesday 29 October for 6 weeks

Place: Anglesea & District Community House

Cost: \$60 per student. Bookings essential.



## CREATIVE DANCE FOR PRESCHOOLERS

Tutor: Leisa Gittings

Suitable for 3-5 year old boys and girls. Leisa will gently guide the class through some simple dance moves for young children.

Accompanied by world music and classical music, it will delight both the children and their carers!

Time: 10.15-10.45 Thursday mornings

Date: 9 October (ongoing during school terms)

Place: Anglesea & District Community House

Cost: \$8 per child, \$10, 2 or more children

Cost: \$2 per child

### PLEASE NOTE:

Not all dates or times are set.

Courses will run according to bookings and need to reach minimum numbers or will be cancelled.

Please book at least 1 week prior to course start date.

Full payment is required prior to the start date.

## HEALTH & WELLBEING

### INTEGRAL YOGA

Tutor: Jann Kemp

Yoga poses, stretching, breathing and relaxation for fitness, health and well-being. Multi – level class.



Time: Fridays 9:30am –11:00am  
starting 10 October 2008

Cost: \$90 for 10 weeks,  
\$12 casual



### KINDERMUSIK

Kindermusik is an enjoyable program for babies and toddlers with music, movement, singing and games. Two programs are available. Minimum 6 participants in each class.

1. Kindermusik “Village”  
Newborn to 18 months.

Time: 9.30-10.15

2. Kindermusik “Our Time”  
18 months to 3 years.

Time: 10.30-11.15

Date: Both groups starting Tuesday  
14 October EARLY BIRD DISCOUNTS  
APPLY—RING FOR INFORMATION.  
BOOKINGS ESSENTIAL

### Attention:

### COMMUNITY GROUPS

We are always happy to accommodate community groups in our training and meeting rooms. A small fee applies and bookings are essential on 5263 2116.

### GREAT GIFT IDEA

Why not buy a gift voucher for one of our courses? Contact reception for more details

## BOXING FIGHTING FIT CLASS

This course will teach you how to become fighting fit without ever getting hit! Catered for every level of fitness, this course is designed to take a beginner through the stages that will lead them to mastering new skills as well as test your current skills. Course topics include: warm up and cool down, wrapping hands, equipment use, technique, basic punches and focus pad work. Boxing training sessions stimulate all muscle groups and provide the perfect combination of aerobic (with oxygen) and anaerobic (without oxygen) exercise.

No experience necessary to come along and join in. Wear loose comfortable clothing, appropriate shoes and bring a water bottle and small towel. All equipment used during the session will be provided, however feel free to bring your own hand wraps and boxing gloves.

Cost \$10 per session

Date: Tuesday 7.15am

Thursdays 9am

On the Riverbank or during inclement weather Anglesea & District Community House, McMillan St Anglesea

### MEDITATION

An invitation to awaken inner creative energies of transformation and change, through easy meditation exercises. Each class will have a symbolic story, guided meditations and body relaxation exercises, providing tools and knowledge to harmonise all levels of your being. Let go of outside distractions, go within and whilst relaxing deeply, explore the imagination and be open to personal insights. \$10 per session

Time: Thursdays 7pm-8pm  
Starting 9 October 2008

Place: Anglesea & District  
Community House

For further information and bookings please contact Tina on 5264 7104



# ONGOING ACTIVITIES

## WRITERS GROUP

With Bev White

The aim of this group is personal fulfilment, fun & sharing. No commercial outcome is expected.

A topic is provided each fortnight. Writing is done at home and read out at the next meeting, followed by a lively discussion.

Time: 10.15am - 12 noon  
2nd and 4th Friday of the month

Cost: gold coin donation

## CRAFT GROUP

A new craft group on the third Wednesday of each month, 10am– 1pm at the Community House. Phone Leta Hall for more information 5261 2675

## ANGLESEA NEEDLES

The Needles are Anglesea's long running embroiderers' group. Meeting on the 2nd Saturday each month 10-4pm.

## YOGA @ AIREYS INLET

with Shane Lewis

Beginners and General

Times: Mondays 6.00– 7.30pm

Cost: \$10 a week /\$8 concession

Venue: Aireys Inlet Community Hall

Contact Shane 5289 6862



## SURFCOAST PROBUS QUILTERS

Fourth Monday 11am - 4 pm.

## LIVING LONGER LIVING STRONGER

with Maurie Dean

Living Longer Living Stronger is a program which aims to increase the range and quality of strength training opportunities for older people.

You are required to be a member of the Surf Coast Life Activities Club (\$22 per year). This is a non profit organisation to assist men and women in the over 40's age group to develop and maintain an active, healthy and enjoyable lifestyle.

Classes available on Tues and Thurs

Time: 8.30am–10.30am

Telephone: Maurie 52632809

Cost: \$30 per month



## OVER 50'S EXERCISE CLASS

With Greg Walsh

Greg Walsh, physiotherapist, has been taking exercise classes in Lorne and Aireys Inlet for many years. He has now started a group in Anglesea. Join other seniors for an enjoyable hour of gentle exercise to music.

Participants are encouraged to go for a coffee or juice afterwards.

Time: Fridays 9am-10am (ongoing)

Cost: \$5 per person

Place: Anglesea Memorial Hall, Youth Room (enter via side door)

## SURFCOAST FREE LEGAL SERVICE

Second Tuesday of each month,  
6.30 - 8.30 pm  
Appointment phone 5263 2116

## ANGLESEA QUILTERS

We meet at the Community House on the 1st & 3rd Tuesday in the month between 7.30pm - 10.00pm

The house is an ideal 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, 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 and share a "cuppa" each week.

Dates: Wednesdays  
10:00am -12:00pm

## WALKING GROUP

Are you interested in joining a walking group? We are looking for people who would like to walk on a regular basis, to keep active and build up fitness. The group would meet at the house and then go walking for an hour or so.

Now that it is Term 4, the weather should be warming up for this activity-call now to register preferred times!



**Anglesea & District Community House Inc.**  
**5 McMillan Street**  
**Anglesea, Vic, 3230**  
**Phone: 03 52632116**  
**Fax: 03 52631077**  
**E-mail: angcom@fastmail.com.au**

**Bringing  
education to  
our town!**