

**Pilates for 50+ HW02**

Instructor: Kathy Peterson

A pilates class with movements tailored especially for people over 50. Great for beginners. Pilates mats supplied. **Tuesdays 5:00 – 6:00pm****Term 1: from February 10 x 8 weeks \$80.00****Term 2: from April 28 x 9 weeks \$90.00**

Casual attendance \$13.00 per session subject to availability

**After work Pilates HW01**

Instructor: Kathy Peterson

Don't go straight home from work & flop on the couch! Drop by the Princes Hill Community Centre on your way home for a pilates class – choose from either Tuesday night or Thursday or take both classes and save! Book early as these classes fill up fast! **Tuesdays & Thursdays 6:00 – 7:00pm****Term 1: from February 10 x 8 weeks \$80.00 one night \$145.00 for both****Term 2: from April 28 x 9 weeks \$90.00 one night or \$165.00 for both**

Casual attendance \$13.00 per session subject to availability

**Gentle Yoga HW06**

Instructor: Kathy Peterson

A gentle yoga class tailored for beginners, pre or post natal participants and people with low to medium level of flexibility. **Thursdays 7:00 – 7:50pm****Term 1: from February 12 x 8 weeks \$80.00****Term 2: from April 30 x 9 weeks \$90.00**

Casual attendance \$13.00 per session subject to availability

**Stretch class \*\*\***

Instructor: Val Roberts mbl. 0423-728-716

Stretch into your weekend. Feeling tight? Muscle aches & pains? Improve your mobility and reduce your week's tension. Low to medium level of flexibility - adults of all ages welcome. **Saturday mornings 9:00 -10:15am****Term 1: from Saturday 31 January x 10 weeks \$130.00****Term 2: from Saturday 02 May x 8 weeks \$104.00**

Enrol in term program or \$15.00 casual. Upstairs studio

**Wednesday morning Tai Chi \*\*\***

Instructor: Simon Murray 0449-678-784

Yang style long form tai chi for balance, co-ordination, strength and calmness. Taught in blocks (1 per term) with the later option of push-hands exercises, weapons etc. **Wednesday mornings 9:00 -10:00am****Term 1: from February 04 x 9 weeks \$90.00****Term 2: from April 22 x 10 weeks \$100.00**

Enrol in term program or \$13.00 casual. Upstairs studio

*\* Pilates, Tai Chi and yoga are all held in the Upstairs studio – please see your doctor before taking any of our fitness classes.***Declutter your life HW04**

Instructor: Kealy Smith

Stuck in a rut? Making oodles of lists but never ticking anything off? Get back on track with some great workshops designed for you to get organised and declutter your life. Learn the steps to planning and setting goals and create a path to where you'd like to be in your life. 4 sessions **Wednesdays 7:00 – 9:00pm****Term 1 only: March 11, 18 & 25 and April 15 \$80.00.** Downstairs classroom**60+ Fitness Club HW10**

Instructor: Kealy Smith

Come along to our fitness club where a different activity will be explored each week especially tailored for the older adult. Meet at the PHCC every Wednesday morning at 9:00am

**Term 1: from February 18 x 6 weeks****Term 2: from April 29 x 6 weeks**

\$60.00 per term, includes morning tea. Casual attendance \$7.00 per session.

Please note we require a doctor's certificate of approval from participants at the time of enrolling. Downstairs classroom &amp; Princes Park

**Singorama! TM03**

Leader: Bronwyn Calcutt

Come along to our Thursday night community singing group. Everyone welcome, relaxing &amp; fun. You'll be singing in harmony together in minutes.

**Thursday evenings 8:00 -9:30pm****Term 1: February 12 & 26, March 12 & 26****Term 2: April 30, May 14 & 28, June 11 & 25**

Cost: Term 1 \$40.00 (4 weeks) Term 2 \$50.00 (5 weeks) or enrol in both terms for \$80.00. You can try out a session for only \$13.00. Upstairs studio PHCC

**String group TM04**

Co-ordinator: Dianna Walpole

Do you play a stringed instrument? (violin, viola, cello or bass) PHCC's string group is for beginner &amp; returning musicians meeting fortnightly in a relaxed &amp; supportive environment. BYO instrument, music stand &amp; sense of humour. Music supplied, all ages welcome.

**Friday fortnights 6:30 – 8:30pm****Term 1: from February 06 x 5 fortnights****Term 2: from April 24 x 5 fortnights**

\$35 for Semester 1 (10 weeks) or \$5.00 per session. Upstairs studio PHCC

**Beginner guitar group TM05**

Instructor: Peter Newnham

Learn to play the guitar in a relaxed and supportive environment using the Suzuki method of teaching. Basics of music theory and performance are covered. The aim of the course is to get people playing music together. Students need to bring their own nylon string classical guitar to the first class.

**Wednesday evenings 7:00-9:00pm****Term 1: from February 11 x 6 weeks****Term 2: from April 29 x 8 weeks**

Term 1 \$120.00 Term 2 \$160.00 or enrol for both terms for only \$260.00.

Upstairs studio PHCC

**Container gardening SL02**

Instructor: Dianna Walpole

Do you have little or no garden or a balcony? Container gardening is the answer! Find out how to garden in a small space by using container gardening. Session covers pots &amp; container choice, position, plants (including veggies) &amp; maintenance.

**One off Sat workshop 10:00am – noon****Term 1: Saturday 21 March**

\$15.00

**Composting & worm farms SL01**

Instructor: Maria Ciavarella

Find out how to use compost &amp; worm farms to enhance your garden. Session covers materials needed to get started, position, dos &amp; don'ts &amp; more!

**One-off Saturday workshop 10:00am – noon****Term 2: Saturday May 16**

\$15.00

**Veggie patches SL04**

Instructor: Maria Ciavarella

With food prices soaring now is the time to put in your veggie patch – this workshop tells you how to get started. Session covers different types of veggie gardening, getting started, maintenance, watering, feeding &amp; more!

**One-off Sat workshop 10:00am – 1:00pm****Term 2: Saturday June 13**

\$25.00

*\* Enrol in all three of our gardening classes for only \$45.00***Princes Hill Community Garden**

Coordinator: Dianna Walpole

Are you interested in being involved in the community garden? Please contact us to be added to our Princes Hill Community Garden email list to receive news, updates and notices about meetings.

**Meetings held 6:30pm the 4th Thursday of every month****Friday night supper club CK03**

Co-ordinator: Dianna Walpole

Come along to our Friday night supper club where you will learn to cook new dishes, make friends and share the freshly prepared gourmet meal.

**Last Friday of the month 7:00 – 10:00pm****Term 1: Mar 27****Term 2: Apr 24, May 29, Jun 26**\$25.00 per night including ingredients & dinner!  
PHSC Kitchens**Cookbook bookgroup CK04**

Co-ordinator: Becca Smith

Are you a cookbookaholic? Come along to a monthly bookgroup dedicated to lovers of culinary books. Bring favourites, discuss recipes, chefs and share your collection with others.

**10:00 – 11:00am on the last Wednesday of the month****Term 1: February 25, March 25****Term 2: April 29, May 27, June 24**Enrol in Semester 1 (5 sessions) for \$10 including morning tea  
Downstairs kitchen PHCC**HIRE OF FACILITIES**

Art &amp; dance studios, classrooms, kitchens, sporting facilities are available.

For enquiries regarding hire of facilities at the PHCC & Princes Hill Secondary College please email: [venuehire@princeshill.org.au](mailto:venuehire@princeshill.org.au)**SPORTS**

The gym at Princes Hill Secondary College is up &amp; running. For opportunities to play Futsal or European Handball please check notice boards at the gym or website.

**FUTSAL \*\*\***Albert Park Indoor Sports, the largest provider of Futsal in Melbourne, is now running competitions in the new gym at Princes Hill Secondary College. Futsal, the Brazilian style of indoor soccer played with no nets, is fast becoming the most popular indoor sport. If you are interested in registering a team in either the Sunday or Monday competition, please call Nick on 9696 6900 or log onto [www.apisc.com.au](http://www.apisc.com.au)**VOLUNTEERS**Do you enjoy walking & have a couple of hours to spare? Volunteer walkers are always needed to help distribute our brochure in the local area. Call or email us if you are able to help. We also need people to join our committee. Joining the committee is a great way to meet other local residents & people involved in the centre & improve your management skills. If you are interested in joining the committee or coming to a committee meeting, please contact us on 9387 7740 [enquiries@princeshill.org.au](mailto:enquiries@princeshill.org.au)**ENROLMENTS****Enrolments for classes need to be completed the week before the class commences – if insufficient enrolment numbers are reached then classes won't run so enrol early to avoid disappointment.** Contact the PHCC by email: [enquiries@princeshill.org.au](mailto:enquiries@princeshill.org.au) or tel. 9387 7740. Enrolments with payment may be delivered or posted to PHCC or you can now direct deposit enrolment fees into our account – call us today to find out how! Please note that there is no wheelchair or pram access to our upstairs venues.*\*\*\* indicates programs provided by independent providers – please direct all enquiries and enrolments to instructor listed.***ACKNOWLEDGEMENTS**

The Princes Hill Community Centre is pleased to acknowledge the valuable assistance of the City of Yarra and Princes Hill Secondary College. We'd also like to give a special thank you to Albert Park Indoor Sports for their generous support.

Recycle this brochure by passing it on!



# PRINCES HILL COMMUNITY CENTRE

**SEMESTER 1  
JANUARY - JUNE 2009**

## DAY, EVENING & WEEKEND CLASSES & WORKSHOPS

Celebrating the 33rd year  
as your community centre

Rear 270 Macpherson St.

Princes Hill 3054

**Phone:** 9387 7740**Melways Ref:** 29H12

Map available on our website

**Email:** [enquiries@princeshill.org.au](mailto:enquiries@princeshill.org.au)[www.princeshill.org.au](http://www.princeshill.org.au)

Office Hours during school terms

**Monday:** 10.00am – 3:00pm**Wednesday:** 9:00am – 3:00pm**Saturday:** 9:00am – noon

**Life Drawing on Mondays \*\*\***

Monitored by the Life Models Society Enq. 0403 888 692

An untutored class to practice drawing.

**Monday evenings: 7:00 – 9:00pm From January 19**

\$13/11 or \$110 for 10 classes/passes can be used

**Life Painting & Drawing Tuesdays**

Untutored, short to long poses.

**Tuesdays 10:30am - 1:00pm during school terms**

**Term 1: from 03 February**

**Term 2: from 21 April**

\$14/\$12 conc. per session or 5 class pass \$60

**Life Drawing & Painting Wednesdays**

Untutored. Suitable for artist wishing to work on detailed drawings or paintings.

Poses at times are a recreation of an existing painting, sculpture or photograph.

**Wednesdays 10:30am – 1:00pm during school terms**

**Term 1: from 04 February**

**Term 2: from 22 April**

\$14/\$12 conc. per session or 5 class pass \$60

**Life Drawing on Sundays \*\*\***

Monitored by the Life Models Society

Boards & easels provided. Low cost paper available.

Draw & paint a variety of models in a light, friendly environment. Short to longer poses

**Morning 10:30-12:30pm during school terms**

**Term 1: from February 08**

**Term 2: from April 26**

\$13/11 conc. per session

**Teenage Life Drawing**

An opportunity to build & practice for a VCE portfolio

Call the Art Faculty at PHSC for details 9387-9877

**Monday: 3:30 – 5:30pm**

**Life Models Society Salons 2009 \*\*\***

Enquiries contact LMS Adrian 0422409946

Life drawing in the school holidays. All models from the Life Models Society

www.lifemodelsociety.org.au

10:30 – 1:00pm Short poses. 1:30 – 4:00pm Long poses

**Autumn: March 14 – 17 (4 days)**

**Winter: July 04 – 07 (4 days)**

\$14/\$12 conc. per session, \$90 for 8 sessions

**Spring: September 26 – 30 (5 days)**

\$14/\$12 conc. per session, \$110 for 10 sessions

**Tutored Drawing on Tuesdays ACOI**

Instructor: Merran Ju Yuen Chew

A friendly & supportive tutored class suitable for both beginners and those with some experience. A great chance to improve your observational drawing skills.

Form, space, composition, tone, colour and expression will be explored. Includes still life, drapery and life drawing (model for 4 classes).

**Tuesdays 7:15 – 9:45pm**

**Term 2: from April 28 x 8 weeks**

\$200.00 per term. Material list will be provided.

**Self-exploration using the arts AC09**

Instructor: Karyn Down

Bring expression to your experiences and explore your creative self using this supportive and gentle multi-model approach through painting, drawing, movement, visualisation, sand-tray, drama and dramatic dialogue, writing, working with clay, collage work and journaling.

No artistic skills are required for this creative exploration in a respectful group setting.

**Wednesdays 2:00 – 3:30pm**

**Term 1: from February 25 x 6 weeks**

**Term 2: from May 06 x 6 weeks**

\$120.00 per term includes materials- students to supply own journal

**Exploring Watercolour AC03**

Instructor: Anselm Van Rood

Enjoy the playful exploration of watercolour materials & techniques.

Suitable for beginners & those with some experience.

**Saturdays 1:30 – 4:00pm**

**Term 1 only: from 14 February x 6 weeks (no class Labour Day weekend)**

\$160.00 Allow \$20 for materials – list supplied

**A taste of Art on Sundays AC08**

Instructor: Jenny John

A class for those who always wished they could draw or paint. Try a range of techniques and materials. For beginners and those with some experience. Basic materials supplied

**Sundays 3:00 – 4:30pm**

**Term 1: from February 22 x 5 weeks (no class on Labour Day weekend)**

**Term 2: from May 24 x 5 weeks (no class on Queen's bday weekend)**

Enrol in the term \$85.00 or casual attendance \$20.00.

*All Life Drawing & Art classes in the Upstairs Studio at the PHCC unless otherwise designated.*

**Introduction to Picture Framing AC10**

Instructor: FrameCo

This hands-on, practical course is suitable for the absolute novice through to the intermediate framer. You will learn how to layout and measure up your artwork, measure and cut your own mounts, select and join your own frame and finishing off your picture ready for hanging.

**One off Saturday workshop 9:00am – 4:00pm**

**Term 1 only: May 09**

\$149.00 Materials supplied, includes light lunch. Downstairs classroom

**French Polishing & Furniture Restoration AC05**

Instructor: Samuel Killingsworth

French Polishing is a traditional inexpensive method of restoring & finishing furniture that enhances the natural beauty of the wood grain. Samuel is also skilled to assist with minor repairs & rebuilding of items. All levels.

**Weekend workshop Saturday & Sunday 10:00am – 4:00pm**

**Term 1: March 21 & 22**

\$135.00. PHSC Woodwork Room

**Botanical Illustration& Nature Drawing Weekend AC02**

Tutor: Merran Ju Yuen Chew, professional illustrator

Draw from natural subjects such as botanical specimens, shells, butterflies and feathers to discover their intimate beauty. Suitable for beginners and those with some experience. Material list will be provided.

**Saturday & Sunday 10:30am –1:00pm & 1:30 – 4:00pm**

**Term 2 only: May 16 & 17**

\$100 each/\$85 for students. Downstairs classroom

**4 Steps to Life**

Co-ordinator: Becca Smith

Never learned CPR? Know how, but could use a refresher? The 4 Steps to Life is a CPR awareness program and Ambulance Victoria initiative. If you have 40 minutes to spare come in to learn and practice the 4 Steps to Life.

**Term 1: 11:00am Saturday 28 March**

**Term 2: 11:00am Saturday 20 June**

Free activity, BYO pillow, includes morning tea. Downstairs classroom

**Biggest Morning Tea**

Come along to our annual fund-raiser when we host a morning tea with all proceeds donated to the Australian Cancer Council.

**10:00am Tuesday 26 May**

Entry by donation, includes morning tea

**Woof & Talk – PHCC Dog Walking Club**

Bring your canine pal along and meet other members of the PH community at Princes Park for a walk and a chat.

**Every Monday from 10:00am**

Free event, meet at railway crossing corner of 'dogs off lead park' in Princes Park

**Tuesday night Book Group DW01**

Do you enjoy reading & discussing books? Join our bookgroup and enjoy lively and informative discussions about books chosen by members.

Second Tuesday night of every month 7:00 – 9:00pm

**Term 1: Feb 10, Mar 10**

**Term 2: April 14, May 12, Jun 09**

\$60.00 for the year (10 meetings)

Downstairs classroom

**Wednesday morning Book Group DW07**

Can't make it to our evening Book Group? Join our Wednesday morning group and enjoy lively and informative discussions about books over morning tea.

Books will be chosen by members.

Second Wednesday morning of every month

10:00-11:00am

**Term 1: Feb 11, Mar 11**

**Term 2: May 13, Jun 10**

Venue: Downstairs classroom

\$20.00 for Semester 1 Includes morning tea

**Creative Writing Workshops DW04**

Instructor: Tony Thompson

Release your inner writer in these informative, friendly and supportive creative writing workshops.

**Wednesday afternoons 1:00-3:00pm**

**Term 1: from Feb 18 x 6 weeks**

\$120.00 (enrol in both Creative writing workshops for \$160.00)

Downstairs classroom PHCC

**How to write about your life DW03**

Instructor: Tony Thompson

Recollections, memoirs, family history – write about your life and turn your history into memorable reading.

**Wednesday afternoons 3:00 - 4:00pm**

**Term 1: from Feb 18 x 6 weeks**

\$ 60.00 includes afternoon tea

Enrol in both Creative writing workshops for \$160.00

Downstairs classroom PHCC

**Get to know your laptop DW05**

Instructor: Tim Beecham

Has your laptop got you bamboozled? Bring yourself and your laptop along to this hands-on workshop which will cover everything from plugging it in, installing software, creating backup discs, anti-virus & security software, file management, connecting to internet and any other problems you may be encountering. One off 2 hour workshop

**Term 1 only: Monday 16 March 7:30-9:30pm**

\$20.00 byo laptop

Downstairs classroom PHCC

**Princes Hill History Walk & Talk DWO2**

Come for a walk amongst the terraces of Princes Hill with Trevor Huggard.

Trevor, a local resident, has extensive knowledge of the historical development, stories & architecture of the area. The walk will be followed by morning tea back at the Centre.

**Saturday morning 10:30am – 12:30pm**

**Term 1: March 14**

**Term 2: May 30**

\$5.00 Meet at Princes Hill Community Centre, includes morning tea

**Science Issues Café \*\*\***

Bookings, Information please ring Kaye 9489 5095 or email kh@netspace.net.au

For details of programs go to www.scienceissues.net

Science Issues café allows lay people to get together and hear about the latest research or discuss the big issues in science today. Each month there is a presentation by a scientist in his or her field, who then leads the discussion.

7:30 – 9:30pm the first Monday of each month

Donation \$5 -\$10

Downstairs classroom at PHCC

**Women's discussion group \*\*\***

Coordinator: Ailsa Head mbl. 0425-879-279

Join others to gain new knowledge, swap ideas in a fun & relaxed group. Our informal group discussions on topical issues plus enjoyable outings provide an opportunity to develop new areas of knowledge and explore a variety of viewpoints.

**2nd Wednesday of the month 8:30 – 10:00pm**

**Term 1: February 11, March 11, April 08**

**Term 2: May 13, June 10**

\$15.00 per year registration then \$4.00 per session, tea & coffee provided

Upstairs kitchen

**So you wanna be a Rock Star? DW07**

Instructor: Simon Smith

If you want to find out about working in the Music Industry then come along to our six week course all about the music biz. Find out about music management, agents, record companies, publicity, publishing, getting a gig and putting a plan together. Limited places so book early.

**Wednesdays 6:00 - 8:00pm**

**Term 2 only: from April 29 x 6 weeks**

\$120.00 includes hand-outs. Downstairs classroom

**West Wing Fest DW06**

Coordinator: Becca Smith

Back by popular demand! If you are a fan of the West Wing then come along for a fun filled night of trivia, gossip and an episode of the West Wing.

**Term 2 only: 7:30pm Monday May 25**

\$10.00 bookings essential BYO beanbag. Downstairs classroom

**French conversation for advanced beginners LGO3**

Retiring to your villa in the South of France & need to work on your French?!

Then come along to our advanced beginner French conversation classes.

Classes are small, friendly & will have you building on the basics in no time.

**Saturdays 9:00 – 10:30am**

**Term 1: from February 07 x 8 weeks**

**(no class Labour Day weekend) \$120.00**

**Term 2: from April 04 x 8 weeks \$120.00**

Venue – downstairs classroom & upstairs studio kitchen

**Ali's Drama Workshops – Act, Dance, Sing!**

Instructor: Ali Bennett

If you are between 9-12 and love acting then come along to our fun after-school workshops. Act, dance and sing your way to an end of term performance.

**Thursdays 4:00 – 5:30pm**

**Term 1: from February 26 x 6 weeks \$90.00**

**Term 2: from April 30 x 9 weeks \$135.00** Upstairs studio

**Yarra Ballet Association \*\*\***

Teacher: Melissa Francis (Associate Diploma Cecchetti) mbl 0424-571-811

Fairy ballet 3 - 4 year olds Fridays 4:30 – 5:15pm and Beginner ballet

5 - 6 year olds 5:15 – 6:00pm

**Term 1: from 06 February x 9 weeks**

**Term 2: from 24 April x 10 weeks**

For fees, bookings and further information please contact YBA direct. Upstairs studio

**Gardening for 4-5s**

Instructor: Becca Smith

Garden story and songs, craft activity and pot up a plant. Bring your pre-schooler along to this fun-filled gardening session. Great fun - limited places.

**One off workshop Saturday morning 10:30-11:15am**

**Term 1: Saturday 28 February**

**Term 2: Saturday 23 May**

\$5.00 per child per workshop – adult participation required, includes take

home pot! Upstairs