

ART & CREATIVITY

Life drawing on Mondays # **

Monitored by the Life Models Society (LMS) .
Mix of short and long poses. Untutored.

**7-9pm. weekly. Starting 6 February (not on public holidays)
\$15/13 conc. \$130 for 10 classes**

Life painting & drawing Tuesdays **

Untutored, short to long poses.

10:30am -1pm. during school terms

Term 1: 7 Feb- 27 Mar, Term 2: 17 Apr- 26 Jun

\$16/\$14 conc. per session or 5 class pass \$70.00.

Life drawing & painting Wednesdays **

Untutored. Long poses.

10:30am – 1pm. during school terms

Term 1: 8 Feb-28 Mar; Term 2: 18 Apr-27 Jun.

\$16/\$14 conc. per session or 5 class pass \$70.00

Life drawing on Sundays # **

Monitored by the LMS. Enquiries 0400-413-838. Short to longer poses
Sundays 10:30am-12:30 during school terms.

Term 1: 5 Feb – 1 Apr. Term 2: 22 Apr – 8 July \$15/13conc

Life Models Society Salons 2012 # **

Enquiries: Life Models Society - Adrian 0422-409-946 .

Life drawing in the school holidays. All models from the LMS

for details go to: www.lifemodelssociety.org.au

Summer 7 – 16 January 10 days; 20 sessions; \$220 the lot

Autumn, Winter & Spring Salon 6 days, in school holidays.

Short poses 10:30 –1pm, Long poses 1:30 –4pm, \$15/\$13

##Venue : Upstairs Studio PHCC. Boards & easels provided.

Low cost paper available. Yoga mats available

Japanese Ink Art

Tutor: Junko Azukawa

Junko moved from the Toyama region of Japan to Melbourne in 2005. Learn different Sumi ink tones and brush techniques to create artwork on washi paper made from Mulberry and also the history of the art and meaning of the characters.

Saturdays 10 -4pm. From 21 April. Price TBA.

Downstairs classroom

Digital Photography AC10

Tutor: Ros Hallyburton. Learn the techniques digital photography from Ros who is an experienced school & TAFE teacher. Learn how to edit, select and enhance your pictures.

Mondays 6 – 8pm: 6,13,20,27 March Minimum 5 enrolments
\$90. Downstairs Classroom

Patch n Match AC11

Co ordinator/ instructor Dominique Horne. Learn basic sewing skills while creating something new from something old with dom who has vast experience in recutting remodeling, recycling and creating new from old, items from the 50's on. For all ages.

3rd Sunday of each month, -5pm. 19th Feb, Mar 18th, Apr 15th, May 20th, Jun 17th, Jul 15th, Aug 19th, Sep 16th.

Downstairs Classroom. Sponsored by City of Yarra.

French polishing & furniture restoration AC05

Instructor: Samuel Killingsworth. French Polishing is a traditional inexpensive method of restoring & finishing furniture.

Weekend workshop. (Minimum of 6 enrolments required)

Saturday & Sunday 10 -4pm. Dates TBA.

\$160.00 PHSC Woodwork Rm. PHSC, BYO lunch

HEALTH & WELLBEING

After work pilates HW01 **

Instructor: Kathy Peterson. Don't go straight home from work & flop on the couch! Drop by the Centre on your way home for a pilates class – book early as these classes fills up!

Tuesdays 6:00 – 7:00pm

Term 1: from 7th Feb, 8 weeks \$90.

Term 2: from 17 Apr, x 11 weeks \$121.

Gentle pilates HW02 **

Instructor: Kathy Peterson. A pilates class with movements to keep you fit and supple. Great for beginners. Pilates mats supplied. **Thursdays 6:00 – 7:00pm** **Term 1: from 9th Feb, 8 weeks, \$90. Term 2: from 19 Apr, 11 weeks, \$121**

Gentle Yoga HW06 **

Instructor: Teresa Batten. A gentle yoga class tailored for beginners, pre or post natal participants & people with low to medium flexibility. **Thursdays 7.00 – 7.50pm. Term 1: from 9th Feb, 8 weeks. \$90. Term 2: from 19 Apr, 11 weeks. \$121**

5 session Class Pass \$70 - valid for any PHCC pilates or yoga sessions. **Casual attendance** \$15.00 subject to availability

Mindfulness HW10

Instructor: Owen Spear. Get out of your head and back to the present . Learn techniques to increase your mood, and decrease stress and anxiety. Sessions include discussion & meditation exercises, free CD & handouts.

Wednesdays 6.45 -8.45pm 8,15,22,29 February.

\$50 or \$15 per session Downstairs classroom

***NOTE minimum enrolments required for all courses to run**

PRINCES HILL COMMUNITY CENTRE

Semester 1
February - June 2012

DAY, EVENING & WEEKEND CLASSES & WORKSHOPS

Celebrating the 36th year as your community centre



www.princeshill.org.au

Rear 270 Macpherson St.
Princes Hill 3054 ph. 9387-7740
Melways Ref: 29H12
Map available on our website

Email: enquiries@princeshill.org.au
For information & to enroll
www.princeshill.org.au

Office Hours during school terms
Tuesdays & Wednesdays 10:00am - 4:00pm

CHECK OUR WEBSITE FOR NEW PROGRAMS, UPDATES
AND TO CONFIRMED DATES AND DETAILS

Stretch Class - Flexibility # **

Instructor: Val Romeo mobile 0423-728-716
Stretch overused and tight muscles. Mobilize your spine and joints. Low to medium level of flexibility – adults of all ages
Saturdays 9.15 – 10.15am. Term 1: 4th Feb- 7th Apr.
Term 2: 28 April – 30 June
10 weeks \$150 , Casual Pass x5 \$85

Weekend Energizer! - Pilates Beginners/level 1 # **

Instructor: Val Romeo. Tel 0423-728-716
Get leaner, fitter and stronger! Mat based exercises to improve posture and strength. **Saturdays 10.30 -11.30am.**
Term 1: 4th Feb- 7th Apr. Term 2: 28 April – 30 June
10 weeks \$150. Casual Pass x 5 \$85. Bookings essential, at bookingsval@gmail.com

**** Venue, Upstairs Studio - Pilates, stretch and yoga are all held in Upstairs – please see your doctor before taking any of our fitness classes. Mats & blankets provided.**

programs provided by independent providers – please direct all enquiries & enrolments to instructor listed.

COMMUNITY & DISCUSSION

Tuesday night Book Club DW01

Join our book group. Enjoy lively & informative discussions about books chosen by members.
2nd Tuesday night of the month 7 – 9pm 14th Feb, 13th Mar, 10th Apr, 8th May, 12th Jun, 10th Jul, 14th Aug, 11th Sept, 9th Oct, 13th Nov.
\$65 for the year (10 meetings). Downstairs Classroom

Clack & yack CM04

Come along for a chat, a cuppa & help knit some woollen garments for those in need. Patterns, needles & wool supplied – all garments donated to charity. Wednesdays 10– 11:30am.
Term 1: 1 Feb- 28 Mar, Term 2: 18 Apr- 27 Jun (not ANZAC Day). Gold coin donation. Downstairs Classroom.

Bridge, Mahjong & other games DW06

We're establishing a Bridge + Other Games Group in conjunction with Yarra U3A. Come along to learn bridge, and play and chat with others. If you're interested, please contact us to register an expression of interest. FREE!
2nd & 4th Wednesday of the month, 1.30 – 4.30pm. Bridge Sessions (9 weeks): 8 & 22 Feb, 14 & 28 Mar, 11 Apr (not 25 Apr- ANZAC Day), 9 & 23 May, 13 & 27 Jun.

Downstairs classroom. Sponsored by City of Yarra.

Please note that the PHCC is a 19th Century building and regrettably does not have disability access.

Environment and Sustainability Talks

Come along and enjoy free monthly discussions by guest speakers, tackling various issues about the environment and sustainability. Sponsored by the Yarra City Council Evenings. 6 Talks. Details on website. TBA Cost: FREE!

Pet First Aid Course

Instructor: Stephanie Travers. Learn how to do basic Pet First Aid & treat emergencies with your dog or cat.
Morning & afternoon tea included. Two dates offered,
Saturday 10 March & 2 June, 9am – 5pm \$117.
Downstairs classroom PHCC.
Enrol at <http://www.doggyandmoggy.com.au/>

LOCAL HISTORY

Collaborative Local History Group DW13

Collaborate with others in order to collect, collated, and prepare local historical material, written and visual, culminating in an exhibition to held at the end of 2012. Free activity.
Wednesdays 1st and 3rd of each month 1.30 – 4.30pm
15th Feb, 7 & 21st Mar, 4 & 18th Apr, 2 & 16th May, 6 & 20th Jun, 4 & 18th Jul, 1 & 15th Aug, 5 & 19th Sept, 3 & 17th Oct, 7 & 21st Nov.
Downstairs Classroom. Sponsored by the City of Yarra

Carlton North walk & talk DW11

Come and walk through the historic streets of North Carlton to enjoy its pleasant 19th century streetscapes, while learning about its architecture, and its Aboriginal, convict, British, Jewish and Italian history, from local historian and writer, Jeff Atkinson. Starting from the North Carlton Neighbourhood Learning Centre, Princes Street. **Saturday 10.00am – midday.**

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.
Saturday 10:00 – midday.

Railway Walk & Talk DW12

The History of the North Carlton Railway Station was launched in May 2010. Jeff Atkinson, the author will be leading a walk along part of the track and offering you an insight into the history and the dramatic events associated with the old railway line, the station building and the park in which it sits.
Starting: Princes Hill Community Centre.
Saturday 10:00am – midday.
Please check website for details & dates of walks.
Our walks are popular. Please book. \$8.00 each

MUSIC

String group TM4

Co-ordinator: Dianna Walpole.
For beginner & returning musicians of violin, viola, cello or bass in a relaxed supportive environment. BYO instrument, music stand & sense of humour. Music supplied, all ages welcome.
Friday evenings (fortnightly) 6:30 – 8:15pm
Semester 1: Starting February.
Semester 2: Starting July. Dates to be confirmed.
\$40 per semester or \$6 per session. Upstairs studio PHCC

Guitar, Ukulele & Banjo group TM5

Tutor: Ros Hallyburton. Learn to play as part of a group ensemble and develop new skills through improvisation & composition. Ros has years of experience playing in several bands. For beginners & more experienced players.
Wednesdays 5.30-6.30pm. From 15 February 7 weeks \$90.
Downstairs Classroom. Minimum 5 enrolments required.

NOTE: TBA stands for To Be Announced (check website for details)

Hire of Facilities

Studio, classrooms, kitchen, sporting facilities are available.
Enquiries regarding facility hire email:
venuehire@princeshill.org.au

Sports

The Princes Hill Secondary College gym is regularly booked by sporting groups. For opportunities to play Futsal, Basketball check notice boards at the gym or website.

Enrolments need to be completed a week before the class commences. Minimum numbers are need for classes to run, so enrol early to avoid disappointment.

Enrolment form available on website www.princeshill.org.au You can pay and enrol online. Details for Direct deposit are included on the enrolment form. Alternatively completed forms maybe emailed or printed & posted or delivered.

The Princes Hill Community Centre is pleased to acknowledge the valuable assistance of the City of Yarra & Princes Hill Secondary College. We'd also like to give a special thank you to Princes Hill Newsagency