



Central Ringwood  
Community Centre Inc

# Course and Activity Guide

Term 2 2021





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# About Central Ringwood Community Centre

The Central Ringwood Community Centre is located among the trees in the beautiful Bedford Park, within easy walking distance of public transport.

We are a not for profit organisation, providing a diverse range of programs and services, including adult education courses, recreational programs, health and wellbeing programs, support groups, and venue hire. We have designed all our activities to be as low cost as possible, and we offer a warm, welcoming and informal environment.

We are committed to helping our community move forward to a greener and more sustainable future, and we are proud to have developed the Bedford Park Community Garden, a place of community, environment and education. Everyone is welcome to come along to participate, forage, learn and share.

We are a member of Learn Local, which is a network of not for profit community education providers, offering programs that are designed to help learners gain the confidence and skills needed to look for a job or go on to further study.

We seek to be an organisation that is available for all members of our community, offering a sense of belonging and connection, and enhancing our shared quality of life.

The Central Ringwood Community Centre is managed by a volunteer Committee of Governance which is elected each year. New members are always welcome to apply to join our committee.

**Central Ringwood Community Centre Inc**  
**Bedford Park, Rosewarne Lane, Ringwood VIC 3134**  
**Phone: 9870 2602 | Email: [info@crccinc.org.au](mailto:info@crccinc.org.au)**  
**[www.crccinc.org.au](http://www.crccinc.org.au)**

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# Online courses

Central Ringwood Community Centre is running a number of classes online due to COVID-19. These classes will be delivered via Zoom. Zoom is a video conferencing software that is easy to use. Simply click on the provided link to join the session.

Never used zoom before? Should you not be able to or wish to attend classes on site but need assistance getting set up and learning how zoom works, give us a call.

Online classes are marked with this symbol throughout the course guide.



ONLINE



# Art & craft

## Paper Tole

Brings prints to life by building up layers to create a multidimensional picture. A list of class requirements will be provided on enrolment. Participants have the choice of purchasing a kit valued at \$80 from the tutor or purchasing their own items.

Thursdays 9.30am - 11.30am

22 Apr - 24 Jun (9 weeks)

\$117.00

(No class 27 May)

## Oil & Acrylic Painting

Course covers a broad spectrum of oil painting, including still life and landscapes, mixing and build-up of colour, and the development of composition and dimension. Beginners and those who have painted before are welcome as every student receives individual tuition and works at their own pace. Please ask for a list of class requirements on enrolment.

Tuesdays 9.30am - 12pm

20 Apr - 22 Jun (10 weeks)

\$160.00

Thursdays 1:30pm - 3:30pm

22 Apr - 24 Jun (9 weeks)

\$117.00

(No class 13 May)

## Social Painters

Come along and join our happy group of painters. Work on your own project or have help from our experienced tutor, Noni. All media welcome.

Advice given and accepted by all members of the class.  
Great atmosphere.

Tuesdays 12.00pm - 3.00pm

20 Apr - 22 Jun (10 weeks)

\$80.00

## **Watercolours**

Our watercolour tutor, Antoinette, has won many awards and commendations for her watercolour painting. She teaches in a manner that encourages confidence, individuality and determination to succeed. Subjects taught include: landscape (city/country), floral and still life painting. Learn to understand perspective, composition and the importance of planning, as well as many other techniques in the skill of watercolour painting. Class is suitable for beginners and those with some experience. Please ask for a list of class requirements on enrolment.

Wednesdays 9.15am - 11.15am

21 Apr - 23 Jun (10 weeks)

\$160.00

## **Community Knitting**

Our knitting group is self-directed and meets weekly. We knit for the needy around Melbourne and also for ourselves. Come along, meet new friends, knit and natter for fun and therapy! Everyone is welcome. Gold coin donation for tea/coffee. Donations of wool kindly welcome.

Wednesdays 10am - 12pm

21 Apr - 23 Jun (10 weeks)

Gold coin donation

## **Crochet**

Creative class for beginner and experienced crocheters. Learn how to crochet basic stitches, increase/decrease, decipher symbols and follow patterns. You can create many interesting items such as cushion covers, scarves, bags, hats and even "art to wear" garments. Please ask for a list of class requirements on enrolment.

Mondays fortnightly (26 Apr, 10 May, 24 May, 7 Jun & 21 Jun)

10am - 12pm

26 Apr - 21 Jun (5 weeks)

\$65.00

Thursdays 12.45pm - 2.45pm

22 Apr - 24 Jun (10 weeks)

\$130.00

## **Needlework & Tapestry**

Learn new and exciting ways to work traditional needlepoint and cross-stitch and explore the colourful world of creative canvas work.

Thursdays 10am - 12pm  
22 Apr - 24 Jun (10 weeks)  
\$130.00

# **Community activities**

## **Fabulous Fortnightly Feasts**

Meet people, learn new skills and eat some delicious food. We have interesting speakers, fun events and outings with something for everyone.

Thursdays (6 May, 20 May, 3 Jun & 17 Jun)  
11am - 1pm  
\$10 per person

*Includes two course lunch and presentation.*

*Some special activities and excursions may cost extra.*

(Bookings are essential)

## **Playgroup**

A facilitated indoor outdoor program for preschool aged children. A wonderful opportunity to meet new local families and engage the children in some fun, social and creative activities.

Tuesdays 9.30am - 11.30am  
20 Apr - 22 Jun (10 weeks)  
\$55 for one child  
\$75 for a family with two or more children

## **Social Sorting of Lids**

Saturdays fortnightly 9am - 11am  
Starting 21 Apr  
Room 10

# Literacy, language & culture

## German

Ideal for beginners and travelers. You will learn daily conversation skills and helpful phrases for travelling. Eva has plenty of experience and will share some helpful tricks to make learning German fun and easy.

ONLINE

***This class will be run online via ZOOM***

Thursdays 6.30pm - 8.30pm  
29 Apr - 17 Jun (8 weeks)  
\$136.00

## Italian

Are you planning to travel to Italy? Maybe you want to communicate with your relatives, friends and overseas visitors, or with people in the local Italian community. Learn basic Italian conversation and pronunciation in a small group.

ONLINE

***This class will be run online via ZOOM***

Wednesdays 4.30pm - 6.30pm  
28 Apr - 16 Jun (8 weeks)  
\$136.00

## Spanish

Native Spanish tutor will guide you through vocabulary, grammar, conversation skills and the various cultures & customs. Enjoy practising basic conversation and pronunciation in a small group.

ONLINE

***This class will be run online via ZOOM***

Wednesdays 6:45pm – 7:45pm (Beginners)  
or 8:00pm – 9:00pm (Intermediate)  
28 Apr - 16 Jun (8 weeks)  
\$80.00



## Mandarin

You will learn phonetics, some vocabulary, grammar, characters and daily conversation in the Mandarin language. Topics will include general greetings, self-introduction, numbers, dates and time, food and drinks etc. We will also talk about Chinese culture and customs to help you gain an insight into ancient and present day China.

ONLINE

***This class will be run online via ZOOM***

Tuesdays 6.30pm - 7.30pm  
27 Apr - 15 Jun (8 weeks)  
\$136.00

## English Conversation

This course is for people from other countries who would like to practise their English skills, make new friends, and engage more easily with the local community. Sessions are free and will be facilitated by a skilled English speaking teacher.

Saturdays 10am - 12pm  
24 Apr - 26 Jun (10 weeks)  
Free (Bookings are essential)

*This course is Learn Local endorsed.*



## Sew, Talk and Learn

For students from diverse cultural backgrounds. Learn to sew while you make new friends and practise your English skills in this welcoming group. We have sewing machines, fabric and helpful volunteers who will work with you.

Wednesdays 12pm - 2.30pm  
21 Apr - 23 Jun (10 weeks)  
Gold coin donation

*This course is Learn Local endorsed.*



# Computers & technology

*Optional manuals are available for some computer classes at an additional cost. All of our 'Computers & technology' classes are Learn Local endorsed.*



## Assisted Practice

Assisted Practice sessions are available FREE for students enrolled in a CRCC computer class.



Thursdays 9.30am - 12pm  
22 Apr - 24 Jun (10 weeks)  
Free

## 1-on-1 Sessions

30 minute 1-on-1 sessions with computer tutor are available sponsored by Lets Stay Connected Grant Victorian Government 2020 Thursdays between 10:30am to 12.30pm to ensure our community can stay connected in times of need.



Jobs,  
Precincts  
and Regions

## Computers: Level 1

A personalised course covering foundational computer skills including MS Office (word, excel), email, internet navigation and more. Content is built around your individual IT needs and interests. Bring your own Laptop or use one of the Centre's Desktop or Laptop Computers.

Tuesdays 1pm - 3.45pm  
20 Apr - 22 Jun (10 weeks)  
\$70.00

## **Computers: Level 2**

Moving on from the basics. This course will cover more functionality of MS Office, file management and sharing as well as using online service such as internet banking, MyGov. Again the content of this course is built around the needs identified by the students to help you make the most of your device.

Wednesdays 9.30am - 12pm

21 Apr - 23 Jun (10 weeks)

\$70.00

Thursdays 7pm - 9.30pm

22 Apr - 24 Jun (10 weeks)

\$70.00

## **Bring Your Own Device: Level 1**

Are you a proud owner of a new iPad, Table or smart phone and want to learn more about its features? Or perhaps you're thinking of purchasing a device and want to try before you buy and get advice on what might best suit you? Come along and bring your device or try one of our tablets or iPads and learn to get the most out of your new device. Learn how to take photos, configure your email, download apps and more.

Tuesdays 9.30am - 12.30pm

20 Apr - 22 Jun (10 weeks)

\$70.00

## **Bring Your Own Device: Level 2**

This course is for people who some experience with their iPad, Tablet or Smart Phone but would like to know more. If you have done our beginner's course, or if you have been using your digital device for a while, this is the course for you.

Tuesdays 1pm - 3.30pm

20 Apr - 22 Jun (10 weeks)

\$70.00

## Learning and Living in Lockdown

Many of us had trouble adapting to online during lockdown and had no time to prepare. This class is designed to support Carers and those who would like to build digital literacy skills so that they can confidently transition to online. Small class sizes will allow for us to adapt the program to meet the unique needs of participants.

Mondays 1pm - 3.30pm  
19 Apr - 21 Jun (9 weeks)  
\$63.00  
(No class 14 Jun)

## ERRI (Eastern Region Retirees) Computers Class

Join this friendly group and learn new and interesting ways you can use your computer. Some previous experience with a computers required.

Fridays 9.30am - 12pm  
23 Apr - 25 Jun (10 weeks)  
Gold coin donation

## Borrow a Device

**Do you or someone you know not have a device or access to the internet?**

We have devices we are able to loan out thanks to the Federal Government's Be Connected program.

We are able to lend devices (iPad, laptop or Samsung tablet) for two months at a time to any eligible Centre user, and we will also supply data cards so that the device can be connected to the internet, at no cost to the user.



**Be Connected**

Every Australian online.

**Network  
Partner**

# Preparation for work

## Developing Skills for the Workplace

For adults with an intellectual disability. Students who participate in this course will learn literacy and numeracy skills, problem solving, teamwork, planning, organisation and self management.

Mondays 10am - 12.30pm

19 Apr - 21 Jun (9 weeks)

\$68.00

(No class 14 Jun)

Tuesdays 10am - 12.30pm

20 Apr - 22 Jun (10 weeks)

\$75.00

*This course is Learn Local endorsed.*



# Health & wellbeing

## Meditation – My Meditation Practice

Meditation classes for those new to meditation and for those wishing to return to basics and rediscover the heart of their practice. Meditation will improve your overall wellbeing, reduce stress, build resilience, improve sleep and so much more.

Tuesdays 6pm - 7pm  
27 Apr - 22 Jun (9 weeks)  
\$120.00

Thursdays 10am - 11am  
29 Apr - 24 Jun (8 weeks)  
\$120.00

## Gratitude and Self Worth

Learn to recognize that you have worth, and are worthy of happiness. Develop techniques for reduce unhealthy thought patterns and replacing them with supportive patterns. Discover how to tap into your uniqueness and boost your confidence through loving yourself just as you are now and by showing gratitude for your body. This class offers a safe open space to be heard and supported without judgment.

Friday 11 Jun 5pm - 6pm  
\$16

ONLINE

## Hormone and Healing

Improving hormonal balance can increase energy, improve sleep, aid digestion, support general wellbeing and build a healthier relationship with your Body. With this workshop, you'll learn simple things you can do to support bringing your hormones into better balance. We'll discuss nutrition, dieting, supplements, hunger and cravings.

Friday 18 Jun 5pm - 6pm  
\$16

ONLINE

## Supporting ADHD, Autism and Child Behaviour with Nutrition

ONLINE

Learn about the do's and don'ts of nutrition when dealing with these issues. Learn skills and tools that help improve the life of your loved one and your family. Explore ways to improve overall quality of life, decrease stress and encourage a better future.

Friday 4th Jun 5pm - 6pm  
\$16

## Walking Group

The CRCC Heart Foundation Walking Group aims to promote not only heart health but overall health and wellbeing of you and your community. For more information on the health benefits of walking and its positive impacts on your health visit the Heart Foundation at [www.heartfoundation.org.au](http://www.heartfoundation.org.au).

Fridays at 10:00am

Meet at Bedford Park Community Garden (behind CRCC)

Join us for a cuppa afterwards at CRCC

FREE

# Other community houses in Maroondah



**ARRABRI  
COMMUNITY  
HOUSE**

Arrabri Community House  
42-78 Allambanan Drive  
Bayswater North VIC 3153  
(03) 9720 0877 | [arrabri.org](http://arrabri.org)



**Yarrunga**  
Community Centre

Yarrunga Community Centre  
76-86 Croydon Hills Drive  
Croydon Hills VIC 3136  
(03) 9722 8942 | [yarrunga.org.au](http://yarrunga.org.au)



**Glen Park**  
Community Centre

Glen Park Community Centre  
30 Glen Park Road  
Bayswater North VIC 3153  
(03) 9720 5097 | [glenparkcc.com.au](http://glenparkcc.com.au)



North Ringwood Community House  
35-39 Tortice Drive  
Ringwood North VIC 3134  
(03) 9876 3421 | [nrch.org.au](http://nrch.org.au)

# Enrolment Information

## How to Enrol

**Online:** Central Ringwood Community Centre accepts online enrolments with payment via credit card. To enrol online visit our website, select your class from the program list and follow the steps.

**In Person:** You can enrol by calling or visiting Central Ringwood Community Centre during office hours (Monday – Thursday 9.00am – 4.00pm and Fridays 9:00am – 12:00pm during school terms).

Payments can also be made via phone.

## Fee Information

Fees to be paid in full at the beginning of term. We accept payments by cash or cheque, EFTPOS, or credit card. Evening class enrolments taken by phone during business hours. Payment must be made prior to first class. Classes always require minimum enrolments to proceed. Where necessary we cancel classes approximately 5 days before they are due to commence. Please book early as this prevents unnecessary cancellation of classes. Some classes may be joined after the course has commenced. Please phone the Centre for details.

For detailed information about refunds, concessions and flexible payment arrangements please visit our website.

## Supporters

Central Ringwood Community Centre operates with the financial support of Maroondah City Council, ACFE (Learn Local) and the Victorian State Government Department of Education and Training.

