

WHAT'S ON GUIDE

JAN - JUN 2019

NORTH SYDNEY
COMMUNITY CENTRE



2019

My Brilliant Career -Film and Q & A

In Conversation Creative Women

Sunday Sunset Music Sessions

Homebrewing

Vegan Desserts

Artist Studio Tour at Q Station

Music lessons

✓ Explore and Draw
Historic Sydney (NEW)

THE ROCKS AND MILLERS POINT
Term 1 • Sun 17 Mar • 9:30am - 12:30pm • \$120

PADDINGTON
Term 2 • Sun 19 May • 9:30am - 12:30pm • \$120

Rediscover the hidden corners of your city on a historical
sketching tour with award-winning tutor Alex Snellgrove.
Simplify the complex, gain tips and tried-and-true
techniques for interpreting the urban streetscape.
Tutor: Alex Snellgrove



JEWELLERY

○ Cast a Silver Ring

Term 2 • 2 Classes • Sun 16 Jun • 10am - 12:30pm • \$150

Enrol
Now

Connect
With Us



@nthsydcntr
@nthsydmkts

Never Too
Late
To Learn

Contents

4	INDEX
5	TERMS & CONDITIONS
6-7	SPECIAL EVENTS
8-9	NORTHSIDE PRODUCE MARKET
10-12	FOOD & BEVERAGES
13	LANGUAGES
14-17	CREATIVE WORKSHOPS
18-19	CRAFTANOONS
20-22	CREATIVE WEEKLY
23	VENUE HIRE
24-25	MUSIC & DANCE
26-28	LIFESTYLE & TRAVEL
29	HEALTH AND WELLBEING WORKSHOPS
30-33	HEALTH AND WELLBEING WEEKLY
34	CHILDREN SERVICES
35	COMMUNITY EVENTS

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Connect With Us



[northsydneycommunitycentre](https://www.facebook.com/northsydneycommunitycentre)
[northsideproducemarket](https://www.facebook.com/northsideproducemarket)
[explorersplaygroup](https://www.facebook.com/explorersplaygroup)

Enrolment

- Phone: 02 9922 2299
- Email: info@northsydneycentre.com.au
- www.northsydneycentre.com.au
- North Sydney Community Centre
220 Miller Street, North Sydney
- PO Box 562, North Sydney, 2059

Enrolment Conditions

REFUNDS: Provided with minimum five working days notice prior to course commencement. All refunds incur a \$20 admin fee.

CANCELLED COURSE: Courses require a minimum number of enrolments to proceed. You will receive a full refund and be contacted if a course is cancelled.

TRANSFERS: Permitted in the same term free of charge if five days notice is given before the course starts and provided the class you are transferring to is not full.

CONFIRMATION: Enrolment is not confirmed until payment is made in full, at which time a receipt is emailed to you.

MATERIALS: Please confirm course is proceeding before purchasing any requested materials.

Location and Transport

- Free parking on weekends in Ridge Street Car Park, except on special Council days. See North Sydney Council website for details.
- For bus routes and train information Transport Info Line on 131 500 or www.transportnsw.info
- North Sydney Train Station: 10 minute walk via Miller St to North Sydney Community Centre
- NSCC is wheelchair and pram accessible

CONCESSIONS: On selected courses we offer a 25% concession to pension card holders and full time students with valid ID. See website for details.

ELIGIBILITY: Unless otherwise stated, students must be over 18 years of age to enrol.

PRIVACY: Please see website for details.

E-NEWSLETTER: By enrolling in a class, free event or paid event you will be subscribed to receive our weekly e-newsletter, you can unsubscribe from this at any point.

DATES/COSTS: Prices and scheduling may change without notice.

MAKE UP CLASSES: No make up classes for students who miss a session during term.



Special Events

FILM SCREENINGS AND Q&A

○ Blue

Fri 03 May • 6:30 - 9pm • \$15

Our ocean has been the guardian of life on earth. Now it is our turn to be guardians for the ocean. BLUE is the story our generation need to hear - a provocative journey into the ocean realm, witnessing this critical moment in time when the marine world is on a precipice. Join us for this important film screening and Q & A.



○ My Brilliant Career

Sun 17 Feb • 2 - 5pm • \$15

As part of NSW Seniors Week, join us for a screening of the Australian classic film, 'My Brilliant Career', followed by Q & A with producer Margaret Fink. The film, starring celebrated Australian actors Sam Neill, Judy Davis and Wendy Hughes, tells the story of a headstrong, free-spirited girl growing up in late 19th century Australia - a ground breaking film of it's time.

IN CONVERSATION

○ In Conversation: Creative Women

Sat 09 Mar • 9:30am - 4:00pm • \$90

A diverse line up of regional and city based women artists share stories of developing a practice, their creative process and inspiration, challenges, collaborations and building an audience or community. Gather for a full day of talks and a delicious vegetarian lunch.



Creative Women 2018

○ In Conversation: Death and Dying

Sat 25 May • 9:30am - 4:00pm • \$90

Bring an open mind and an open heart to a day of conversation about dying and death. Industry experts share their experience and knowledge in understanding the spectrum of emotions and situations from wellness through illness, palliative care, sudden or traumatic death, dying, and bereavement and grief. This day, imbued with a gentle dose of humour, covers the legal, practical, realistic, emotional and sacred choices we can make about life and death. Gather for a full day of talks and a delicious vegetarian lunch.

○ Community Remembrance Ceremony

Sun 26 May • 10am - 12pm • FREE

A community gathering for a morning of remembrance and thanks for loved ones who are no longer with us. Enjoy a wonderful acapella performance by gospel choir The Honeybees.

SUNSET SESSIONS

○ Sunday Sunset Music with Miriam Lieberman Trio

Sun 03 Feb • 5:30 - 7:30pm • \$20

A summers evening of music under the stars. This is a singer songwriter who knows how to tell a story. With her soulful vocals, kora (21 string African harp) and percussive styled guitar, Miriam Lieberman's music is both lyrical and uplifting. Added is the cello, violin and rich vocal harmonies of Kate Adams and Lara Goodridge.



NORTHSIDE PRODUCE MARKET

CELEBRATING
20
YEARS

Happy 20th birthday Northside Produce Market!

We thank our passionate hardworking stallholders for providing the best produce, exceptional crafted artisanal goods, breakfast, brunch and lunch. Thank you also to our loyal customers who realise the importance of supporting our local food producers come rain or shine.

We step into 2019 inspiring and implementing change for a sustainable future and look forward to celebrating many more market birthdays.

1ST & 3RD SATURDAY OF THE MONTH: 8AM - 12PM

19 JAN • 2 & 16 FEB • 2 & 16 MARCH • 6 & 20 APR • 4 & 18 MAY • 1 & 15 JUNE
6 & 20 JUL • 3 & 17 AUG • 7 & 21 SEP • 5 & 19 OCT • 2 & 16 NOV • 7 & 21 DEC

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MARKET EVENT

○ A Sustainable Future

Sat 06 Apr • 8am - 12pm • Free

What can we do to contribute to a more sustainable future? These dedicated guests and stallholders are discussing their practices, planet-saving ideas and showcasing their environmentally friendly products. Be inspired and go home with fresh, healthy produce and easily implementable tips to help our planet's future.



@NthSydMkts



northsideproducemarket

○ Behind the Scenes Market Tour

Term 1 • Sat 19 Jan • 7:30 - 8:30am • Free

Term 1 (Kids) • Sat 19 Jan • 9-10am • Free

Term 1 (Seniors) • Sat 16 Feb • 8:30-9:30am • Free

Term 2 • Sat 06 Apr • 7:30 - 8:30am • Free

Term 2 • Sat 06 Apr • 9 - 10am • Free

Meet the producers, find out what inspires them, hear their stories, learn how they grow, rear, bake and make their goods with food aficionado Tawnya Bahr. Individual bookings essential and preference is given to those who are new to this experience. Supported by North Sydney Council.

Tour Host: Tawnya Bahr



○ NSCC Information Stall + Cookbook Nook + The Bag Depot

1st and 3rd Saturday of the Month • 8am - 12pm

Powered by willing volunteers, our Information Stall is the go-to for Northside Produce Market and NSCC enquiries, lost and found and your dog's water station. We welcome all ideas and feedback.

Do you have an oversupply of carry bags? Donate them to our Bag Depot for anyone who needs shopping bags at the market.

A treasure trove of free recipes at our Cookbook Nook! Pass on your preloved cookbooks (in good condition) and take home new taste challenges for yourself as well.



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Food and Beverages

BAGELS

With Brooklyn Boy Bagels

○ Bagel Making

Term 1 • Sat 02 Mar • 11:00am - 2:30pm • \$130

Term 2 • Sat 01 Jun • 11:00am - 2:30pm • \$130

Learn to make real NY style bagels by hand with the bakers from Brooklyn Boy Bagels. Lunch on bagels, cream cheese and babka! Take home delicious, warm bagels!

BEER

With Karl Riseborough Flat Rock Brew Café

○ Homebrewing

Term 1 • 2 Sessions • Sun 10 & 24 Feb • 3 - 5:30pm • \$90

Ever wanted to offer a beer to friends that you have made yourself? Learn the basics of homebrewing...the techniques, equipment, and ingredients needed to complete a partial mash brew. The first week's session will go through the process up to fermentation, and during the second session we will package the beer to take home.



DAIRY GOODNESS

With Karen Borg from Willowbrae Chevre Cheese

○ Cheesemaking: Haloumi

Term 1 • Sun 17 Mar • 9am - 3pm • \$210

Fantastic fried, grilled or barbecued, added to salads or served with vegetables, this firm, brined white cheese is traditionally made from a mixture of goat and sheep milk. Make and taste this delicious cheese together with Ricotta and learn how to make baked Ricotta as an added extra in the afternoon!



○ Cooking with Dairy **NEW**

Term 2 • Sun 19 May • 9am - 3pm • \$210

Learn to cook delicious dairy delights! Start with a goats cheese soufflé with whey and soured cream bread. Test your skills at a northern Italian 3 cheese dish and finish with a curd cake with poached pears.



FERMENTING

With Holly Davis from Food By Holly Davis

○ Gluten Free Sourdough Baking **NEW**

Term 1 • Sun 24 Mar • 11am - 2:30pm • \$190

Learn how to ferment non gluten ingredients, to make fabulous traditional flatbread, corn bread, a naturally leavened pear cake and a sweet pastry. All these recipes are made using wholefoods. A demonstration class with some hands on opportunities.



○ Winter Warming Wholefoods **NEW**

Term 2 • Sun 05 May • 11am - 2:30pm • \$190

This demonstration and hands on class provides all you need to eat well all week! Learn warming one pot cooking and seasonal ferments with a range of prepared ferments to try with lunch. This class is suited to the omnivorous, gluten free and vegans.

Northside Produce Market stallholders presenting workshops include:

Brooklyn Boy Bagels
Flat Rock Brew Café
Food By Holly Davis
Willowbrae Chevre Cheese
Find more stallholders at @NthSydMkts



HOME COOKING

○ Lunchbox Legends **NEW**

Term 1 • Sat 09 Feb • 2 - 5pm • \$120

The Lunchbox Legends workshop helps you clean up your lunchbox act! Learn how to create quick, interesting and delicious recipes that will get your kids (and adults too) eating a whole range of foods that don't come wrapped in plastic and are preservative free. Not only does this class help your back-pocket but it helps to ease your family's contribution to landfill.

Tutor: Rachel Potter



○ Jam and Preserves **NEW**

Term 1 • Sat 16 Feb • 1:30 - 4:30pm • \$90

Term 2 • Sat 15 Jun • 1:30 - 4:30pm • \$90

Interested in learning how to make jam, pickles and preserves? This hands-on workshop gives you all the tips and tricks to get you started. Leave with the know how to make classic jam and traditional pickle recipes to master at home.

Tutor: CWA City - Country Womens Association



○ Scones & Afternoon Tea

Term 1 • Sun 10 Mar • 12 - 4pm • \$90

Love food? Love books? Love the gentle art of afternoon tea? Join Barbara Sweeney in this special scone making class where you make batches of scones using ingredients bought direct from farmers – yes, even the wheat – and cook recipes from different cookery writers' recipe books, designed to showcase different methods of making scones, plain and fancy.

Tutor: Barbara Sweeney

VEGAN DELIGHTS

With Marcea Klein

○ Vegan Desserts

Term 2 • Sun 16 Jun • 10:30am - 2:30pm • \$150

Are you looking for amazingly light vegan cupcakes, cakes, the secret to fluffy mousse or how to make egg-free meringues, cookies, seasonal pies and more? Learn simple tips and tricks for mouth watering vegan treats that will delight your tastebuds. With a little ingenuity you can still enjoy your cake and eat it too!



○ Vegetarian / Vegan Dumplings **NEW**

Term 1 • Sun 31 Mar • 10:30am - 2:30pm • \$150

The one type of food that seems to be universally popular is the stuffed pocket, or dumpling. Stuffed with your favourite sweet or savoury fillings, explore different cultural dumplings, flavours, shapes and cooking styles to take home and try with family and friends.



○ French

Beginners

Term 1 • 8 Classes • Mon 11 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Mon 29 Apr • 6:30 - 8:30pm • \$230

Tutor: Forouzan Samieé

Beginners Next Step

Term 1 • 8 Classes • Mon 11 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Mon 29 Apr • 6:30 - 8:30pm • \$230

Tutor: Nathalie Suet

Intermediate

Term 1 • 8 Classes • Thu 14 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Thu 09 May • 6:30 - 8:30pm • \$230

Tutor: Nathalie Suet

Intermediate Conversation

Term 1 • 8 Classes • Tue 12 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Tue 07 May • 6:30 - 8:30pm • \$230

Tutor: Nathalie Suet



○ Italian with Gianna Di Genua

Beginners

Term 1 • 8 Classes • Tue 12 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Tue 07 May • 6:30 - 8:30pm • \$230

Beginners Next Step **NEW**

Term 1 • 8 Classes • Mon 11 Feb • 10am - 12pm, \$230

Term 2 • 8 Classes • Mon 29 Apr • 10am - 12pm, \$230

Intermediate

Term 1 • 8 Classes • Wed 13 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Wed 08 May • 6:30 - 8:30pm • \$230

Intermediate Conversation **NEW**

Term 1 • 8 Classes • Wed 13 Feb • 10am - 12pm, \$230

Term 2 • 8 Classes • Wed 8 May • 10am - 12pm, \$230

○ Spanish with Marilo Corral Prado

Beginners

Term 1 • 8 Classes • Wed 13 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Wed 08 May • 6:30 - 8:30pm • \$230

Term 1 • 8 Classes • Thu 14 Feb • 10am - 12pm • \$230

Term 2 • 8 Classes • Thu 09 May • 10am - 12pm • \$230

Beginners Next Step

Term 1 • 8 Classes • Thu 14 Feb • 12:30 - 2:30pm • \$230

Term 2 • 8 Classes • Thu 09 May • 12:30 - 2:30pm • \$230

Term 1 • 8 Classes • Mon 11 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Mon 29 Apr • 6:30 - 8:30pm • \$230

Intermediate

Term 1 • 8 Classes • Tue 12 Feb • 6:30 - 8:30pm • \$230

Term 2 • 8 Classes • Tue 07 May • 6:30 - 8:30pm • \$230



Creative workshops

ARTIST TOUR

○ Artist Studio Tour **NEW**

Term 1 • Sat 16 Mar • 3 - 5pm • \$20

Join artist and designer Jo Neville of Paper Couture on a private guided studio tour during her artist residency at Q Station, Manly. Jo discusses the intricate and detailed process of creating sculptures and artworks from paper. Includes refreshments.

Venue: Q Station, Manly

Tutor: Jo Neville



DRAWING/SKETCHING

○ Creating a Travel Sketchbook

Term 2 • Sun 30 Jun • 10am - 2pm • \$120

Creating your own travel sketchbook is an enjoyable and evocative way to record your travel experiences. From detailed studies to quick gestural impressions, learn techniques and methods to capture the essence of what you see.

Tutor: Richard Byrnes

○ Drawing Faces: The Essence of Portraiture

Term 1 • Sun 31 Mar • 10am - 2pm • \$120

Capture the dynamism of the face. Explore facial proportions and anatomy, eyes, lips and nose as well as light and shade to help you draw a convincing human face. All levels welcome.

Tutor: Richard Byrnes

See website for more details
www.northsydneycentre.com.au

○ Explore and Draw Historic Sydney **NEW**

THE ROCKS AND MILLERS POINT

Term 1 • Sun 17 Mar • 9:30am - 12:30pm • \$120

PADDINGTON

Term 2 • Sun 19 May • 9:30am - 12:30pm • \$120

Rediscover the hidden corners of your city on a historical sketching tour with award-winning tutor Alex Snellgrove. Simplify the complex, gain tips and tried-and-true techniques for interpreting the urban streetscape.

Tutor: Alex Snellgrove



JEWELLERY

○ Cast a Silver Ring

Term 2 • 2 Sessions from Sun 16 Jun 10am - 12:30pm • \$150

Learn the art of silver jewellery making using the wax casting method to create a ring. Learn the process from carving and preparing waxes to be cast in metal to cleaning and polishing your own ring to take home with you.

Tutor: Bridget Kennedy

ORGANIC

○ Ephemeral Art: Collaborations with Nature

Term 1 • Fri 17 May • 9:30am - 3:30pm • \$195

Ephemeral Art exists briefly, using objects found in nature. Based at the Coal Loader, this workshop offers the time, space and inspiration to create transient, site sensitive sculptural works using only materials found on site. Fire your imagination.

Venue: Coal Loader, Waverton

Tutor: Shona Wilson

○ Floral Designs **NEW**

Term 1 • Sat 30 Mar • 1:30 - 4pm • \$150

Cover the basics of floral design. Create your own bouquet and acquire new skills to use at home. Learn to care for flowers and how to combine the colours and principles of arrangement. The perfect day for anyone who enjoys flowers, design and hands on creativity!

Tutor: Caroline Barber



PHOTOGRAPHY

○ iPhone Photography **NEW**

Term 1 • Sun 07 Apr • 10am - 1pm • \$50

Term 2 • Sun 23 Jun • 10am - 1pm • \$50

With smartphone technology updating faster than any other electronic device, it's no wonder people prefer to take photos on their phones! Learn how to take exceptional snapshots that make you stand out in the social media crowd.

Tutor: Zara King

PAINTING/ MIXED MEDIA

○ Creative Water Colour **NEW**

Term 1 • Sun 07 Apr • 10am - 2pm • \$150
Term 2 • Sun 05 May • 10am - 2pm • \$150

Based on experimental and traditional water colour, experiment with various techniques and develop your own piece of work with painter and illustrator Nettie Lodge.

Tutor: Nettie Lodge

○ Encaustics **NEW**

Term 1 • Fri 12 Apr • 9am - 2pm • \$150

Encaustic is a very versatile wax medium that enhances any surface and blends well with mixed media compositions on board to create amazingly layered and luminous work.

Tutor: Rachel Carroll



○ Wine and Watercolour **NEW**

Term 1 • Wed 13 Feb • 6.45 - 8.15pm • \$60
Term 2 • Wed 15 May • 6.45 - 8.15pm • \$60

Have a glass of wine and enjoy an introduction to watercolour painting. Relax, have a laugh and get creative! Includes all materials and a demonstration. BYO wine and nibbles.

Tutor: Rachel Carroll



PRINTMAKING

○ Alter Ego

Term 2 • Sun 26 May • 10am - 3pm • \$175

An imperfect workshop for the creatively curious. Join this printmaking workshop and create a portrait of your Other I. Get into flow printing with cut paper stencils and from the midst of creative play, produce a portrait that's better than any selfie you've ever snapped.

Tutor: Julie Paterson



○ LookDrawPrint

Term 1 • Sun 24 Feb • 10am - 4pm • \$225

An imperfect workshop for the creatively curious. Textile printing is dynamic, productive, challenging and playful. Using the local environment explore creative mindfulness, embrace chance and imperfection and produce your own unique prototype textile design.

Tutor: Julie Paterson

TEXTILES

○ Felt Vessel Making **NEW**

Term 1 • Sun 24 Mar • 10am - 4pm • \$175

Discover the ancient craft of felt-making with a modern twist. Learn the resist method of felt-making which involves laying wool fibre around a 2D resist which once felted and shaped creates a seamless 3D felt vessel.

Tutor: Gill Brooks

○ Nuno Felting

Term 2 • Sun 19 May • 10am - 4pm • \$175

Nuno felting is the fusion of wool fibres to silk fabric during the felting process. This technique produces a unique hybrid textile with fabulous texture and drape. Spend the day making a uniquely textured scarf using this amazing technique.

Tutor: Gill Brooks

○ Slow Stitching **NEW**

Term 1 • Sun 10 Feb • 10am - 3pm • \$175

Learn the foundations of stitching and explore the techniques in creating beautiful pieces from treasured finds. Rummage through those gorgeous old linens that grandma gave you or the local op shop. Bring them along to learn the art of repurposing in a contemporary and unique way.

Tutor: Lisa Mattock

○ Slow Stitching - Japanese Floral Motifs

Term 2 • Sun 05 May • 10am - 3pm • \$175

Focus on ways traditional Japanese motifs can be incorporated with stitching techniques such as couching and chain stitch. Use vintage Japanese textiles as a starting point for your artwork and breath new life into old textiles by blending modern aesthetics with traditional techniques.

Tutor: Lisa Mattock

WOODWORK

○ Carve a spoon

Term 1 • Sat 23 Feb • 10am - 4pm • \$175
Term 1 • Sun 24 Feb • 10am - 4pm • \$175
Term 2 • Sat 15 Jun • 10am - 4pm • \$175
Term 2 • Sun 16 Jun • 10am - 4pm • \$175

Try the traditional art of carving wooden spoons, using a responsibly sourced log. Under Jeff's guidance, safely and unhurriedly create a beautiful wooden spoon using an axe, a knife and your hands. All you need is a willingness to whittle.

Tutor: Jeff Donne

WEAVING

○ Explore your creativity: weaving sculptures

Term 1 • Sun 03 Feb • 10am - 4pm • \$195

Weave sculptural forms using organic material such as vines, seed pods and branches using traditional basketry techniques. This workshop is all about exploration and play - not perfection.

Tutor: Catriona Pollard

○ Tapestry Weaving

Term 1 • Sun 03 Mar • 9:30am - 3:30pm • \$270

A hand-woven tapestry explores the essence of colour, texture and fibre. Using hand dyed and winded wools from Australia, learn to weave and create a unique piece of art through the use of colour and shape on the best looms available.

Tutor: Natalie Miller



○ Hidden Core Baskets **NEW**

Term 1 • Sun 10 Mar • 10am - 3:30pm • \$150

Learn the fundamental skills of coiling, making a start, shaping, adding materials and embellishments. Create coiled fabric baskets with a hidden core using recycled materials.

Tutor: Sally Blackwell



○ Coiling with Nature **NEW**

Term 2 • Sun 07 Jul • 10am - 3:30pm • \$150

Create a small basket or platter using materials you can collect from the garden in this relaxing coiling workshop. Create coiled fabric baskets with a hidden core using recycled materials.

Tutor: Sally Blackwell



**Saturday
Craftanoons**
2-5pm
\$90

BASKETRY

○ Coil Bowls

Term 2 • Sat 11 May

Learn to create a coil bowl or small vessel, using recycled t-shirts, yarn or cotton rope. Suitable for all levels of makers.

Tutor: Bronnie Zervos

CLAY CRAFT

○ Clay & Fibre Statement Jewellery **NEW**

Term 1 • Sat 9 Feb

Create your own one of a kind pieces of jewellery! Start with clay and then move on to textiles and fibres as well as fun things like tassels and pom poms.

Tutor: Bronnie Zervos

○ Polymer Clay Jewellery

Term 2 • Sat 04 May

Tips and tricks for creating jewellery with polymer clay. Complete a necklace, a pair of earrings and a ring. Suitable for all levels of makers!

Tutor: Bronnie Zervos

CROCHET

○ Crochet Beginner **NEW**

Term 1 • Sat 16 Feb

Designed for absolute beginners and those that haven't crocheted in a while. Learn how to get started, several crochet stitches and how to finish off. Leave with everything you need to keep working on this fun craft.

Tutor: Bronnie Zervos



○ Crochet Scarf/Snood **NEW**

Term 2 • Sat 29 Jun

Make a scarf or snood out of chunky yarn! Suitable for all levels and is a great follow on from the Crochet for Beginners workshop.

Tutor: Bronnie Zervos

○ Crochet a Succulent Cosy **NEW**

Term 1 • Sat 06 Apr

Crochet for plant lovers and homemakers! Focussing on how to crochet in a round, use recycled t-shirt yarn to crochet a fun little pot for your succulent.

Tutor: Bronnie Zervos



DRAWING

○ Zentangle

Term 1 • Sat 02 Mar

Term 2 • Sat 25 May

Learn to create abstract art using repetitive patterns. Focus your attention and develop a relaxing, meditative practice while drawing.

Tutor: Lianne Woods

DYEING

○ Natural Colour Stitch and Dye

Term 1 • Sat 09 Mar

Term 2 • Sat 22 Jun

Using flowers, foliage and steam, colour your own silk scarf with colour found in nature. While the scarves are gently steaming, enjoy some slow stitching over tea and work on personalised creative projects.

Tutor: Karen Tam

EMBROIDERY

○ Hand Embroidery

Term 1 • Sat 30 Mar

Term 2 • Sat 15 Jun

Learn to set up your embroidery hoop, get your pattern ready and learn a collection of stitches. Choose a pattern or design your own. Stitch on linen or bring along a t-shirt or jeans for some quirky fashion. All levels of experience welcome.

Tutor: Bronnie Zervos

○ Punch Needle Embroidery **NEW**

Term 1 • Sat 16 Mar

Term 2 • Sat 01 Jun

A cross between embroidery and rag rug latch hooking, punch needle embroidery is a really therapeutic craft and so relaxing once you get started.

Tutor: Bronnie Zervos

MACRAME

○ Macrame Plant Hanger **NEW**

Term 1 • Sat 02 Feb

Learn to get set up and the basic knots of macramé and then move through the steps from start to finish of making your own macramé plant hanger.

Tutor: Bronnie Zervos



PAPER CRAFT

○ Origami

Term 1 • Sat 23 Mar

Term 2 • Sat 8 Jun

Enjoy Origami, the traditional Japanese art form of folding paper. Learn to fold flowers, boxes, animal shapes and more. All levels welcome.

Tutor: Sayoko Burton

PRINT MAKING

○ Screen Printing

Term 1 • Sat 23 Feb

Term 2 • Sat 18 May

Make quirky marks on fabric. Design a linen tea towel or tote. Learn about stencil cutting, print techniques and registration, squeegee handling and the relationship between positive and negative space.

Tutor: Jessica Stalenberg



Creative Weekly

DRAWING

○ Beautiful Bodies Life Drawing

Term 1 • 9 Classes • Thu 07 Feb • 7 - 9:30pm • \$245
Term 2 • 9 Classes • Thu 02 May • 7 - 9:30pm • \$245

Develop your expressive observational skills, spontaneous drawing skills, observation of gesture, strategies for perspective and techniques to create 3D tonal effects. Additional \$50 payable to tutor for life model.

Tutor: Pina Bartolo



○ Life Drawing for Beginners **NEW**

Term 1 • 6 Classes • Fri 15 Feb • \$180
Term 2 • 6 Classes • Fri 17 May • \$180

Systematically outline some of the fundamental principles that lead to a comprehensive proficiency for drawing the human figure. Suitable for both complete beginners and those with some prior drawing experience. Fees include models cost.

Tutor: Dominique Millar

○ You Can Draw Anything

Term 1 • 4 Classes • Fri 01 Mar • 10am - 1pm • \$160
Term 2 • 4 Classes • Fri 03 May • 10am - 1pm • \$160

Wish you could draw without trepidation? Wish you could accurately draw what you see? This compact course opens up the secrets of drawing, making it accessible and fun.

Tutor: Richard Byrnes

Check out our website for more courses and workshops

PAINTING

○ All about Light

Term 1 • 9 Classes • Mon 04 Feb • 10am - 1pm • \$290
Term 2 • 9 Classes • Mon 29 Apr • 10am - 1pm • \$290

Develop your individual creativity, with a special emphasis on light. Learn how to use composition, colour, light and shade and brush techniques.

Tutor: Alex Snellgrove

○ Painting with Colour and Light

Term 1 • 9 Classes • Mon 04 Feb • 6:30 - 8:30pm • \$220
Term 2 • 9 Classes • Mon 29 Apr • 6:30 - 8:30pm • \$220

Develop your creativity. Learn to compose a painting, mix and match colour, capture dynamic light and shade. Skills include dry brush, glazing, opaque work, blending and more.

Tutor: Melanie Waugh

○ Watercolours

Tuesdays

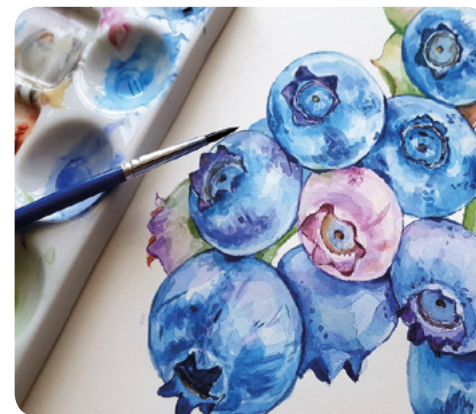
Term 1 • 9 Classes • Tue 05 Feb • 10am - 1pm • \$280
Term 2 • 9 Classes • Tue 07 May • 10am - 1pm • \$280

Thursdays

Term 1 • 9 Classes • Thu 07 Feb • 10am - 1pm • \$280
Term 2 • 9 Classes • Thu 09 May • 10am - 1pm • \$280

Learn about paint and water, composition and tonal values, using dry and wet techniques and colour mixing. All levels welcome.

Tutor: Lyndall McKee



PHOTOGRAPHY

○ Photography Beginners

Term 1 • 8 Classes • Mon 11 Feb • 7 - 9:30pm • \$270
Term 2 • 8 Classes • Mon 06 May • 7 - 9:30pm • \$270

Do you have a new digital SLR camera? Learn basic, macro, sport and landscape photography. Discover how shutter speed, aperture and ISO settings change and affect your images.

Tutor: Zara King

○ Photography Intermediate

Term 1 • 8 Classes • Wed 13 Feb • 7 - 9:30pm • \$250
Term 2 • 8 Classes • Wed 08 May • 7 - 9:30pm • \$250

Familiar with the basics of using a digital SLR camera? Now you're ready to shoot a greater variety of images in manual mode. Explore food photography, sunrise shooting and photography types. Learn more about lenses, light, image manipulation, hardware and software.

Tutor: Ray Williams

○ Photography Advanced

Term 1 • 8 Classes • Thu 14 Feb • 7:30 - 10pm • \$250
Term 2 • 8 Classes • Thu 09 May • 7:30 - 10pm • \$250

Explore in greater depth the technicalities of portrait and food photography and the software needs of advanced users. Designed for students with intermediate or similar photography knowledge.

Tutor: Ray Williams



PRINTMAKING

○ An Introduction to Print Media **NEW**

Term 1 • 9 Classes • Thu 07 Feb • 6:30 - 8:30pm • \$220
Term 2 • 9 Classes • Thu 09 May • 6:30 - 8:30pm • \$220

Cover the traditional processes of lino printing and screen printing with the more contemporary methods of collagraph relief printing with found objects and expressive dye transfer printing. Explore these methods on paper and material surfaces whilst working toward a multi layered personal project.

Tutor: Jessica Stalenberg



POTTERY

Learn the basics of hand building, glazing, decorating and wheel work. Progress to sculpture, glazing and slip decoration. Equipment and firing costs included. Purchase clay from tutor, approx \$20

○ Pottery

Tuesdays with Pim Hodge

Term 1 • 9 Classes • Tue 05 Feb • 6:30 - 9:30pm • \$290
Term 2 • 9 Classes • Tue 30 Apr • 6:30 - 9:30pm • \$290

Wednesdays with Pim Hodge

Term 1 • 9 Classes • Wed 06 Feb • 6:30 - 9:30pm • \$290
Term 2 • 9 Classes • Wed 01 May • 6:30 - 9:30pm • \$290

Fridays with Janine Flew

Term 1 • 9 Classes • Fri 08 Feb • 6:30 - 9:30pm • \$290

Fridays with Roy Chandra

Term 2 • 9 Classes • Fri 03 May • 6:30 - 9:30pm • \$290

Saturdays with Roy Chandra

Term 1 • 9 Classes • Sat 09 Feb • 9:30am - 12:30pm • \$290
Term 2 • 9 Classes • Sat 04 May • 9:30am - 12:30pm • \$290



WRITING

○ Creative Writing

Term 1 • 6 Classes • Thu 21 Feb • 10am - 12:30pm • \$200

Learn where to start and how to keep going, learn about plot, character, setting, theme, pace, style, editing and revision. Walk away with a practical and productive writing routine.

Tutor: Janet Fennell

○ Memoir & Life Writing

Term 2 • 6 Classes • Wed 15 May • 6:30 - 9pm • \$200

Want to turn memories into a memoir or write a family history? Learn where to begin, why imagination supports truth, how selection determines story structure and what makes great prose.

Tutor: Janet Fennell



○ Weekly Writing Group

Term 1 • 6 Classes • Thu 21 Feb • 6:30 - 9pm • \$200

Term 2 • 6 Classes • Thu 16 May • 6:30 - 9pm • \$200

Make weekly progress on your writing project. The priority is 'getting it down' so come prepared to write.

Tutor: Janet Fennell

Venue Hire

5 x large sunlit rooms

Adventure playground

Audio visual equipment

Semi commercial kitchen

Art & pottery studio

Meeting Rooms





Music and Dance

CHOIR

○ Term 1: Songs about Money **NEW**

8 Classes • Mon 11 Feb • 7:30 - 9pm • \$160

Explore what song-writers think about money - by singing their songs! "Money - That's What I Want" and of course "Money Changes Everything". Sing songs by Pink Floyd, The Pet Shop Boys and ABBA.

Tutor: Rob Bullen



○ Term 2: Neil Diamond

8 Classes • Mon 13 May • 7:30 - 9pm • \$160

Relax in these joyous singalong sessions. No previous experience needed, just a desire to sing and have fun. Songs will include I'm A Believer, Song Sung Blue, Sweet Caroline, Red Red Wine, Solitary Man, You Don't Bring Me Flowers & Hot August Night.

Tutor: Kate Maclurcan

○ Friday Lunchtime Choir

Term 1 • 8 Classes • Fri 08 Feb • 12:30 - 2pm • \$160

Term 2 • 8 Classes • Fri 10 May • 12:30 - 2pm • \$160

A fun, friendly, relaxed group, get to choose the songs - anywhere from A White Sportscoat to Wild Thing. Then join us for coffee nearby afterwards. No experience needed. All voices welcome.

Tutor: Kate Maclurcan

DANCE

○ African Dance

Term 1 • Sat 30 Mar • 2 - 3:30pm • \$30

Term 2 • Sat 29 Jun • 2 - 3:30pm • \$30

African dance is a dynamic and uplifting dance style. Learn the basics of West African traditional dance and begin to understand how rhythm and dance fit together. Be ready for high energy fun - all levels of dancers welcome.

Tutor: Rachel Bangoura



○ Afro Brazilian Dance

Term 2 • Fri 10 May • 6:15 - 7:15pm • \$20

Be taken on a dance journey through Brazil, learning traditional Afro-Brazilian dance progressions through to Afro-Samba, Samba Reggae and incorporating these into contemporary Afro-Brazilian music.

Tutor: Brooke Hendrick



○ Boot Scootin'

Term 1 • 9 Classes • Fri 08 Feb • 9 - 10am • \$120

Term 2 • 9 Classes • Fri 03 May • 9 - 10am • \$120

A lively, upbeat dance class to exercise your body and mind. It is a fun way to dance socially without a dance partner. Dancing styles to get your boots scootin' include Country Western, Swing, Waltz, Cha Cha, Salsa and more.

Tutor: Giselle Peacock

○ Line Dancing

Term 1 • Sat 16 Feb • 2 - 3:30pm • \$30

Grab this fun opportunity to learn to dance in this lively upbeat dance style. Make friends in this informal group class and stay fit while learning the process of linking basic steps together to form a line dance.

Tutor: Carl Sullivan

MUSIC CLASSES

○ Guitar Beginners **NEW**

Term 1 • 6 Classes • Sat 16 Feb • 10:30am - 12:30pm • \$180

Term 2 • 6 Classes • Sat 11 May • 10:30am - 12:30pm • \$180

Discover techniques, get a good tone, learn fretboard fingering exercises to build up stamina. Learn the basics of melody, chords, rhythm and improvisation. Bring your guitar. Have fun playing.

Tutor: Shane Cranney

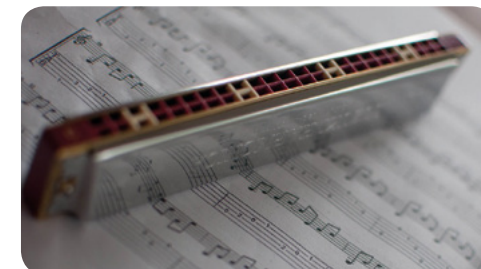
○ Harmonica Basics **NEW**

Term 1 • 4 Classes • Sun 24 Feb • 10am - 1pm • \$180

Term 2 • 4 Classes • Sun 05 May • 10am - 1pm • \$180

Start from the beginning then move through Neil Young and into the blues. Using the 10 hole diatonic harmonica (or blues harp) we'll even get train songs happening. A must for any harp player! Suitable for all beginners.

Tutor: Matthew Roberts



○ Ukulele Beginners

Term 1 • 2 Classes • Sun 24 Mar • 1 - 4pm • \$140

Term 2 • 2 Classes • Sun 26 May • 1 - 4pm • \$140

Join the fun of the ukulele explosion which is sweeping the world. Quick and easy to learn in a fun setting. Play tunes straight away and take away the knowledge and fundamentals to continue your learning experience. The Ukulele brings a smile to every face.

Tutor: John Chandler

○ Violin Beginners

Term 1 • 10 Classes • Tue 05 Feb • 6:15 - 7:15pm • \$210

Term 2 • 10 Classes • Tue 30 Apr • 6:15 - 7:15pm • \$210

Discover the unique sounds and texture of music playing this beautiful instrument. Learn to hold the violin correctly, use the bow with sensitivity and play simple tunes. Gain basic music reading skills and the confidence to continue.

Tutor: Justin White

○ Violin Intermediate

Term 1 • 10 Classes • Tue 05 Feb • 7:30 - 8:30pm • \$210

Term 2 • 10 Classes • Tue 30 Apr • 7:30 - 8:30pm • \$210

Study pieces from Baroque, Classical, Romantic and Contemporary music periods. Extend your technique and sound through ensemble and solo playing.

Tutor: Justin White



Lifestyle and Travel

BRAIN BUILDING

○ Bridge Basics for Beginners

Term 1 • 6 Classes • Tue 12 Feb • 10am - 12pm • \$120
Term 2 • 6 Classes • Tue 07 May • 10am - 12pm • \$120

Designed to give participants a sound understanding of the game of contract bridge, including the foundation of a simple bidding system, standard card play techniques and establishing good playing relationship with your partner. All you need to be able to play a satisfactory game of bridge!

Tutor: Susan Wade



○ Mahjong : Beginners

Term 1 • 9 Classes • Thu 07 Feb • 6:15 - 9:15pm • \$275
Term 2 • 9 Classes • Thu 02 May • 6:15 - 9:15pm • \$275

Sharpen your mind playing this time-honoured game of strategy. Learn the rules and expand the hand you play. Beginners learn rules and strategies.

Tutor: Ron Yap

○ Mahjong : Social Players

Term 1 • 9 Classes • Thu 07 Feb • 6:15 - 9:15pm • \$170
Term 2 • 9 Classes • Thu 02 May • 6:15 - 9:15pm • \$170

Enjoy your social game as you enhance your skill, strategy and calculation. Social players need two terms experience or equivalent.

Tutor: Ron Yap

Subscribe to our E-News
via our website!

FOR THE HOME

○ Feng Shui Alignment for your Home **NEW**

Term 1 • Sun 31 Mar • 10:30am - 12:30pm • \$50

Feng Shui helps connect with the infinite Earth energy flow. Feel grounded and anchored within your immediate environment. Raise your home's vibration to create harmony, serenity and abundance and learn how Feng Shui can work for you to make some immediate changes within your home.

Tutor: Grace Niu



○ Concrete Planters

Term 1 • Sun 10 Feb • 2 - 4pm • \$90

Create your own concrete planters. Learn to mix concrete from scratch, learn about moulds and decorate and design artwork onto a pre made planter with all materials provided. Try a marble look for your concrete and gain tips and tricks to create different effects.

Tutor: Hilary Woodfine

○ Kokedama Workshop

Term 2 • Sun 25 May • 2 - 4pm • \$90

Originating in Japan, Kokedama was invented to allow Bonsais to live outside pots. A sculptural art form, Kokedama is created by wrapping the plant's root system in layers of sphagnum moss, peat moss and bonzai soil and binding it with string. Make a hanging Kokedama.

Tutor: Hilary Woodfine

SUSTAINABILITY

○ Beeswax Wraps

Term 1 • Sun 24 Feb • 10:30am - 12:30pm • \$90
Term 1 • Sun 07 Apr • 10:30am - 12:30pm • \$90
Term 2 • Sun 02 Jun • 10:30am - 12:30pm • \$90

Beeswax wraps are eco-friendly and very practical! Learn to make your own reusable and natural wraps. Ideal to wrap fruit & vegetables, cheese, bread or simply cover a bowl. Beeswax wraps are the perfect replacement for plastic wrap.

Tutor: Kirsty Mootz

○ Introduction to Suburban Beekeeping **NEW**

Term 1 • Sun 10 Mar • 10am - 1pm • \$90
Term 2 • Sat 11 May • 2 - 5pm • \$90

Demystify the curious skill of beekeeping. Discover what you need to start your own honeybee hive, how to obtain your bees, where to locate them and what to look for in your first year of beekeeping and beyond. Get your hands sticky with a small honey extraction.

Tutor: Rachel Potter

○ Mending has Meaning **NEW**

Term 1 • Sun 17 Mar • 10:30am - 12:30pm • \$30

Mending Has Meaning. Part practical, part purposeful, wholly peaceful. Join The Possibility Project in a morning of fashion activism. Raise your awareness on the changing landscape of the fashion industry, the power YOU have to make a positive difference and engage in the art of visible mending. Bring something to mend.

Tutor: The Possibility Project



TRAVEL

○ Introduction to Cruise Holidays **NEW**

Term 2 • Sat 11 May • 10am - 12pm • \$50

There are endless possibilities on the ocean for total indulgence and once-in-a-lifetime holiday experiences. What better way to get the best cruising tips and tricks than from a cruise specialist.

Tutor: Dannelle Talvi



○ Japan Travel Class

Term 1 • Sat 23 Feb • 9:30am - 1pm • \$50

Term 2 • Sat 22 Jun • 9:30am - 1pm • \$50

Japan is a fascinating, wealthy, technologically advanced country, but culturally so different from Western countries - making a first visit to Japan enjoyable yet tense. This class moves outside guidebook travel tips to provide the unpublished tips to help you enjoy Japan stress free.

Tutors: Jeff Burgess, Jen Holt and Mike & Tracey Kent



✓ Don't forget to tick your favourite workshops and events!

○ Life Changing Adventures **NEW**

Term 1 • Sat 23 Mar • 10am - 12:30pm • \$50

Discover what's possible and learn what's involved in mountain trekking. Cover topics such as the physical and mental preparation and the whole experience. Be challenged and inspired to plan your adventure. Sign up now - the mountains are calling!

Tutors: Emma Huffam & Trevor Builder

SELF IMPROVEMENT

○ Vision Boards **NEW**

Term 1 • Sat 16 Feb • 10am - 12:30pm • \$90

Make 2019 your year to shine. Visualise the year and the life you want by developing a personal vision board that works. In this morning of reflection, inspiration and creation, learn to define your vision, breathe life into your dreams and create a unique and beautiful vision board that will help you achieve them.

Tutor: Jane Mathews



○ Help Prevent Dementia with Qi Gong **NEW**

Term 1 • Sun 24 Feb • 3 - 5:30pm • \$50

Term 2 • Sun 19 May • 3 - 5:30pm • \$50

The wisdom of Yin and Yang brings harmony, peace and a balanced mind and helps to prevent harmful extremes such as Dementia. Qi Gong is a mindful exercise that strengthens mental energy and helps you to have a peaceful mind.

Tutor: Angela Tian Zhu

○ Mindful Beauty For Skin and Soul **NEW**

Term 1 • Sat 30 Mar • 2 - 4pm • \$50

Be engaged in feeling, smelling, playing with product as you learn how to choose products that support you at your best. Touch, smell, find your fit, share and enjoy, all for the love of your skin and soul. Detox the idea of "beauty" to truly create and live your own kind of beauty.

Tutor: Jessica Kiely



Health and Wellbeing Workshops

○ Reiki I

Term 1 • Sun 24 Feb • 10am - 4pm • \$150

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

Tutor: Mike Cowlshaw

○ Reiki II

Term 2 • Sun 19 May • 10am - 4pm • \$150

Incorporating meditation to further explore Reiki energy healing practices with the application of the traditional symbols. Offering the opportunity to enhance your Reiki I skills for yourself or within a therapeutic setting, or as a path of spiritual development.

Tutor: Mike Cowlshaw

○ Reiki Share Group

Term 1 • Sun 24 Mar • 10am - 12pm • \$30

Term 2 • Sun 16 Jun • 10am - 12pm • \$30

Get together with like-minded people in a supportive and friendly environment, giving and receiving Reiki. The combined group energy is a beautiful experience. All levels of Reiki welcome (Level 1, 2 or Master Level).

Tutor: Mike Cowlshaw



Health and Wellbeing Weekly

AEROBIC

○ Staying Young & Active

Mondays - Low

Term 1 • 9 Classes • Mon 04 Feb • 10 - 11am • \$110

Term 2 • 9 Classes • Mon 29 Apr • 10 - 11am • \$110

Tuesdays - High + Low

Term 1 • 9 Classes • Tue 05 Feb • 10 - 11am • \$110

Term 2 • 9 Classes • Tue 30 Apr • 10 - 11am • \$110

Thursdays I- High + Low **NEW**

Term 1 • 9 Classes • Thu 07 Feb • 9 - 10am • \$110

Term 2 • 9 Classes • Thu 02 May • 9 - 10am • \$110

Thursdays II - High + Low

Term 1 • 9 Classes • Thu 07 Feb • 10 - 11am • \$110

Term 2 • 9 Classes • Thu 02 May • 10 - 11am • \$110

Mix of high and low impact exercises suited for over 50s for all fitness levels. Previous experience with SYA needed for 'High + Low' classes.

Tutor: Marion Claridge



DANCEFIT, LATINO & ZUMBA

○ DanceFIT

Term 1 • 9 Classes • Tue 05 Feb • 12:30 - 1:30pm • \$145

Term 2 • 9 Classes • Tue 30 Apr • 12:30 - 1:30pm • \$145

Groove and shake to a fusion of Latin, International and Pop music to create a dynamic, exciting, and effective fitness class.

Tutor: Giselle Peacock

○ Latino Exercise

Term 1 • 9 Classes • Tue 05 Feb • 6:15 - 7:15pm • \$145

Term 2 • 9 Classes • Tue 30 Apr • 6:15 - 7:15pm • \$145

A combination of Latin and Jazz including Salsa, Merengue and Rumba brings fun and energy to the class. Wear flat shoes and bring your water bottle.

Tutor: Giselle Peacock

○ Zumba Thursday Evening

Term 1 • 9 Classes • Thu 07 Feb • 6:15 - 7:15pm • \$145

Term 2 • 9 Classes • Thu 02 May • 6:15 - 7:15pm • \$145

Zumba is a dynamic, exciting and effective fitness class. Groove and shake to a fusion of Latin, International and Pop music.

Tutor: Nancy Morales

BODY AND CORE

○ Body Conditioning **NEW**

Term 1 • 9 Classes • Wed 06 Feb • 10:30 - 11:30am • \$145

Term 2 • 9 Classes • Wed 01 May • 10:30 - 11:30am • \$145

Total Body Conditioning is a music based, no equipment, standing and mat based, low impact muscle toning class. Use your own body weight to help burn fat, build strength, increase endurance, reshape and improve muscle mass.

Tutor: Marion Claridge

○ Body Strength

Term 1 • 9 Classes • Mon 04 Feb • 12:30 - 1:30pm • \$145

Term 2 • 9 Classes • Mon 29 Apr • 12:30 - 1:30pm • \$145

Following the Pilates method, strengthen all muscles, stabilise joints and heal from various injuries and conditions.

Tutor: Sharon Freedman

○ Body Strength Flow **NEW**

Term 1 • 9 Classes • Wed 06 Feb • 6:15 - 7:15pm • \$145

Term 2 • 9 Classes • Wed 01 May • 6:15 - 7:15pm • \$145

Use your own body weight to strengthen all muscles, stabilise joints and release tension in the body. This is a fun flowing yoga style class which focuses on creating fluidity of movement to increase vitality and wellbeing.

Tutor: Lisa Crawford

○ Stretch & Strength

Wednesdays

Term 1 • 9 Classes • Wed 06 Feb • 9 - 10am • \$145

Term 2 • 9 Classes • Wed 01 May • 9 - 10am • \$145

Fridays

Term 1 • 9 Classes • Fri 08 Feb • 10:30 - 11:30am • \$145

Term 2 • 9 Classes • Fri 03 May • 10:30 - 11:30am • \$145

Rebalance your mind, body and soul by improving your flexibility, enhance mobility and range of motion with anti-arthritis exercises. Improve balance and posture. Concludes with a healing and relaxing gong meditation

Tutor: Heather Crowe

Mats and equipment supplied, see website for more details.

○ Hula Hooping

Term 1 • 8 Classes • Sat 09 Feb • 10 - 11:30am • \$160

Term 2 • 8 Classes • Sat 04 May • 10 - 11:30am • \$160

Have fun strengthening and toning your waist while improving your co-ordination and learn to perform clever hula tricks! Hoops provided and also available to purchase in class.

Tutor: Bunny Star

LOW IMPACT

○ Chair Aerobics

Term 1 • 9 Classes • Tue 05 Feb • 11:15am - 12:15pm • \$80

Term 2 • 9 Classes • Tue 30 Apr • 11:15am - 12:15pm • \$80

A low impact, non choreographed workout alternative to the conventional standing workouts. Stay seated for the duration of the class and move your upper and lower body aerobically to music.

Tutor: Marion Claridge



○ Changes over 50

Term 1 • 9 Classes • Thu 07 Feb • 11:15am - 12:15pm • \$80

Term 2 • 9 Classes • Thu 02 May • 11:15am - 12:15pm • \$80

Low impact, low intensity focusing on fall prevention, balance, muscle and core strengthening. This class helps prevent or recover quicker from injuries or falls.

Tutor: Marion Claridge

○ Life Changing Fitness

Term 1 • 9 Classes • Mon 04 Feb • 11:15am - 12:15pm • \$80

Term 2 • 9 Classes • Mon 29 Apr • 11:15am - 12:15pm • \$80

Join us for this gentle, low impact exercise class with aerobic dance and strength training components for over 50s.

Tutor: Marion Claridge

MIND, BODY & SOUL

○ Simplifying Meditation

Term 1 • 5 Classes • Sun 10 Feb • 5 - 6pm • \$90
Term 2 • 5 Classes • Sun 05 May • 5 - 6pm • \$90

Learn basic meditation techniques in a simplified format that helps us to develop a daily practice. Suitable for those new to meditation.

Tutor: Jeremy Charkos

○ Deepening your Meditation Practice **NEW**

Term 1 • 4 Classes • Sun 17 Mar • 5 - 6:30pm • \$110
Term 2 • 4 Classes • Sun 16 Jun • 5 - 6:30pm • \$110

Develop and strengthen meditation skills in order to further enhance clarity and awareness in the present moment. Suitable for those with meditation experience.

Tutor: Jeremy Charkos

○ Tai Chi: Early Morning

Term 1 • 8 Classes • Mon 04 Feb • 7 - 8am • \$120
Term 2 • 8 Classes • Mon 29 Apr • 7 - 8am • \$120

Tai Chi is a wonderful way to start to your day, using energy (qi) rather than muscular strength in a mixture of fast and slow movements - excellent for vitality, self-awareness and relaxation.

Tutor: Angela Tian Zhu



○ Tai Chi & Qi Gong: Enhance Mental Health

Term 1 • 8 Classes • Mon 04 Feb • 8:45 - 9:45am • \$120
Term 2 • 8 Classes • Mon 29 Apr • 8:45 - 9:45am • \$120

This mindful exercise improves energy and helps when feeling low or anxious, creates inner harmony, strengthens mental energy, and helps you to relax and have a peaceful mind.

Tutor: Angela Tian Zhu

OUTSIDE & OFFSITE ACTIVITIES

○ Dragon Boating

Term 1 • 3 Classes • Sat 16 Feb • 7am - 9am • \$90

An energetic water sport and a great way to work out - get fit while having fun and meeting new people on the waters of beautiful Sydney Harbour.

Tutor: FFB Dragon Boat Club

○ Kayaking

Wednesdays

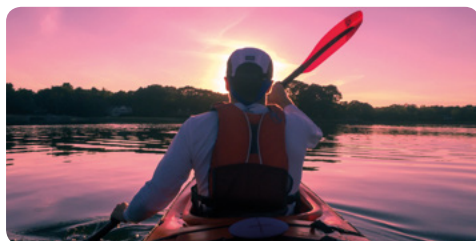
Term 1 • 10 Classes • Wed 06 Feb • 6:30 - 7:30am • \$250

Saturdays

Term 1 • 10 Classes • Sat 02 Feb • 7:30 - 8:30am • \$250

Enjoy social kayaking in a group atmosphere while developing paddling and fitness skills on beautiful Middle Harbour. Includes kayak, safety gear and instructor. Suitable for all ages 16+.

Tutor: Ben Chalmers



○ Tennis

Mondays 6-7pm

Term 1 • 10 Classes • Mon 04 Feb • \$320
Term 2 • 9 Classes • Mon 29 Apr • \$290

Mondays 7-8pm

Term 1 • 10 Classes • Mon 04 Feb • \$320
Term 2 • 9 Classes • Mon 29 Apr • \$290

Thursdays 6-7pm

Term 1 • 10 Classes • Thu 07 Feb • \$320
Term 2 • 10 Classes • Thu 02 May • \$320

Thursdays 7-8pm

Term 1 • 10 Classes • Thu 07 Feb • \$320
Term 2 • 10 Classes • Thu 02 May • \$320

Master all tennis strokes and strategies in a small group led by a trained tennis professional. Classes aimed at beginners. Sorry no concessions.

Tutor: Greg Lewis

PILATES

○ Pilates

Tuesdays

Term 1 • 9 Classes • Tue 05 Feb • 7:30 - 8:30pm • \$145
Term 2 • 9 Classes • Tue 30 Apr • 7:30 - 8:30pm • \$145

Wednesdays

Term 1 • 9 Classes • Wed 06 Feb • 7:30 - 8:30pm • \$145
Term 2 • 9 Classes • Wed 01 May • 7:30 - 8:30pm • \$145

Saturday

Term 1 • 9 Classes • Sat 09 Feb • 7:30 - 8:30am • \$145
Term 2 • 9 Classes • Sat 04 May • 7:30 - 8:30am • \$145
Term 1 • 9 Classes • Sat 09 Feb • 8:30 - 9:30am • \$145
Term 2 • 9 Classes • Sat 04 May • 8:30 - 9:30am • \$145

Feel stronger, more energised, flexible and lengthened. Pilates focuses on the body's core architectural system - the deep stabilising postural muscles of the spine and trunk. Pilates also aids the treatment of back pain and helps reduce stress.

Tutor: Heather Crowe



○ Pilates Mums and Bubs

Term 1 • 9 Classes • Tue 05 Feb • 9 - 9:45am • \$145
Term 2 • 9 Classes • Tue 30 Apr • 9 - 9:45am • \$145

Exercise with your baby to improve strength, stability and flexibility. Increase control of the back, pelvis, hips, neck and shoulders and focus on posture and alignment, core control, pelvic floor strengthening and breathing technique.

Tutor: Cara Wood

YOGA

○ Early Morning Yoga

Term 1 • 10 Classes • Wed 06 Feb • 6:30 - 7:30am • \$160
Term 2 • 10 Classes • Wed 01 May • 6:30 - 7:30am • \$160

Enjoy a traditional yogic practice, linking breath and movement. The practice is detoxifying and strengthening. Focus on strength, flexibility, alignment and enjoyment of its benefits.

Tutor: Francesca Hendricks

○ Hatha Yoga

Term 1 • 9 Classes • Mon 04 Feb • 6:15 - 7:15pm • \$145
Term 2 • 9 Classes • Mon 29 Apr • 6:15 - 7:15pm • \$145

Hatha yoga asanas in a Vinyasa Flow style. Suitable for all levels.

Tutor: Katie Judge

○ Laughter Yoga

Term 1 • 5 Classes • Sun 17 Feb • 5 - 6pm • Free
Term 2 • 5 Classes • Sun 19 May • 5 - 6pm • Free

Laughter has many health promoting qualities and is a great stress buster. This playful exercise ends with a guided meditation. Bring yoga mat. Donations welcome.

Tutor: Usuff Omar



○ Vinyasa Flow

Wednesdays

Term 1 • 9 Classes • Wed 06 Feb • 12:30 - 1:30pm • \$145
Term 2 • 9 Classes • Wed 01 May • 12:30 - 1:30pm • \$145

Tutor: Heather Crowe

Thursdays

Term 1 • 11 Classes • Thu 31 Jan • 1 - 2pm • \$165
Term 2 • 10 Classes • Thu 02 May • 1 - 2pm • \$150

Hatha yoga asanas in a Vinyasa flow style. Suitable for all levels.

Tutor: Vivienne Duvall

Children's Services

○ After School Care

Term 1 • Tue 29 Jan - Fri 12 Apr
Term 2 • Mon 29 Apr - Fri 5 Jul

An inventive, creative, active, inclusive and varied program for school aged kids (7-12yrs). Operating on the principle of "free play", children choose whether they participate in structured activities or in supervised play. Please check your enrolment for pupil free day.

Monday to Friday, 3 - 6pm

○ Explorers Playgroup

Term 1 • Wed 30 Jan • 10am - 12:30pm • \$7-14
Term 2 • Tue 30 Apr • 10am - 12:30pm • \$7-14

Explorers Playgroup provides creative play sessions for under 5's, spread across three light-filled rooms and a beautiful playground. Experienced play leaders set up a wide range of activities to suit the needs of children, with an emphasis on child-initiated play supervised by a parent or carer in a relaxed and friendly environment.

Monday to Thursday, 10am - 12:30pm



○ Music and Movement

2.5 - 3 years

Term 1 • 8 Classes • Fri 15 Feb • 9:30 - 10am • \$120
Term 2 • 8 Classes • Fri 10 May • 9:30 - 10am • \$120

3 - 4 years

Term 1 • 8 Classes • Fri 15 Feb • 10:15 - 11am • \$140
Term 2 • 8 Classes • Fri 10 May • 10:15 - 11am • \$140

4 - 5 years

Term 1 • 8 Classes • Fri 15 Feb • 11:15am - 12pm • \$160
Term 2 • 8 Classes • Fri 10 May • 11:15am - 12pm • \$160

Children discover the fundamental connection of body and voice to music. These highly regarded, fun filled classes cleverly integrate music education while enhancing your child's development.

To enrol visit www.bridgestomusic/enrolment or contact Jane Boyd 0403 470 101.

CHOIR EVENTS

○ Show Me The Money: Introduction to Term 1 Choir

Term 1 • Mon 04 Feb • 6:30 - 9:30pm • Free
Enjoy video clips, background on the artists and a chance to try out some of the songs such as Fred Astaire's "Puttin' On The Ritz"; Madonna's "Material Girl"; Midnight Oil's "Blue Sky Mine". before the full choir starts the following Monday.

○ Choir Concert: Songs About Money

Term 1 • Mon 1 Apr • 8-9:15pm • Free

○ Film Night Neil Diamond: Hot August Night

Term 2 • Mon 06 May • 6:30 - 9:30pm • Free
Diamond reflects on his life, providing an intimate look at this gifted song writer and performer. Preceded by a singalong.

○ Choir Concert: Neil Diamond

Term 2 • Mon 1 Jul • 8-9:15pm • Free

CHOIR LUNCHTIME

○ Choir Concert: Lunchtime Choir

Term 1 • Fri 29 Mar • 1 - 2pm • Free
Term 2 • Fri 28 Jun • 1 - 2pm • Free

COMMUNITY SUPPORT

○ Free Hearing Tests for Seniors Week

Term 1 • Mon 18 Feb • 10am - 2:30pm • Free
Attend a free hearing test with Bay Audio as part of NSW Seniors Week.

○ House of Welcome Food Drive

During June bring your bags of household shopping for refugees supported by House of Welcome. See website for more details and food list.

○ ZONTA - Birthing Kit Assembly workshop

Term 1 • Sat 16 Mar • 1 - 4pm • \$5
Calling volunteers to help Zonta International to assemble birthing kits for women in developing countries.

EXPLORERS PLAYGROUP EVENTS

○ Harmony Day

Term 1 • Thu 21 Mar • 10am - 12:30pm • \$7-14
Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. Wear your traditional cultural dress on the day.

○ Mothers Day Craft

Term 2 • 6- 9 May • 10am - 12:30pm • \$7-14
Get crafty with your kids for Mothers Day!

○ Fundraiser

Term 2 • Mon 17 Jun • 10am - 12:30pm • \$7-14
Help support the wonderful Explorers Playgroup. Bring a plate to share on the day.

BIKE CARE

Supported by North Sydney Council.

○ Bicycle Maintenance

Term 1 • Sat 02 Feb • 9am - 12pm • \$10
Term 2 • Sat 04 May • 9am - 12pm • \$10
Master basic "on the run" repairs and learn to do your own general maintenance. Bring your bike to the Community Centre. Booking essential.

○ Check In & Tune Up

2 Mar, 19 Jan, 18 May, 6 Jul • 8am - 12pm • Free
At Northside Produce Market, a bicycle expert checks and tunes-up your bicycle to make your riding experience more safe and comfortable.



North Sydney Community Centre

Phone: 02 9922 2299

220 Miller Street, North Sydney, 2059

www.northsydneycentre.com.au

