



**Vermont
South
Community
House**

COURSE GUIDE

TERM 1 2018 30 JAN - 29 MAR

Vermont South Community House

offers a variety of programs including a social enterprise Café that caters for people who are disadvantaged or from disability providers. The Café also provides vocational training and support and introduces people to the Hospitality industry.

As a Learn Local Organisation we offer subsidised Adult Education such as Computer, English as a Second Language, Literacy and Numeracy, and Vocational courses.

Leisure courses are also offered in General Interests, Health and Fitness, Art and Craft, and Language.

We also offer Children's Courses, and computer classes for Seniors.

Our classes encourage community based learning and provide support in a friendly and welcoming environment.

By participating in our classes you can learn new things and have fun while building social connections and networks.

The Café House

OPEN:

**9.00am ~ 2.45pm
MONDAY~FRIDAY**



Enquiry, Enrolment

& Payment Information

For all enquiries and/or to enrol in a course please contact us on **9803 2335** or visit us at **1 Karobran Drive, Vermont South** during our office hours:

Monday to Thursday 9am to 4pm

Friday 9am to 3pm

or email info@vsch.org.au.

Visit our website for more information

www.vsch.org.au and like us on Facebook

www.facebook.com/vscommunityhouse

Enrolments are confirmed by payment of course fees via EFTPOS, Credit Card, Cheque, Cash, and Direct Debit using the following bank details (Account Name: Vermont South Community House BSB: 033 127 Account Number: 13 3530—add surname and course for description). Please email info@vsch.org.au to advise of payment via this method. Credit card payments can be made over the phone.

- ♦ Fees are to be paid in full prior to commencement of course
- ♦ If a course is cancelled a full refund will be made
- ♦ No refund will be given once a course commences



Expressions of Interest

We are seeking expressions of interest for tutors in the following areas:

- Information Technology
- Hospitality - A Cook/Barista for Café
- Disability Support (for Youth)

Contact manager@vsch.org.au

Volunteers Needed

We are also seeking volunteers for:

- Toy Library
- The Café House

Contact manager@vsch.org.au

FUNDED COURSES

Vermont South Community House is a Learn Local organisation. We are provided funding support from the Adult Community & Further Education Board (ACFE) that enable courses to be offered at reduced prices.

Eligibility criteria may apply to people who want to enrol in funded courses. The primary purpose of these courses is to provide training to educationally disadvantaged learners under 60 years of age and initiate vocational and/or employment pathways for them.

Learner groups for specific emphasis includes, but is not limited to, women returning to work; early school leavers; low skilled and vulnerable workers; unemployed/underemployed people; people from a culturally or linguistically diverse background; people with a disability; disengaged young people.

Please talk to office staff who will assist you with the enrolment process.

Information Technology

*Weeks 1 & 8 classes finish ½ hour later

Computer Basics 1 18ALNIntCom

A back to basics computer course for complete beginners or those with limited computer skills. Course content includes basic computer skills; basic word processing, introduction to the Internet and using email. Ideal course for anyone requiring basic skills for using computers in a workplace.

Mondays 6.30pm - 9.30pm

7 Week Course - 5 February to 26 March

\$70.00 (includes manual) (No class 12 March)

*Working with Digital Media 18EMPdigmed

This course gives learners an insight into how a practical knowledge of, and skills in, the use of digital media applications can be applied in workplace environments, and for personal use. Course content includes working with photo editing tools; visual and audio software applications; animation; and using Moviemaker.

Thursdays 9.30am - 12.00pm

8 Week Course - 8 February to 29 March

\$70.00 (includes manual)

*Web Design for Home Business 18VOCWebDe

During this introductory course participants learn how to create, design, and build their own website using Wix, a cloud-based web development platform. An ideal course for people interested in promoting a home business idea simply and effectively. No coding skills required.

Fridays 9.30am - 12.00pm

8 Week Course - 2 February to 23 March

\$70.00 (includes manual)

*Excel Basics for the Workplace 18EMPExeIA

Designed as an entry level course with a focus on introducing learners to MS Excel (spreadsheets for beginners with basic computer skills), this course gives learners an insight into the basic requirements of computer literacy required in a workplace environment, and provides examples of basic spreadsheet applications for personal and/or study purposes.

Wednesdays 6.30pm - 9.00pm

8 Week Course - 7 February to 28 March

\$70.00 (includes manual)

*iPad Basics for the Workplace 18EMPIPad1

This course covers basic operations of an iPad introducing learners to iPad capabilities, using Apps, Skype / Facetime, iCloud, and Internet and email. An ideal course for anyone requiring basic skills in using an iPad in a workplace.

Fridays 12.30pm - 3.00pm

8 Week Course - 2 February to 23 March

\$70.00 (includes manual)

re**skill**

re**train**

re**connect**

Community Based Learning



Vocational

Interior Decorating 18VOCIntDec

A focus on designing a concept to decorate a residential interior. Participants will learn how to assess a space, understand the problems it faces and come up with options to improve it. Learn to use specific principles and tools to plan a new design considering colour, lighting, texture, patterns and furniture, art and object arrangement.

Wednesdays 9.15am - 12.15pm

8 Week Course - 7 February to 28 March

\$70.00 (includes materials)

MYOB Beginners 18VOCmyoba

This introductory course will teach learners to set up and use MYOB's basic functions in a small business or home environment. Basic computer skills required.

Tuesdays 6.30pm - 9.00pm

8 Week Course - 6 February to 27 March

\$90.00 (includes manual)

English as a Second Language (ESL)

ESL Beginners 18ALNesIA

English language at a **basic** level.

Course includes learning to use common words in:

- speaking - reading - writing
- computing

in activities of daily living in Australian culture.

Mondays 9.30am - 12.30pm

7 Week Course - 5 February to 26 March

(No class 12 March)

\$50.00

ESL Conversation 18ALNesIB

Continuing from the ESL Beginners class, this course enhances the listening and speaking outcomes of the English as a Second Language courses. These classes may incorporate some computer work.

Mondays 1.00pm - 4.00pm

7 Week Course - 5 February to 26 March

(No class 12 March)

Wednesdays 1.00pm - 4.00pm

8 Week Course - 7 February to 28 March

\$50.00

ATTEND 3 ESL CLASSES FOR THE PRICE OF 1! \$50.00

Literacy and Numeracy

Literacy and Numeracy 18ALNlithum

A hands on course to support people who have experienced barriers to education in the past and need intensive support to re engage with learning.

Tuesdays 12.30pm - 3.00pm

8 Week Course 6 February to 27 March

Weeks 1 & 8 classes finish ½ hour later

\$50.00

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Community Based Learning



Children's Courses and Activities

Creative Art for Children

8 - 12 year olds with Jason

Come and let your imagination run wild through the magic of art. Using paints, pastels, and other wonderful art tools. In addition we will have fun with 3D activities.

All materials included - *just bring an art smock.*

Mondays 4.00pm - 5.30pm

7 Week Course - 5 February to 26 March
(No class 12 March)

\$98.00

Painting for Children

8 - 12 year olds with Susan

An Acrylic painting class for children aged 8 and older.

Ask at office for requirements list.

Wednesdays 4.00pm - 5.30pm

9 Week Course - 7 February to 28 March
\$104.00

Sketching for Children

8 - 12 year olds with Jason

Children will learn to sketch in 3D and improve their technique in lead pencil. Ideal for beginners or those who wish to develop their sketching skills.

All materials included.

Thursdays 4.00pm - 5.30pm

9 Week Course - 8 February to 29 March
\$126.00



Maths Mastery Club for 9 - 14 year olds with Jahan

Mathematics should be a playful experience, full of joy, wonder and curiosity.

At Maths Mastery Club, new and unique ways are used to remove the fears and barriers children have about maths.

Children will build skills and confidence through play. They can reflect on and refine their thinking as they discuss strategy, analyse moves and plan their next turn.

Children will play a variety of mathematics board games each session appropriate to their year level and abilities while receiving instructions from an experienced maths teacher.

Maths Mastery activities help children develop Mathematical Thinking, Problem-Solving, and Collaboration skills that will lead them to success at school and in life.

Saturdays 11.00am - 12.00pm

8 Week Course - 3 February to 24 March

SPECIAL INTRODUCTORY PRICE! \$80.00

General Interest Courses

Basic Digital Photography with Vanessa

This course focuses on learning how to use a Digital SLR camera. Participants will get a working knowledge of their camera, how to use the manual functions and apply them effectively, through a wide variety of practical exercises.

Wednesdays 12.30pm - 3.00pm
8 Week Course - 7 February to 28 March
\$160.00



French Advanced Beginners with Vanessa

Learn French in a relaxed and friendly atmosphere with an experienced native speaker. For students who have done a bit of French before and are starting to express themselves simply on a few basic topics (not suitable for complete beginners). Class focusses on communication skills in daily life.

Thursdays 1.00pm - 3.00pm
9 Week Course - 1 February to 29 March
\$171.00



Computers for Seniors with Scott

General computer education class covering a range of topics for seniors including basic computer skills, social media, iPads, and smart devices.

Tuesdays 12.30pm - 3.00pm
6 Week Course - 20 February to 27 March
\$120.00



French Beginners with Vanessa

Want to learn a new language? Thinking of traveling to France? Learn the basics of French in a relaxed atmosphere with an experienced native speaker. Class focuses on communication skills in daily life situations.

Fridays 1.00pm - 3.00pm
8 Week Course - 2 February to 23 March
\$152.00



French Intermediate with Vanessa

Consolidate your speaking skills in a relaxed atmosphere with an experienced native speaker. For students who can already express themselves on a variety of topics, want to enrich their vocabulary and use more complex tenses and sentence structures. Class conducted mainly in French.

Fridays 10.00am - 12.00pm
8 Week Course - 2 February to 23 March
\$152.00

Leisure Courses - Art & Craft

*Ask at office for requirements list

*Art Classes with Sue

Our experienced tutor teaches a variety of art mediums such as beginners drawing course to advanced; Colour mixing using water mixable oil paints; Oil painting; Working with soft pastels; and Pen and ink work.

Thursdays 10.00am - 12.00pm
1.00pm - 3.00pm

9 Week Course - 1 February to 29 March
\$144.00

*Drawing & Painting with Owen

Beginners & intermediate class covering water colour, oils, acrylics, and drawing. Includes a walk through of colour theory, colour mixing, hints to improve landscapes; structural aspects such as proportion, perspective; and 3D through shading technique & exploration of other media. Small group with individual help.

Thursdays 7.30pm - 9.30pm
9 Week Course - 1 February to 29 March
\$153.00

Patchwork & Applique with Jill

For beginners and those experienced who need help to complete a project, this course offers a positive atmosphere of encouragement, sharing and fun. If you love sewing, by hand or machine, and have a passion for beautiful patchwork fabric, why not join us and create something you will be proud of.

Wednesdays 9.30am - 12.00pm
8 Week Course - 7 February to 28 March
\$128.00



Mosaics - Self Directed Group (No tutor)

Participants bring their own project and tools. The group provides support and sharing of ideas and methods.

Fridays 10.00am - 3.00pm
8 Weeks - 2 February to 23 March
\$48.00



*Painting & Illustrating with Jason

Aimed at beginner to intermediate painters/illustrators or those who wish to learn something new in their preferred medium. This course looks at methods of generating inspiration and ideas, and establishing good foundations for creating your images. This course covers areas such as perspective, proportion, tone, and colour theory in drawing and painting. These can easily be learnt for the beginner artist.

Tuesdays 7.30pm - 9.30pm
9 Week Course - 30 January to 27 March
\$108.00

*Sketching for Adults with Glenyce

Improve your sketching whilst learning 3D techniques in lead pencil. Ideal for beginners or those who wish to improve their technique.

Tuesdays 9.30am - 12.00pm
8 Week Course - 6 February to 27 March
\$136.00

*Water Colour Painting with Glenyce

Learn the techniques of water colour painting and surprise yourself with the results. Students learn the basic principles of sketching, mixing colours and using the water colour medium.

Mondays 10.00am - 12.30pm
7 Week Course - 5 February to 26 March
(No class 12 March)
\$119.00

Leisure Courses - Health, Fitness & Wellbeing

Strength Training with Muriel

Circuit style training consisting of weight bearing and minor cardio exercises, warm up and cool down stretching. Independent and team orientated. A great way to increase strength, balance, stability and flexibility. Suitable for most ages / abilities.

Mondays 1.00pm - 2.00pm
2.00pm - 3.00pm

8 Week Course - 29 January to 26 March
\$88.00
(No class 12 March)

Wednesdays 12.00pm - 1.00pm
1.00pm - 2.00pm

9 Week Course - 31 January to 28 March
\$99.00

Yoga with Karyn (Mon) / Cheryl (Wed)

Gentle stretching and breathing exercise to help improve posture, strength and flexibility, and designed to protect the body and mind against stress, and help lower blood pressure.

Suitable for all ages and abilities.

Bring along a yoga mat and blanket for the relaxation/meditation segment.

Mondays 6.30pm - 7.45pm
8.00pm - 9.15pm

8 Week Course - 29 January to 26 March
\$112.00
(No class 12 March)

Wednesdays 5.30pm - 6.45pm
8.00pm - 9.15pm

9 Week Course - 31 January to 28 March
\$126.00



Vermont South Community House ~ Community Connections



TOY LIBRARY^(BR)

Annual Membership \$50.00

Mondays 9.30am—11.30am

Saturdays 9.30am—11.30am
(during school terms only)

Children from 6 months - 5 years - Loan 4 toys for 4 weeks.
Volunteers welcome.

SOCIAL GROUP

Knitting Group Mondays 1.00pm - 3.00pm 5 February to 26 March (no group 12 March)

A friendly knitting group meets socially on Monday afternoons; knitted items go to supporting local charities. Gold coin donation.

The Café House

A great place to meet locally
for a sip and a bite while
helping to support a
community initiated
social enterprise.

A small café with a big heart!



Vermont South Community House

The Café House

is a social enterprise café
supporting our community

OPEN

9.00am ~ 2.45pm
Monday ~ Friday



Coffee, Tea & Cold Drinks
Homemade Scones, Cakes & Slices
Freshly Made Sandwiches,
Focaccias, Savouries, Salads
& more...

Catering Available

Thank You for Supporting this Initiative!

1 KAROBRAN DRIVE VERMONT SOUTH
9803 2335 www.vsch.org.au



Vermont South Community House ~ Other Activities & Services

Also on offer at the Community House are activities that run as independent programs. Enquiries for these activities can be made directly to the Contact persons listed below.

Children

Confident Kids Performing Arts School - Tuesdays 4.00pm - 5.30pm \$POA

Enquiries & enrolments contact Jenny on 0422 221 461 or email confident_kids@hotmail.com

Guitar (GuitarStart ©) for children 8+ - Wednesdays 4.00pm onwards \$POA

Enquiries & enrolments contact Des on 0412 914 423 or email guitarstart.au@gmail.com

Mini Maestros - Thursday Mornings \$POA

Enquiries & enrolments contact Judy on 0417 104 729 or email judy@minimaestros.com.au

or visit www.minimaestros.com.au

St Andrews Greek Playgroup - Thursdays 9.30am - 11.30am \$POA

Enquiries & enrolments contact Helen Lambris on 0412 958 300

Adults

Guitar (GuitarStart ©) for Adults - Wednesdays 7.00pm onwards \$POA

Enquiries & enrolments contact Des on 0412 914 423 or email guitarstart.au@gmail.com

Nuline Dance (Line Dancing) - Mondays 11.00am - 12.00pm / Thursdays 12.00pm - 1.00pm \$POA

For further information contact Marie on 0412 296 827

OPACIZE Greek Dance Fitness - Thursdays 7.30pm - 8.30pm \$POA

Enquiries contact Effie on 0412 909 044

Pilates Classes \$POA

Pilates helps to develop strong core postural muscles to support your spine, improve your posture and increase flexibility, tone, and strength. Classes suitable for all ages and abilities.

Classes: Tuesdays 5.00pm and 6.00pm

Fridays 9.15am and 10.30am

Saturdays 7.30am

Contact: Jenny on 0410 404 419 or email jennymargeridis@gmail.com

ROOM HIRE

The Function Room is available for hire for meetings, family gatherings, parties, educational programs, conferences, and most events (with the exception of teenage and 21st birthday parties).

For more information contact us on **9803 2335** or visit our website:

www.vsch.org.au



**The Lions Club of
South Vermont**

Celebrate this Australia Day with family & friends!

**The Lions Club of South Vermont invites you
to celebrate our 13th annual Australia Day
cooked breakfast. With a bouncing castle
and face painting for the kids.**

**Where – Bunnings Warehouse car park,
Burwood Highway, South Vermont**

**When – Friday 26th January from 9am to 11am with the
flag raising and National Anthem at 9am**

**Breakfast will be served from 9am until 10.30am
Donations Welcome**

Proudly supported by the City of Whitehorse and local businesses



Lions Club of South Vermont Inc.

ABN 97 733 802 940

<http://southvermont.vic.lions.org.au>





MJ Docking Real Estate part
of and supporting the local
community for over 30 years.

Adam Docking, a born and bred local
took the helm of the business when
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real estate service.

Call Adam should you require
assistance with any real estate matter.



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0418 88 25 25

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Fax: 9802 5520

Vermont South 3133

Mob: 0409 819 829

E-Mail: parsmp@hotmail.com

www.parsmp.com.au

Sore feet?

Call podiatrists
Joanne and Susan for
an appointment (Mon-Sat)
to help you with:



General foot care Diabetes
Ingrown toenails Orthotics

ORTHAHEEL FOOTWEAR NOW AVAILABLE!!

Vermont South Podiatry

1c Hanover Road, Vermont South 3133

Ph: 9802 0077

Bill Bennett

Councillor – Morack Ward



For any issues or suggestions affecting our local
Whitehorse community please contact me at:

bill.bennett@whitehorse.vic.gov.au

Mobile: 0409 195 530

Authorised by Bill Bennett: 4 Livermore Close, Vermont South 3133

www.neilangus.com

ADVERTISEMENT



Real Local. Real Action.

Neil Angus MP

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*Supporting the
local community*

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 www.neilangus.com  [NeilAngusMLA](https://www.facebook.com/NeilAngusMLA)

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IF YOU SUFFER FROM
BACK PAIN * HEAD-ACHES * ARTHRITIS * NECK PAIN
MUSCLE SPRAINS OR STIFFNESS
YOU SHOULD SEE AN **OSTEOPATH**

Osteopathy is a form of manual medicine comprising massage, muscle and joint stretching, joint mobilisation and other non invasive techniques. It can also improve circulation and nervous system flow, assisting your body to function at its optimum level.

Osteopathy is suitable for all ages, newborns to the elderly, where each treatment is tailored specifically to you and your condition.

Come and see Brooke, Melissa, Belinda or Hayley at OsteoCare!

Veteran Affairs Accredited

OsteoCare

Dr Brooke Franklin (Osteopath)

And Associate Osteopaths

1C Hanover Road Vermont South 3133



PHONE 9803 7005



» Colourbond gutter & downpipe replacement

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» Cold water service renewals

» Kitchen and bathroom renovations

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» Sewer / Drain blockages-High Pressure Water Jet, Drain Camera, Locator

» All plumbing maintenance & repairs

CONTACT:

0419 384 476—Michael

0498 681 470—Glenn

0418 533 827—Pat

www.murphysplumbing.com.au



vermont south PHYSIOTHERAPY

RON MUNRO Musculoskeletal Physiotherapist
MATTHEW ROSSO Physiotherapist

 **9802 5304**

429 Burwood Highway, Vermont South, Victoria, 3133
(Cnr. Stanley Road) Melways 62 F7

PILATES CLASSES

Knee pain?

Shoulder pain?

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SPORTS INJURIES



SPINAL PAIN



HEADACHES



POSTURE CARE

LEARN TO DRIVE SAFELY WITH MONASH DRIVING SCHOOL

1 Scarborough Road, Vermont South

TAKE ADVANTAGE OF OUR SPECIAL 5 LESSON COURSE

1. Basic Driving Skills
2. Reversing Technique
3. Driving, Reversing, 3 Point Turns
4. Reverse Parking
5. Parking between cars, shopping centre parking & combination of above

Tuition from male or female instructors

Lessons available 7 days a week

Air Conditioned cars available in both auto and manual

Specially trained instructors for nervous and elderly

License Tests booked in advance at Testing Station of choice



Does your daughter love to dance?

Physie is a fusion of dance styles including modern dance, jazz, ballet and elements of hip hop.

- * No sewing costumes
- * No shoes to buy
- * Low Term Fees
- * Free Trial Class
- * ***Physie is Fun!***

For more information contact Helen on: **0408 392 266**

www.whitehorsephysie.com.au
(a non-profit community dance club)



**Do you (or your child) want to develop your
life-long enjoyment of Music?**

**Do you want to learn your favourite songs; or build
a broad foundation of skills?**

**I can help you, or your child to learn
Guitar & Ukulele Lessons provided to
Vermont South Community House,
& the local area.**

**Experienced & patient teacher; TAFE
qualified; with over 20 yrs. of playing
Guitar. Beginners a specialty.**

**Call Des Mahoney 0412 914 423;
or email guitarstart.au@gmail.com**

<http://www.guitarstart.com.au>

