



Course Guide TERM 1 2019

February 4—April 5

Community Education - ACFE Funded Courses

Digital Literacy & Information Technology Courses

Vocational Courses / ESL & Literacy and Numeracy

Children & Teens Courses

Art & Craft Courses / Health & Fitness Courses

General Interest Courses / Digital Literacy Workshops

Social Enterprise - Community Café

Something for Everyone at vSLC!

INDEX—COURSES & ACTIVITIES

2

ABOUT US	3	GENERAL INTEREST COURSES	15
FUNDING BODIES & GRANTS OTHER HOUSES	4	FRENCH BEGINNERS	15
ENQUIRY, ENROLMENT & PAYMENT INFORMATION	5	FRENCH ADVANCED BEGINNERS	15
COMMUNITY CONNECTIONS	6	FRENCH INTERMEDIATE	15
FUNDED COURSES	7	BASIC DIGITAL PHOTOGRAPHY	15
YOUTH PROGRAM NEW!	8	INTERMEDIATE PHOTOGRAPHY WORKSHOP—SERIES II	16
EXCEL BASICS FOR THE WORKPLACE	10	GENERAL DIGITAL LITERACY WORKSHOPS	16
COMPUTER BASICS— AN INTRODUCTION TO COMPUTERS	10	IPAD / IPHONE WORKSHOP FOR BEGINNERS	16
COMPUTERS—INTERMEDIATE	10	eBAY & GUMTREE WORKSHOP	16
WEB DESIGN FOR HOME BUSINESS	11	CHOOSING THE RIGHT NBN PLAN	17
SYOB (START YOUR OWN BUSINESS)	11	IPAD / IPHONE WORKSHOP FOR INTERMEDIATE	17
OFFICE ADMINISTRATION— SHORT COURSE	11	ART & CRAFT COURSES	18
XERO FOR BEGINNERS NEW!	12	ART CLASSES	18
ART AS THERAPY	12	PAINTING & ILLUSTRATING	18
ESL BEGINNERS	13	PATCHWORK & APPLIQUE	18
ESL CONVERSATION	13	SOCIAL ART TIME	19
LITERACY & NUMERACY FOR ADULTS	13	DRAWING & PAINTING	19
		MOSAICS SELF DIRECTED GROUP	19
CHILDREN'S & TEEN'S COURSES	14	HEALTH & FITNESS COURSES	20
CREATIVE ART—8-12 YEAR OLDS	14	STRENGTH TRAINING	20
SKETCHING—8-12 YEAR OLDS	14	YOGA & RELAXATION	20
TEEN ART (13 YEARS +)	14	OTHER SERVICES	21

Vermont South Learning Centre (VSLC)

At VSLC we offer a variety of programs including a social enterprise Café. The Café 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 General Digital Workshops.

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.

social enterprise

COMMUNITY CAFÉ

Open: 10.00am ~ 3.00pm

Monday ~ Friday

CLOSED DURING SCHOOL HOLIDAYS



VOLUNTEER OPPORTUNITIES!

We are seeking help from community members to assist with small maintenance jobs at the Learning Centre.

Any help would be appreciated!

Please contact us on 9803 2335 for more details.

Toy Library Volunteers

We are seeking volunteers to help run our Toy Library. If you have a spare few hours to help with this fun community program we would love to hear from you.

All enquiries: 9803 2335

Funding Bodies & Grants

We gratefully acknowledge the support of the following funding bodies:

- ◆ Adult, Community & Further Education Board (Learn Local)
- ◆ City of Whitehorse
- ◆ Department of Health and Human Services



Vermont South Learning Centre is part of the Whitehorse Council Houses.
The other Houses:

Avenue Neighbourhood House @ Eley	9808 2000
Bennettswood Neighbourhood House	9888 0234
Box Hill South Neighbourhood House	9898 8270
Burwood Neighbourhood House	9808 6292
Clota Cottage Neighbourhood House	9899 0062
Kerrimuir Neighbourhood House	9899 7660
Koonung Cottage Community House	9878 6632
Louise Multicultural Community Centre	9285 4851
Mitcham Community House	9873 4587

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@vslc.org.au.

Visit our website for more information www.vslc.org.au and
LIKE us on Facebook - Vermont South Learning Centre!

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 Learning Centre

BSB: 033 127 Account Number: 13 3530

(add surname and course for description)

Please email info@vslc.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

SUPPORT GROUPS

“Together We Do Better” with Heather

Mondays 10.00am—12.00pm (No group on 11 March)

A therapeutic art group to support individuals and their families deal with the issues of gambling addictions.

Through visual and therapy based art processes and open, non-judgemental discussion, support and guidance is given to those in need.

“Working Together for Better Mental Health” with Heather

Mondays 1.00pm—3.00pm (No group on 11 March)

A support group for individuals experiencing mild mental health issues. Open discussions on mental health. Will include guest speakers, therapeutic art lessons, and group reflections.

SOCIAL GROUP

Knitting Group Cost: Gold Coin Donation

Mondays

1.00pm - 3.00pm

4 February to 1 April (No group on 11 March)

A friendly knitting and handcraft group meets socially on Monday afternoons (weekly).



Toy Library

Annual Membership \$50.00

Mondays 9.30am—11.30am

Saturdays 9.30am—11.30am

Closed during School Holidays

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



FUNDED COURSES

7

Vermont South Learning Centre is a Learn Local Organisation. We are provided funding support from the Adult Community & Further Education Board (ACFE) to offer affordable educational courses to adult learners.

Eligibility criteria applies to people who enrol in funded courses. Applicants must be seeking training:

- ♦ to enhance employment and/or volunteering opportunities by learning new skills; and/or
- ♦ as a pathway to further study opportunities.

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

📞 9803 2335 @info@vslc.org.au

All ACFE Courses— \$50.00 (excludes cost of manuals)



NEW in 2019!
Funded
Youth Program
for 17 to 24
year olds

see page 8 for details



YOUTH PROGRAM

Exciting NEW PROGRAM for Terms 1 & 2 2019!

We are offering a package of four ACFE funded courses—
Hospitality! Literacy & Numeracy! Art as Therapy! Office Admin!
to 17—24 year olds covering basic training across these
vocational and employment areas over 16 weeks!

Hospitality

Basic Work Skills 19VOCBasHos

[It's not all about the food...]

- working in a Café—what to expect!
- let's talk about occupational health & safety, and workplace relations...
- getting down to it—keeping things clean: what do food safety & food hygiene really mean?
- ready, set... make some FOOD!

Tuesdays

9.30am—12.00pm

8 weeks

12 Feb—2 Apr

8 weeks

30 Apr—18 Jun

Literacy & Numeracy

19ALNlitnum

[Let's fill in the gaps...]

Real SKILLS for Real LIFE

Using English & maths in everyday situations like...

- how to deal with forms
- understanding instructions!
- simple budgeting
- or just building up your reading/spelling/ maths skills where there are gaps!

Wednesdays

9.30am—12.00pm

8 weeks

13 Feb—3 Apr

8 weeks

1 May—19 Jun



The Youth Program is aimed at 17 to 24 year olds as an opportunity to re-engage with learning by doing. Classes will focus on life skills and basic workplace skills in a supported and inclusive environment.

COST: \$50 for FOUR 8 WEEK COURSES!

PART I FEBRUARY TO APRIL

PART II MAY TO JUNE

ENQUIRE NOW : 9803 2335 www.vslc.org.au

Wednesdays

12.30pm—3.00pm

8 weeks

13 Feb—3 Apr

8 weeks

1 May—19 Jun

Art as Therapy

19VOCartThe

[Create yourself...]

Learn how ART can...

- help to understand self-expression through creativity
- build a more positive state of emotional and mental health
- help to gain CONFIDENCE & feeling comfortable to try new things

Thursdays

9.30am—12.00pm

8 weeks

14 Feb—4 Apr

8 weeks

2 May—20 Jun

Office Administration

19EMPOffAd

[Workplaces are weird places...]

Gain an understanding of workplaces and professional environments through...

- exploring workplace expectations
- deciphering workplace jargon
- exploring industry compatibility— which industry are you suited to?
- building up personal skills and work related skills

Workshop resume writing, letter & job application writing through highlighting your experience and STRENGTHS, and preparing yourself for that interview!

*Excel Basics for the Workplace 18EMPExelA with Scott

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.

DAY	START	END	TIME	COST
Wed	13 Feb	3 Apr (8 weeks)	6.30pm—9.00pm	\$80.00 (includes \$30.00 Manual)



*Computer Basics—An Introduction to Computers 18ALNIntCom with Scott

A back to basics computer course for complete beginners or those with limited computer skills. In a supportive environment, this course covers content which includes basic computer skills; basic word processing, an introduction to the Internet and using email. This is an ideal course for anyone requiring basic skills for using computers in a workplace.

DAY	START	END	TIME	COST
Thu	14 Feb	4 Apr (8 weeks)	6.30pm—9.00pm	\$50.00



reSKILL reTRAIN reCONNECT COMMUNITY EDUCATION

*Computers—Intermediate 18EMPInComB with Scott

This course is perfect for people who want to build on their computer skills. Ideal for anyone who has successfully completed a basics or beginners computer course, and is now ready for their next challenge.

This course covers working with files and folders; computer security; Internet search techniques; Microsoft Word features including working with templates, clip art, pictures, shapes, SmartArt, and tables.

DAY	START	END	TIME	COST
Fri	15 Feb	5 Apr (8 weeks)	9.30am—12.00pm	\$50.00



*Web Design for Home Business 19VOCWebDe with Scott

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.

DAY	START	END	TIME	COST
Thu	14 Feb	4 Apr (8 weeks)	12.30pm—3.00pm	\$50.00



VOCATIONAL *WEEKS 1 & 8 FINISH ½ HOUR LATER



*SYOB (Start Your Own Business) 19VOCSYOB with Sandra

Interested in starting your own business, but don't know where to start?

This 8 week cohesive introductory course is designed for people with an interest in starting a micro-business (1-4 employees). Topics include: Inception; Legal; Financial; Documentation; Online presence; Promotion; Networking & Support; and The Next Step, providing participants with an overview of considerations and requirements of starting a small business.

DAY	START	END	TIME	COST
Tue	12 Feb	2 Apr (8 weeks)	9.30am—12.00pm	\$50.00



reSKILL reTRAIN reCONNECT COMMUNITY EDUCATION

*Office Administration—Short Course 19EMPOffAd with Sandra

Preparing yourself for the challenges of seeking employment, including returning to work can be daunting. This course is designed to provide practical strategies, useful advice, and tips to help participants gain confidence and skills to prepare themselves for entering the workforce, returning to work, and volunteer opportunities.

This course will include creating a Resume—how to write and adjust your resume and cover letter for specific jobs.

DAY	START	END	TIME	COST
Tue	12 Feb	2 Apr (8 weeks)	1.00pm—3.30pm	\$50.00



***XERO for Beginners** 19VOCIntroAS with Sandra

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



DAY	START	END	TIME	COST
Tue	12 Feb	2 Apr (8 weeks)	6.30pm—9.00pm	\$50.00



***Art as Therapy** 18VOCArtThe with Heather

World-wide research shows there are strong links between creating art and a person's health and wellbeing. Through Art people can develop supportive social networks, discover and develop new skills, increase their self-esteem, and improve the sense of control over their lives.

This course aims to assist people who are experiencing barriers to gain personal confidence to move forward in life with a goal to pursue either further study and/or volunteer / employment opportunities.

Through an art based therapeutic process, participants create a visual Art Journal using a multitude of mixed mediums. With the support and guidance of an experienced holistic Art Therapist, participants learn to gain an understanding and meaning of barriers and how to move forward through them.

DAY	START	END	TIME	COST
Tue	12 Feb	2 Apr (8 weeks)	12.30pm—3.00pm	\$50.00



English As A Second Language (ESL) Beginners 19ALNesIA with Virginia

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.

DAY	START	END	TIME	COST
Mon	11 Feb	1 April (7 weeks)	9.30am—12.30pm	FREE

No class 11 March



English As A Second Language (ESL) Conversation 19ALNesIB

with Virginia

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.

DAY	START	END	TIME	COST
Mon	11 Feb	1 April (7 weeks)	1.00pm—4.00pm	\$50.00

No class 11 March



Wed	13 Feb	3 April (8 weeks)	1.00pm—4.00pm	\$50.00
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Please note, to ensure potential participants gain the most value from our English courses a pre-enrolment interview with the Tutor may be required.

Office staff will help to organise a time.

*Literacy and Numeracy for Adults 19ALNlitnum with Virginia

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.

DAY	START	END	TIME	COST
Tue	12 Feb	2 April (8 weeks)	9.30am—12.00pm	\$50.00



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.*

DAY	START	END	TIME	COST
Mon	4 Feb	1 April (8 weeks)	4.00pm—5.30pm	\$136.00

No class 11 March

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.



DAY	START	END	TIME	COST
Thu	7 Feb	4 April (9 weeks)	4.00pm—5.30pm	\$153.00

TEEN ART— 13 YEARS +

with Heather



An art program with a difference—it's just for teens to be themselves.

Guided and supported in a safe, calm, & fun environment by an experienced holistic Youth trainer, this course is for any teenager who enjoys expressing themselves, has fun through the creation of art, and is interested in creative pathways.

Students will be given the opportunity to work on their own projects while exploring a range of different mediums such as acrylic & watercolour paint, soft & oil pastels and collage, and learn how to collate a creative portfolio.

Please ask at office for requirements list.

DAY	START	END	TIME	COST
Mon	4 Feb	1 April (8 weeks)	6.00pm—8.00pm	\$136.00

No class 11 Mar



FRENCH BEGINNERS *with Vanessa*

Thinking of traveling to France?

Brush up on your French by going over the basics in a relaxed and welcoming setting with an experienced native speaker.

This course focuses on *basic* communication skills in daily life situations, and is not recommended for absolute beginners. If unsure, come along and try a class and see how you go!

DAY	START	END	TIME	COST
Fri	8 Feb	5 Apr (9 weeks)	1.00pm—3.00pm	\$180.00

**FRENCH ADVANCED BEGINNERS** *with Vanessa*

Learn French in a relaxed and friendly atmosphere with an experienced native speaker.

This course is for those who have a fundamental understanding of French and are starting to express themselves simply on a few basic topics. It focuses on communication skills in daily life. This course is not suitable for beginners.

DAY	START	END	TIME	COST
Thu	7 Feb	4 Apr (9 weeks)	1.00pm—3.00pm	\$180.00

FRENCH INTERMEDIATE *with Vanessa*

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

DAY	START	END	TIME	COST
Fri	8 Feb	5 Apr (9 weeks)	10.00am—12.00pm	\$180.00

BASIC DIGITAL PHOTOGRAPHY *with Vanessa*

This course focuses on learning how to use a Digital SLR camera.

Participants will obtain a working knowledge of their camera, how to use the manual functions and apply them effectively through a wide variety of practical exercises.

DAY	START	END	TIME	COST
Wed	13 Feb	20 Mar (6 weeks)	9.30am—12.00pm	\$150.00



INTERMEDIATE PHOTOGRAPHY WORKSHOP —SERIES 2 with Vanessa



Expand your knowledge and gain confidence through a range of activities and weekly work reviews under the guidance of our expert teacher. This workshop combines technical revisions and extra tips with lots of practical exercises. You will learn a variety of approaches to foster your creativity and improve your photography.

This course is ideal for those who have done a Basic DSLR course, the Creative photography course, or the Intermediate Photography Workshop—Series 1 OR anyone who has a working knowledge of their camera in aperture or manual mode.

DAY	START	END	TIME	COST
Wed	27 Feb	3 Apr (6 weeks)	12.30pm—3.00pm	\$150.00

GENERAL DIGITAL LITERACY WORKSHOPS

iPAD & iPHONE BEGINNERS WORKSHOP—3 SESSIONS with Scott

A 3 session workshop covering basic aspects of iPad & iPhone capabilities including Apps, Skype, Facetime, iCloud, Internet, and email.

Bring your iPad / iPhone to this workshop!

DAY	START	END	TIME	COST
Fri	8 Feb	22 Feb (3 sessions)	1.00pm—3.30pm	\$90.00



eBAY & GUMTREE WORKSHOP—2 SESSIONS with Scott

An introduction to the world of buying and selling online using eBay and Gumtree.

	DAY	START	END	TIME	COST
	Fri	1 Mar	8 Mar (2 sessions)	1.00pm—3.30pm	\$60.00



CHOOSING THE RIGHT NBN PLAN—1 SESSION *with Scott*

Confused by the introduction of Australia's broadband network—the NBN? Come to this workshop for explanations and advice, and an opportunity to ask all those questions related to how the NBN will affect you.

DAY	START	END	TIME	COST
Fri	15 Mar	15 Mar (1 session)	1.00pm—3.00pm	\$30.00

**iPAD & iPHONE INTERMEDIATE WORKSHOP—3 SESSIONS**

with Scott

This course follows on from the Beginners short course and includes Intermediate Internet Techniques, Typing, Photo Albums, Travelling with your iDevice, and lots more tips and tricks.

Bring your iPad / iPhone to this workshop!

DAY	START	END	TIME	COST
Fri	22 Mar	5 Apr (3 sessions)	1.00pm—3.30pm	\$90.00



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.vslc.org.au

***ART CLASSES** *with Karen*

Our experienced tutor teaches a variety of art mediums: drawing skills, oil painting, water colour painting, portrait painting, pen and ink work and soft pastels. Suitable for all levels.

DAY	START	END	TIME	COST
Thu	7 Feb	4 Apr (9 weeks)	10.00am—12.00pm 1.00pm—3.00pm	\$153.00

***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.

DAY	START	END	TIME	COST
Tue	5 Feb	2 Apr (9 weeks)	7.30pm—9.30pm	\$153.00

PATCHWORK & APPLIQUÉ *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.

DAY	START	END	TIME	COST
Wed	6 Feb	3 Apr (9 weeks)	9.30am—12.00pm	\$189.00





*SOCIAL ART TIME with Heather



Ever just wanted to do something for yourself—creative wise to have the time to explore or try different art techniques and mediums and see what happens without the worry of ‘doing it wrong’ or ‘making a mess’? Well, here’s your chance!

For 2 hours every Saturday, join Heather for some fun and adventure trying different techniques and medium additives with paint, pastel, collage, or a combination of everything! Come and join in the fun and laughter of a course where the motto is...

“There are no mistakes in creating art”

DAY	START	END	TIME	COST
Sat	9 Feb	6 Apr (9 weeks)	10.00am—12.00pm	\$153.00

*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.

DAY	START	END	TIME	COST
Thu	7 Feb	4 Apr (9 weeks)	7.30pm—9.30pm	\$162.00

MOSAICS—Self Directed Group (No tutor)

Participants bring their own project and tools.

The group provides support and sharing of ideas and methods.

DAY	START	END	TIME	COST
Fri	8 Feb	5 Apr (9 weeks)	10.00am—3.00pm	\$54.00



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.

DAY	START	END	TIME	COST
Mon	4 Feb	1 Apr (8 weeks)	1.00pm—2.00pm	\$96.00
		<i>No class 11 March</i>	2.00pm—3.00pm	
Wed	6 Feb	3 Apr (9 weeks)	12.00pm—1.00pm	\$108.00
			1.00pm—2.00pm	

**YOGA & RELAXATION** *with Karyn (Monday) / Cheryl (Wednesday)*

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.

DAY	START	END	TIME	COST
Mon	4 Feb	1 Apr (8 weeks)	6.30pm—7.45pm	\$120.00
		<i>No class 11 March</i>	8.00pm—9.15pm	
Wed	6 Feb	3 Apr (9 weeks)	5.30pm—6.45pm	\$135.00
			8.00pm—9.15pm	

OTHER ACTIVITIES & SERVICES

21

Also on offer at the Vermont South Learning Centre are activities that run as independent programs. Enquiries can be made directly to the Contact person.

CHILDREN

Children's Chinese Language & Performing Arts School \$POA

Wednesdays 4.00pm—5.00pm

For further information please contact **Joan** on **0408 913 406**

Chinese Playgroup \$POA—Thursdays 10.00am—12.00pm

For further information please contact **Christie** on **0422 299 588**

or email dolphinlemon2004@yahoo.com.au

Japanese Learning Program for Pre Schoolers \$POA—Tuesdays 10.00am—1.00pm

For further information please contact **Mayuko** on **0403 051 248**

or email mayuco2@gmail.com

Mini Maestros \$POA—Thursday Mornings

For further information please contact **Judy** on **0417 104 729**

or email judy@minimaestros.com.au or visit www.minimaestros.com.au

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

For further information please contact **Helen** on **0412 958 300**

or email helenlambris@hotmail.com

Vermont South Playgroup \$POA—Wednesdays 9.30am—11.30am

A friendly general playgroup facilitated by Kinder Teacher mum, Jeni.

For further information please contact **Jeni** on **0410 292 317**

or email jeni_crow81@hotmail.com

ADULTS

Ausline Dance (Line Dancing) \$POA

Mondays 11.00am—12.00pm / **Thursdays** 12.00pm—1.00pm

For further information please contact **Marie** on **0412 296 827**

Pilates Classes \$POA

Tuesdays 5.00pm–6.00pm / **Fridays** 9.15am—10.15am and 10.15am—11.15am

For further information please contact **Jenny** on **0410 404 419**

or email jennymargeridis9@gmail.com

Cr Bill Bennett Mayor

Councillor for Morack Ward



PO Box 219

Vermont Vic 3133

bill.bennett@whitehorse.vic.gov.au

www.whitehorse.vic.gov.au

Follow on Instagram: @whitehorsemayor

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

0409 195 530

Authorised by Bill Bennett: 4 Livermore Close Vermont South 3133

EMPLOYMENT OPPORTUNITIES!

VERMONT SOUTH LEARNING CENTRE

SEEKING TUTORS!

We are seeking tutors for:

Art Courses!

Italian for Beginners Course!

General Hospitality Training!

**ALL ENQUIRIES AND EXPRESSIONS OF INTEREST
TO DR SHARON SMART @ MANAGER@VSLC.ORG.AU**

Vermont South Physiotherapy



9802 5304

RON MUNRO Musculoskeletal Physiotherapist

MATTHEW ROSSO Physiotherapist

CLINICAL PILATES CLASSES

Knee pain?

Shoulder pain?

We can help!

Visit our website! vermontsouthphysio.com.au

429 Burwood Highway Vermont South 3133 (Cnr Stanley Road)

ORTHOPAEDIC REHAB • SPORTS INJURIES • SPINAL PAIN • HEADACHES • POSTURE CARE



LEARN TO DRIVE SAFELY WITH

MONASH DRIVING SCHOOL

1 Scarborough Road Vermont South 3133

TAKE ADVANTAGE OF OUR SPECIAL 5 LESSON COURSE!

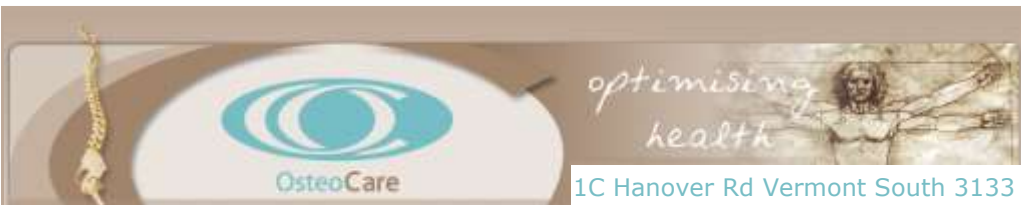
1. Basic Driving Skills
2. Reversing Technique
3. Driving, Reversing, 3 Point Turns
4. Reverse Parking
5. Parking between cars, shopping centre parking & combination of above

3RD LESSON FREE!

For more information or to book phone

9803 6184 9803 6179





Welcome to OsteoCare

- **hands on health care for the whole family**

At OsteoCare, Vermont South you will receive caring and competent Osteopathic healthcare assessment, treatment and advice to best optimise your bodies function and your health whilst reducing pain and discomfort.

OsteoCare provides treatment for the whole family—a newborn through to the elderly. Osteopathy may help with a wide variety of conditions such as back pain, headache and migraines, pregnancy related musculo-skeletal conditions, sports injuries, childhood and teen musculo-skeletal issues and many more...



Ph: 9803 7005

Dr Brooke Franklin (Osteopath) and Associate Osteopaths Melissa, Belinda, and Hayley



Vermont South
PODIATRY



Sore feet?

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

General foot care

Ingrown toenails

Diabetes

Orthotics

ORTHAHEEL FOOTWEAR NOW AVAILABLE!

1c Hanover Road
Vermont South 3133

Ph: 9802 0077

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