

# *term 4 program guide*

## **October**

## **November**

## **December**



Vermont South  
Learning Centre

*A community where all people belong and thrive*

1 Karobran Drive, Vermont South, VIC 3133

(03) 9803 2335 | [info@vslc.org.au](mailto:info@vslc.org.au)

[www.vslc.org.au](http://www.vslc.org.au)



Vermont South Learning Centre respectfully acknowledges the Aboriginal people as the traditional custodians of the land that we live, work and play on. We pay our respects to them and their cultures and to the Elders past, present and emerging.

We gratefully acknowledge the support of the following funding bodies:



# Program Guide

*October, November, December*

We are thrilled to yet again be providing a wide range of courses and activities both in person and online. And with our new course guide it should be easier than ever to find your next course!

As always, should you have any questions about our courses, room hire, membership program, or just want to have a chat, please feel free to contact us via email, phone or in person.

We look forward to hearing from you soon!



1 Karobran Drive  
Vermont South, VIC 3133



(03) 9803 2335



[info@vslc.org.au](mailto:info@vslc.org.au)



[www.vslc.org.au](http://www.vslc.org.au)



Mon-Thur: 9am-4pm  
Fri: 9am-2pm

## Staying safe and healthy during COVID-19

Vermont South Learning Centre will continue to follow its COVID-19 Safe Plan at all times in accordance with Government guidelines. For more information regarding our plan and the other safety measures we are taking please visit [www.vslc.org.au/covid-safe](http://www.vslc.org.au/covid-safe)



VIEW OUR COVID  
SAFE PLAN

[a.vslc.org.au/covid-safe](http://a.vslc.org.au/covid-safe)



VIC GOVERNMENT  
COVID RESOURCES

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

## Enrolments

Enrolments are confirmed by payment of course fees via EFTPOS, credit card, cheque, cash, or direct debit.

- Fees are to be **paid in full** prior to commencement of course
- If a course is cancelled a full refund will be made
- Refunds will not be provided once a course commences

We are now able to take online bookings! By visiting our website or scanning any one of the QR codes for each course you can register for a course online, and also search through all the courses we offer!

## Membership

By becoming a member you are able to attend the Annual General Meeting (AGM) where you may exercise your right to vote on the upcoming projects and initiatives for the VSLC organisation.

We are soon to be releasing further information about how to become a member, so please keep on eye out on our website and social media!

## Change in restrictions

Please keep in mind that a change in restrictions may impact the ability for on-site class attendance. In this case, where possible, we will continue to deliver classes online. We are unable to provide a refund or credit for classes that can continue online.

# ACFE Funded Courses

The Adult Community & Further Education Board (ACFE) provide funding support so that we may offer affordable educational courses to adult learners.



Learn Local providers are not-for-profit community organisations. They are registered and funded by the Victorian Government, via the Adult, Community and Further Education (ACFE) Board, to deliver pre-accredited training and programs.

### Please Note

To support COVID-19 safe practices, for classes which involve computers we ask participants to bring their own device where possible. If not, one will be provided.

### Eligibility criteria

Applies to all people who enrol in these funded courses, and applicants must be Australian residents seeking training:

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

Ineligible applicants who wish to study ACFE Courses will be charged as full fee places at a cost of \$100 (manuals & materials extra).

# Information Technology

## Information Technology

### Discovering Computers with Scott

Start your journey of discovering what computers can do for you right here! Small steps, we promise...

- No prior knowledge required
- Plenty of time to practice and ask lots of questions

*Price includes course materials*

Monday 8 Nov - 13 Dec (6 Weeks) 10am - 2pm \$47

●●○ Beginner

This is a Learn Local endorsed course.

21DIGCOMPSA



### Excel Intermediate

You have the basics— now build on that knowledge by learning more Excel features! Let our experienced tutor take you to the next step where you will learn to use pivot tables, convert text to columns, use functions, filtering, macros, and more. Basic knowledge of Excel is a requirement to enrol in this course.

*Price includes course materials*

Thursday 11 Nov - 16 Dec (6 Weeks) 10am - 2pm \$55

●●○ Intermediate

This is a Learn Local endorsed course.

21EMPEXCELB



### Intro to Word / PowerPoint / Publisher with Scott

Start here to learn about three of the most powerful applications on the planet! It's an exciting journey and one you won't regret beginning!

- Basic computer skills are required
- Create documents, presentations, and publications

*Price includes course materials*

Tuesday 9 Nov - 14 Dec (6 weeks) 10am - 2pm \$47

●●○ Beginner

This is a Learn Local endorsed course.

21VOCPPW



### Intermediate Computers

Feeling overwhelmed by the info tech demands in your workplace? We can help! The aim of this short course is to build on your existing skills by providing up to date hands on learning of current computer applications now required by employers in most workplaces.

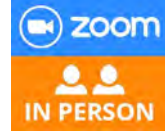
*Price includes course materials*

Wednesday 10 Nov - 15 Dec (6 Weeks) 10am - 2pm \$47

●●○ Intermediate

This is a Learn Local endorsed course.

21DIGCOMPSB



### Excel Advanced - Programming in Excel with Scott

VBA stands for Visual Basic for Applications—a programming language that enables you to control just about everything in Excel. This basics programming course will introduce learners to procedures, using variables; functions; Excel objects; programming techniques; creating custom forms; programming UserForms; Automatic Startup; and error handling.

*Price includes course materials*

Friday 29 Oct - 17 Dec (8 Weeks) 1pm - 4pm \$65

●●○ Advanced

This is a Learn Local endorsed course.

21EMPEXCELC



# Vocational

## Vocational

### Website Development - WordPress for Beginners

with Thom

Come along to this 8 week course to learn how to set up a website using the WordPress platform. You don't need to have website experience, but basic computer skills are required. **Note: this class is only available online.**

**NO CLASS ON NOVEMBER 2nd**

Tuesday

19 Oct - 14 Dec (8 Weeks)

9:30am - 12:30pm

\$25

●○○ Beginner

This is a Learn Local endorsed course.

21VOCWEBDEV



### From zero to XERO with Sandra

This is an introductory course that allows you to see first-hand how the power of XERO accounting software can be useful for you or your business!

- Basic computer skills are required
- Learn about Single Touch Payroll

**NO CLASS ON NOVEMBER 2nd**

Tuesday

19 Oct - 14 Dec (8 Weeks)

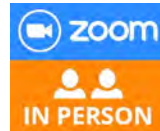
6:30 pm - 9:30 pm

\$25

●○○ Beginner

This is a Learn Local endorsed course.

21VOCINTROAS



### Intro. To Hospitality with Sandy

Taught right here in our onsite café, this training will prepare you well for pursuing work in the Hospitality industry through both practical and theory based activities.

- Industry relevant topics such as OH&S, safe food handling
- Food preparation and cooking methods

Thursdays

28 Oct - 09 Dec (8 Weeks)

10am - 2pm

\$25

●○○ Beginner

This is a Learn Local endorsed course.

21VOCHOSP



### Intro. to Reception and Office Administration

with Kathy

Interested in becoming a Receptionist or Office Administrator? Start your journey here and now by taking this exciting 8 week course where you will learn about these jobs from the ground up! Our experienced tutor will guide you on this journey in a caring and supportive environment where no prior experience is required.

**NO CLASS ON NOVEMBER 2nd**

Tuesday

19 Oct - 14 Dec (8 Weeks)

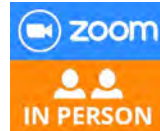
9:30am - 12:30pm

\$25

●○○ Beginner

This is a Learn Local endorsed course.

21EMPOFFAD



### Create the Future You! with Heather

Whether it be for a new job, a career change, further study or simply volunteering, using the therapeutic and fun process of creating art, this course can assist you to increase your inner abilities.

- Begin thinking outside the box
- Gain confidence, reduce anxiety

Wednesday

13 Oct - 01 Dec (8 Weeks)

10 am - 1 pm

\$25

●○○ Beginner

This is a Learn Local endorsed course.

21EMPARTHE





## MYOB Advanced *with Sandra*

MYOB Advanced is ideal for anyone who has successfully completed a basics or beginners MYOB course and needs further training. This course is designed for small business administrators to manage security, petty cash, credit cards, fixed assets, word processing, spreadsheets and end of year reconciliations. This course is also suitable for Bookkeepers looking to expand their knowledge of MYOB.

*Price includes course materials*

Wednesday 20 Oct - 08 Dec (8 Weeks) 6:30pm - 9:00pm \$65



●●● Advanced

This is a Learn Local endorsed course.

21VOCMYOBB

## MYOB Payroll *with Sandra*

This course is for those who work, or have a desire to work, in small business and/or payroll departments to learn to manage payroll and human resources using MYOB accounting software.

Topics to be covered include entitlements, WorkCare, superannuation, PAYG, lump sum termination payments, and tax obligations. A working knowledge of MYOB is recommended.

Thursday 21 Oct - 09 Dec (8 Weeks) 6:30pm - 9:00pm \$52



●●○ Intermediate

This is a Learn Local endorsed course.

21VOCMYOBP

# Adult Literacy & Numeracy

## English Language Classes for Beginners *with Virginia*

Learn the basics of reading, writing, and speaking whilst having fun!

- Not suitable for absolute beginners
- Supportive environment
- Learn about Australian culture

**NO CLASS ON NOVEMBER 2nd**

Tuesday 05 Oct - 07 Dec (9 Weeks) 9:30 am - 12:30 pm \$25



●●○ Beginner

This is a Learn Local endorsed course.

21LNGEALA

## English Language Conversation Classes *with Virginia*

Continuing on from our beginners' course, enhance your core communication skills in a friendly setting.

- Includes some computer work
- Focus on listening and speaking

Monday 04 Oct - 06 Dec (10 Weeks) 9:30am - 12:30pm \$25  
Monday 04 Oct - 06 Dec (10 Weeks) 1 pm - 4 pm \$25



●●○ Intermediate

This is a Learn Local endorsed course.

21LNGEALB

## Adult Literacy and Numeracy

### Cooking by the Numbers *with Heather*

By working with food we'll make it fun to learn about numbers and words - who knew they could be so delicious?!

- Combines learning and cooking
- Supportive and friendly environment



Monday

18 Oct - 06 Dec (8 Weeks)

10am - 1pm

\$25

●●● Beginner

This is a Learn Local endorsed course.

21ALNDBL

## Children's Courses

### Arty Tales - Story Time with an Arty Twist *with Heather*

Come along to hear a story and then have fun creating your own piece of art! This fun activity group is for pre-schoolers (2-5 years) and their carers (parents, grandparents, aunts, uncles, nannies etc), and is great for social connections, early literacy, developing fine motor skills and most of all having fun together.

*Suitable for children 2-5 years*

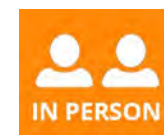
*Price includes course materials*

Thursday

07 Oct - 09 Dec (10 Weeks)

9:30 am - 11 am

\$100



### Punch Needle Embroidery *with Patricia*

Punch needle is a fun, easy and versatile type of embroidery originally designed for rug making but we can make anything from rugs to soft toys, wall art and even clothes. In this workshop you'll learn the basics and create your first piece.

*Suitable for children 9 years +*

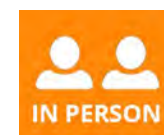
*Price includes course materials*

Saturday

13 Nov (1 Session)

10 am - 12 pm

\$45



Don't limit  
yourself. Go as  
far as your  
mind lets you.

UNKNOWN AUTHOR

## Children's Courses

### Creative Kids - Having FUN with ART! *with Heather*

Come and let your imagination go wild through the magic of art. Learn about colours, painting, pastels and other fun art materials while making a colourful creative art book to keep and share with family and friends.

*Suitable for children 7 years +*

*Price includes course materials - BYO art smock*

Wednesday

06 Oct - 08 Dec (10 Weeks)

4 pm - 5:30 pm

\$180



### Sketching for Children *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.

*Suitable for children 8 years +*

*Price includes course materials*

Thursday

07 Oct - 09 Dec (10 Weeks)

4 pm - 5:30 pm

\$180



### Cupcake Workshop

Come along to learn the magic of creating cupcakes including decorating!

*Suitable for children 8 years +*

*BYO apron, container to take approx. 6 cupcakes home*

Saturday

06 Nov (1 Session)

10am - 12pm

\$30

Saturday

13 Nov (1 Session)

10am - 12pm

\$30



# General Interest

### Cooking Workshops *with Sandra*

Have fun learning from cooking wizard Sandra as you make deliciously authentic food, and the best part is that you get to eat your creations at the end!

*Includes ingredients.*

- OCT 23 Paella
- NOV 20 Pasta & Gnocchi
- DEC 11 Rice Paper & Spring Rolls

*BYO apron, frypan for Paella Workshop, container to take food home*

Saturday

23 Oct / 20 Nov / 11 Dec

12:30pm - 2:30pm

\$40



### Money Management for Life! *with Mark*

You will learn about the philosophies, skills and tools to better manage your personal finances. This includes calculating the 'Point of Enough', building a financial plan and much more!

- Bring a laptop with spreadsheet program if possible
- Plenty of time for chatting and discussing all things money

Thursday

28 Oct - 09 Dec (7 Weeks)

6 pm - 8 pm

\$50



For more information on any of our courses or activities please don't hesitate to get in touch.  
www.vslc.org.au | info@vslc.org.au | 03 9803 2335

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## General Interest

### French Conversation Classes *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.



Friday

08 Oct - 10 Dec (10 Weeks)

10 am - 12 pm

\$200

The idea is not  
*to live forever,*  
but to create  
*something*  
*that will.*

ANDY WARHOL

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## Art & Craft

### 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 and abilities.

*Ask for requirements list*

Thursday

07 Oct - 09 Dec (10 Weeks)

10:30 am - 12:30 pm  
OR  
1 pm - 3 pm

\$180



### Watercolour Painting *with Karen*

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 watercolour medium.

**NO CLASS ON NOVEMBER 2nd**

*Ask for requirements list*

Tuesday

05 Oct - 07 Oct (9 Weeks)

10 am - 12 pm

\$162



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## Art & Craft

### 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.

*Ask for requirements list*

Thursday

07 Oct - 09 Dec (10 Weeks)

7:30 pm - 9:30 pm

\$180



## Art & Craft

### Intro to Mosaic Art *with Heather Stirling*

Join Heather, an experienced Mosaic Artist, in this exciting opportunity to learn the beautiful art of Mosaic. You will design and create an indoor mirror frame with help every step of the way! Some materials included, some are available for a small cost.

Starter kits available for purchase (\$57) - Please ask us about this when you enroll!

Saturday

06 Nov - 27 Nov (4 Weeks)

10 am - 1 pm

\$100



### Patchwork & Applique *with Jill*

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. Some sewing experience is required to join this Course.

Wednesday

06 Oct - 08 Dec (10 Weeks)

9:30 am - 12 pm

\$200



### MOSAICS - Self Directed Group *(no tutor)*

In this group participants bring their own project and tools, and to work on them in a supportive environment where sharing of ideas and methods can flow freely.

Friday

08 Oct - 10 Dec (10 Weeks)

9 am - 2 pm

\$70



### Expressive Open Art Studio *with Heather*

Come along and explore your inner and outer self in a fun, creative and holistic environment. Using different mediums such as acrylic & watercolour paint, oil & soft pastels, even collage... create works of art, either realistic or abstract, that express how you are in the moment. Through creativity, you can calm the mind and sooth the emotions, release the stress and have fun exploring life at the same time. Suitable for all ability levels for ages 16+

*Price includes course materials*

Wednesday

06 Oct - 08 Dec (10 Weeks)

6:30 pm - 8:30 pm

\$180



### Punch Needle Embroidery *with Patricia*

Punch needle is a fun, easy and versatile type of embroidery originally designed for rug making but we can make anything from rugs to soft toys, wall art and even clothes. In this workshop you'll learn the basics and create your first piece.

*Price includes course materials*

Saturday

20 Nov (1 Session)

10 am - 12 pm

\$45



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# Health, Fitness & Wellbeing

## Health, Fitness & Wellbeing

### Practical Meditation *with Karyn*

Learn a variety of practical, user-friendly meditative techniques for problem solving, relief of stress, discipline of the mind and heightened awareness. There are a great number of positive outcomes to be gained from the simple act of calming the busy mind. Start now by clearing the path for a better quality of life for yourself and, by extension, for those around you.



Wednesday	06 Oct - 08 Dec (10 Weeks)	5 pm - 5:45 pm	\$100
Saturday	16 Oct - 11 Dec (9 Weeks)	9 am - 9:45 am	\$90

### Strength Training *with Muriel*

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.



Monday	04 Oct - 06 Dec (10 Weeks)	12:45 pm - 1:45 pm OR 2 pm - 3 pm	\$130
Wednesday	06 Oct - 08 Dec (10 Weeks)	11:45 am - 12:45 pm OR 1 pm - 2 pm	\$130

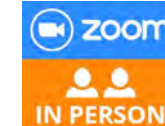


### Gentle Isometric Strength Training *with Marie*

Help build your muscle and joint endurance. This will improve general well-being, knees, and back pain. Assisted props are used in these active body exercises performed while sitting, and supported standing with light weights.



Thursday	07 Oct - 09 Dec (10 Weeks)	11:30 am - 12:30 pm	\$130
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### Yoga & Relaxation *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.*



Monday	04 Oct - 06 Dec (10 Weeks)	6:30 pm - 7:45 pm OR 8 pm - 9:15 pm	\$150
Wednesday	06 Oct - 08 Dec (10 Weeks)	5:30 pm - 6:45 pm OR 8 pm - 9:15 pm	\$150



For more information on any of our courses or activities please don't hesitate to get in touch.  
[www.vslc.org.au](http://www.vslc.org.au) | [info@vslc.org.au](mailto:info@vslc.org.au) | 03 9803 2335

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# Social Groups

# Other Activities & Services

## Knitting Group

A friendly knitting and handcraft group meets socially on Monday afternoons (weekly). Many of our items are donated to the charity KOGO - knit one, give one.

Monday

4 Oct - 6 Dec (10 weeks)

1 pm - 3 pm

\$2



## Social Colouring Group

There are numerous benefits to adult colouring—it can relieve stress and exercise the mind! So bring your colouring books and pencils, and be prepared to make a few friends!

**NO GROUP ON NOVEMBER 2nd**

Tuesday

5 Oct - 7 Dec (10 weeks)

10 am - 12 pm

\$2



## Walking Group

We're carving up the streets and need your help! Join us for a fun and friendly time!

Thursday

7 Oct - 9 Dec (10 weeks)

9:15 am - 10 am

Free



For more information on any of our courses or activities please don't hesitate to get in touch.  
[www.vslc.org.au](http://www.vslc.org.au) | [info@vslc.org.au](mailto:info@vslc.org.au) | 03 9803 2335

## For Children

### Chinese Playgroup

For further information please contact:

Jody - 0416 266 646 | [jody.yuan@gmail.com](mailto:jody.yuan@gmail.com)

Christie - 0422 299 588 | [dolphinlemon2004@yahoo.com.au](mailto:dolphinlemon2004@yahoo.com.au)

### St. Andrews Greek Playgroup

For further information please contact:

Helen - 0412 958 300 | [helenlambris@gmail.com](mailto:helenlambris@gmail.com)

## For Adults

### Pilates Classes

For further information please contact:

Jenny - 0410 404 419 | [jennymargeridis9@gmail.com](mailto:jennymargeridis9@gmail.com)

### Stars-In-Line (Line Dancing)

For further information please contact:

Marie - 0412 296 827 | [mariepietersz@hotmail.com](mailto:mariepietersz@hotmail.com)





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## Cr Raylene Carr

*Deputy Mayor  
Councillor for Terrara Ward*

P.O. Box 6060  
Vermont South 3133

Please contact me to discuss  
any concerns you have  
regarding our local community

[raylene.carr@whitehorse.vic.gov.au](mailto:raylene.carr@whitehorse.vic.gov.au)

**0400 886 889**

Authorised by Raylene Carr, P.O. Box 6060 Vermont South 3133



ADVERTISEMENT



# Neil ANGUS MP

**STATE MEMBER FOR FOREST HILL**



**Phone:** 9955 2501



📍 2 Brentford Square, Forest Hill 3131

✉ [neil.angus@parliament.vic.gov.au](mailto:neil.angus@parliament.vic.gov.au)

🌐 [www.NeilAngus.com.au](http://www.NeilAngus.com.au)

f /NeilAngusMLA

Authorised by Neil Angus MP, 2 Brentford Square, Forest Hill 3131. Funded from Parliamentary Budget.





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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, Hayley & Jacqui



RON MUNRO Musculoskeletal Physiotherapist

MATTHEW ROSSO Physiotherapist

CLINICAL PILATES CLASSES

Knee pain?

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Vermont South  
PODIATRY



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

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**Ingrown toenails**

**Diabetes**

**Orthotics**

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## **Advertise with us!**

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## **Ask us about our FUNCTION ROOM**

- Children's parties
- Meeting & conferences
- Family occasions and gatherings



































For more information and  
booking please get in touch!

**vslc.org.au**  
**info@vslc.org.au**  
**03 9803 2335**



# Term 4 Program

COURSE / ACTIVITY		DAY	TIME	DATE
DISCOVERING COMPUTERS		● T W T F S S	10 AM - 2 PM	8 NOV - 13 DEC
INTERMEDIATE COMPUTERS		M T ● T F S S	10 AM - 2 PM	10 NOV - 15 DEC
EXCEL INTERMEDIATE		M T W ● F S S	10 AM - 2 PM	11 NOV - 16 DEC
INTRODUCTION TO WORD / POWERPOINT / PUBLISHER		M ● W T F S S	10 AM - 2 PM	9 NOV - 14 DEC
EXCEL ADVANCED		M T W T ● S S	1 PM - 4 PM	29 OCT - 17 DEC
WEBSITE DEVELOPMENT WORDPRESS FOR BEGINNERS		M ● W T F S S	9:30 AM - 12:30 PM	12 OCT - 07 DEC NO CLASS NOV 2ND
FROM ZERO TO XERO		M ● W T F S S	6:30 PM - 9:30 PM	19 OCT - 14 DEC NO CLASS NOV 2ND
INTRO. TO RECEPTION AND OFFICE ADMINISTRATION		M ● W T F S S	9:30 AM - 12:30 PM	19 OCT - 14 DEC NO CLASS NOV 2ND
MYOB ADVANCED		M T ● T F S S	6:30 PM - 9 PM	20 OCT - 08 DEC
MYOB PAYROLL		M T W ● F S S	6:30 PM - 9 PM	21 OCT - 09 DEC
CREATE THE FUTURE YOU!		M T ● T F S S	10 AM - 1:00 PM	13 OCT - 01 DEC
 INTRO. TO HOSPITALITY		M T W ● F S S	10 AM - 2 PM	28 OCT - 09 DEC
EAL BEGINNERS		M ● W T F S S	9:30 AM - 12:30 PM	05 OCT - 07 DEC NO CLASS NOV 2ND
EAL CONVERSATION		● T W T F S S	MON: 9:30 AM - 12:30 PM OR WED: 1 PM - 4 PM	04 OCT - 06 DEC
COOKING BY THE NUMBERS		● T W T F S S	10 AM - 1 PM	18 OCT - 06 DEC NO CLASS NOV 2ND
 ARTY TALES - STORY TIME WITH AN ARTY TWIST (2 - 5 yrs)		M T W ● F S S	9:30 AM - 11 AM	07 OCT - 09 DEC
 PUNCH NEEDLE EMBROIDERY (9 yrs +)		M T W T F ● S	10 AM - 12 PM	13 NOV
 CREATIVE KIDS - HAVING FUN WITH ART! (7 yrs +)		M T ● T F S S	4 PM - 5:30 PM	06 OCT - 08 DEC
SKETCHING FOR CHILDREN (8yrs +)		M T W ● F S S	4 PM - 5:30 PM	07 OCT - 09 DEC
 CUPCAKE WORKSHOP (8yrs +)		M T W T F ● S	10 AM - 12 PM	6 NOV, 13 NOV
 COOKING WORKSHOPS		M T W T F ● S	6:30 PM - 8:30 PM	23 OCT (PAELLA) 20 NOV (PASTA MAKING) 11 DEC (RICE PAPER ROLLS)
MONEY MANAGEMENT FOR LIFE!		M T W ● F S S	6 PM - 8 PM	28 OCT - 09 DEC

COURSE / ACTIVITY		DAY	TIME	DATE
FRENCH CONVERSATION CLASSES		M T W T ● S S	10 AM - 12 PM	08 OCT - 10 DEC
ART CLASSES		M T W ● F S S	10:30 AM - 12:30 PM OR 1 PM - 3 PM	07 OCT - 09 DEC
 WATERCOLOUR PAINTING		M ● W T F S S	10 AM - 12 PM	05 OCT - 07 OCT NO CLASS NOV 2ND
DRAWING & PAINTING		M T W ● F S S	7:30 PM - 9:30 PM	07 OCT - 09 DEC
PATCHWORK & APPLIQUE		M T ● T F S S	9:30 AM - 12 PM	06 OCT - 08 DEC
EXPRESSIVE OPEN ART STUDIO		M T ● T F S S	6:30 PM - 8:30 PM	06 OCT - 08 DEC
INTRO TO MOSAICS		M T W T F ● S	10 AM - 1 PM	06 NOV - 27 NOV
MOSAICS - SELF DIRECT GROUP		M T W T ● S S	9 AM - 2 PM	08 OCT - 10 DEC
 PUNCH NEEDLE EMBROIDERY		M T W T F ● S	10 AM - 12 PM	20 NOV - 20 NOV
STRENGTH TRAINING		● T ● T F S S	MON: 12:45 PM - 1:45 PM MON: 2 PM - 3 PM WED: 11:45 AM - 12:45 PM WED: 1 PM - 2 PM	04 OCT - 06 DEC 06 OCT - 08 DEC
YOGA & RELAXATION		● T ● T F S S	MON: 6:30 PM - 7:45 PM MON: 8 PM - 9:15 PM WED: 5:30 PM - 6:45 PM WED: 8 PM - 9:15 PM	04 OCT - 06 DEC 06 OCT - 08 DEC
 PRACTICAL MEDITATION		M T ● T F ● S	WED: 5 PM - 5:45 PM SAT: 9 AM - 9:45 AM	06 OCT - 08 DEC 16 OCT - 11 DEC
 ISOMETRIC STR. TRAINING		M T W ● F S S	11:30 AM - 12:30 PM	07 OCT - 09 DEC
KNITTING GROUP		● T W T F S S	1 PM - 3 PM	04 OCT - 06 DEC
SOCIAL COLOURING GROUP		M ● W T F S S	10 AM - 12 PM	05 OCT - 07 DEC NO CLASS NOV 2ND
WALKING GROUP		M T W ● F S S	9:15AM - 10 AM	07 OCT - 09 DEC

For further information please give us a call or visit our website!

## Legend



Blended delivery (online or in-person)



Online only



In-person only

Social Groups

Art & Craft

Children's Courses

Information Technology

Health & Fitness

Adult Literacy & Numeracy

Vocational

General Interest



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# COMMUNITY CAFÉ

**Take a break and enjoy some  
delicious drink and food!**



**Conveniently located on-site at  
Vermont South Learning Centre**